

Sharing God's love

By Arielle Estes, Community Relations Director

Local group of girls are missionaries of Love

Rockcastle County High School senior Cali Parker started her co-op at Rockcastle Regional Hospital in the fall of 2012. As a part of her daily duties in the Activities and Social Services Department, she spends time visiting and interacting with the residents of the Respiratory Care Center. Cali felt a connection with one resident in particular, Allie. Allie is a resident of the Respiratory Care Center and has been since May 2009.

"I met Allie not long after I started working at the hospital," said Cali. "I am not sure if it is because we are the same age or not, but I felt it in my heart that God wanted me to do something

special for her."

As the Holidays approached, Cali still felt the need to do something for Allie and decided to approach the Brodhead Baptist Church Girls in Action (GA's) group. Cali is one of the group leaders and brought the girls the idea of sharing Jesus' love with her friend, Allie. The girls could not wait to get started. They decided to participate in the "secret Santa" program from the Hospital and brought in warm socks, nail polish, a Twilight poster and an iTunes gift card.

The GA's strive to be missionaries. The girls, in grades first through fifth, learn

about missionaries each Wednesday night. They spend time reading about international



Respiratory Care Center resident Allie with Girls in Action (GA) group representatives Bailey Bullock and Cali Parker.



Rockcastle High School senior Cali Parker is a co-op in the Social Services/Activities Department.

missionaries and those closer to home. The biggest lesson their teachers, Bryanna Mullins, Vanessa Bullock, Ashley Clark and Cali try to teach them is that they are missionaries.

On December 19th, the GA teachers and also Vanessa's daughter, Bailey, delivered Allie's gifts and lots of smiles. Through this project all the girls in the group learned to "go forward" as their motto states, because missionaries don't have to be far away. Anyone who tells another about God's love is a missionary.

Bailey, who had visited the Respiratory Care Center previously with her second grade class for a Christmas performance, said she was glad she was able to visit Allie and deliver the gifts. "It made me feel so good," said Bailey. "I was able to show God's love and be a missionary as a part of this time with my GA friends."



The Brodhead Baptist Church Girls in Action (GA's) group—front, from left: Brylee Mullins, Davany Bullock, Izzy Clouse, Jamica Bryant, Brianna Owens and Raychel Carpenter. Back Row: Bailey Bullock, Riley Clark, Faith Harris, Bailee DeBorde, and Kaylee Brock.

A berry nutritional powerhouse

Presented by: Rockcastle Regional Hospital Dietitians

Are berries on your shopping list? Whether we're talking about blueberries, strawberries or raspberries, these sweet, colorful fruits are sure to make your family happy. Packed with antioxidants, fiber, vitamin C, potassium, and folate, berries are a nutritional powerhouse. "The younger children start eating berries, the healthier they will be," says Sarah Krieger, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics.

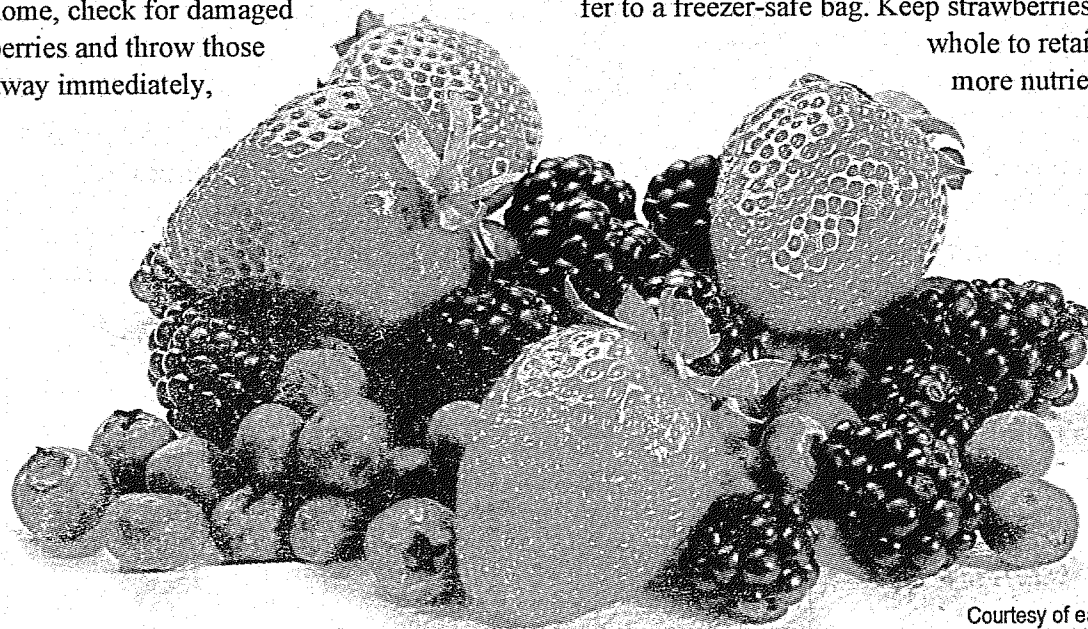
When Shopping - Look for containers at the store or farmers market without stains, moisture, or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so stay away from green or yellow ones. Steer away from blueberries that are green or blackberries that are red. Raspberries come in a variety of colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

How to Store - When you get your bounty home, check for damaged berries and throw those away immediately,

before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored at higher humidity with lower air circulation in the coldest place in your fridge. Produce drawers are ideal. If not available, a sealed container will do the job. Keep blackberries uncovered. While berries can last one week in your fridge, eat them within three days for best nutrition.

Preparing - Rinse berries in cold water when you're ready to eat them. Add berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. "Sometimes parents think too hard how to get their kids to eat fruit," says Krieger, who recommends eating berries fresh when in season. For a low-calorie jam, Krieger suggests baking berries in the oven at 400°F for 10 minutes. You don't need to add sugar since the jam contains the natural sweetness from the fruit.

Freezing - Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours then transfer to a freezer-safe bag. Keep strawberries whole to retain more nutrients.



Courtesy of eatright.org

Diabetes Education

Get the tools you need to manage your diabetes successfully.

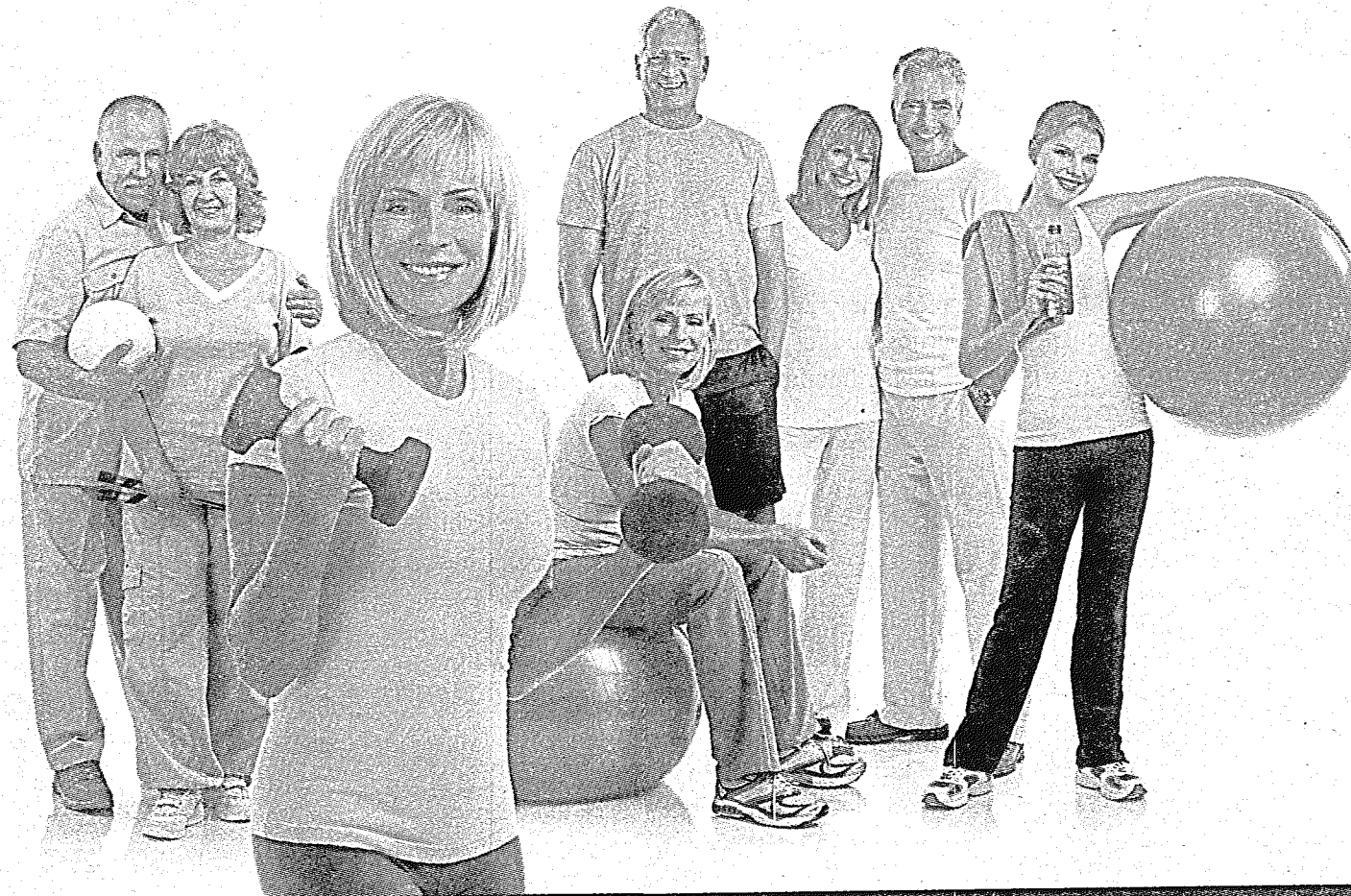
March 14 & March 21
4:00-8:00 p.m.

Rockcastle Regional
Outpatient Services Center
(second floor conference room)

This is a free event and dinner will be provided. People with diabetes and their families/caregivers are welcome. No referral required.

To sign up, please contact
Teresa Blair at (606) 256-7714





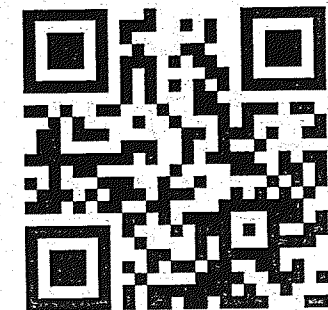
A NEW YEAR = A NEW YOU!

Look for opportunities at the Rockcastle Regional Wellness Center to discover a 'NEW YOU' through fitness and exercise!

The Rockcastle Regional Wellness Center is now entering in to its second year of class offerings. Beginning with only five Zumba® classes a week, the Wellness Center has now grown to offer all varieties of strength training, cardio classes, kids' classes, senior specialty classes as well as a karate and meditation. Recognizing the need for a space dedicated to assisting individuals with their health and fitness goals, the Wellness Center is proud to now offer thirty five classes a week for ages six and up.

So, what are you waiting for? The benefits are countless, the experience is exciting and the time is NOW!

Visit www.rockcastleregional.org/wellnesscenter to view the current class offerings or use your smart phone to scan our QR code!





Anna Poynter, left, and Riley Griffin practice their skills at a University of Kentucky surgery simulation lab last summer. They were participating in MASH camp, an annual educational experience organized by the Southern KY AHEC and held on the campus of Rockcastle Regional Hospital. Students learn about health careers from the staff of Rockcastle Regional in addition to taking field trips to places like the University of Kentucky.

AHEC Staff

Kelsey Adams
Health Careers Coordinator

Shirley Balman
Academic Detailer

Southern Kentucky
Diana Brandenburg
Health Careers Coordinator

Shawnee Eckert
Office Manager/Special
Projects Coordinator

Improving health through education
Dwain Harris
Center Director

Anna Jones
Assistant Director/Outreach
Education Coordinator

Gerry Musterman
Clinical Education Coordinator

AHEC serves Rockcastle, region

As a facility with an extraordinary focus on education and prevention, Rockcastle Regional Hospital is the perfect place for the Southern Kentucky Area Health Education Center (S. KY AHEC) to call home. When the S. KY AHEC moved to the hospital in March of 2004, it also found a place in the geographical center of its 15-county region, which extends northward to Madison, Estill and Mercer Counties, and down to the Tennessee border.

"Rockcastle County is the ideal home for our organization," said Dwain Harris, center director. Harris and a staff of six perform the multi-faceted work of the AHEC, which includes the coordination of student clinical rotations, continuing education for health professionals, community health programming, health career promotions and health education.

AHECs, funded primarily by state governments with some funding from the federal government and other sources, were formed across the nation in the 1970s and '80s as a way to address the chronic shortage of health professionals in rural and underserved areas. The AHEC system was formed based on the idea

that if medical students, pharmacy students, and others do some of their training in rural areas, they'll be more likely to settle in those areas. Over the years AHECs have expanded to deliver education of many types, all with the goal of improving the health of the region. The S. KY AHEC is one of eight AHEC regions covering the commonwealth.

The S. KY AHEC organizes or plays a role in events such as the annual Health Occupations Today Expo at the Center for Rural Development in Somerset, the Healthy Joe Expo at Rockcastle Regional, and Medical Academy of Science in Health (MASH) camp, the Summer Conference continuing education program, and the Diabetes Symposium.

In 2012, the S. KY AHEC reached 14,146 health careers participants, 3,093 continuing education attendees, 5,765 who took part in community education programs, and 144 academic detailing project participants.

"We are proud to play a role in enabling the S. KY AHEC perform important work for Rockcastle County and this region of the state," said Stephen A. Estes, President and CEO of Rockcastle Regional Hospital.

Adams joins AHEC staff

Kelsey Adams, Health Careers/Education Coordinator, has recently joined Southern KY AHEC here at Rockcastle Regional. She recently graduated from Midway College with a Bachelor's degree in elementary education with an emphasis in science.

She currently lives in Pongo with her husband, Jeremy, and their many different animals. She loves spending time with her wonderful family and friends, exploring state parks, and being outdoors.




Kelsey Adams

When asked what she enjoys the most about her job at Southern KY AHEC, Kelsey said, "I can't pinpoint just one thing in particular that is more spectacular than another because it is all great! I am constantly thinking that this is a dream and I am going to wake up soon. There is no way that I have a job that I absolutely love!"

Look how we've changed...

New Uniforms at Rockcastle Regional



 Nurses
RN and LPN

 SNRA
(Assistant)

 Nursing
Unit Clerk

  Environmental
Services


 Respiratory
Therapy

 Diagnostic
Imaging

 Rehabilitation
Therapy

 Medical Arts
Building



**ROCKCASTLE
REGIONAL**
HOSPITAL  RESPIRATORY CARE CENTER

Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 127 • Number 8 .50 per copy Thursday, February 7, 2013

Former RCHS teacher killed in accident

By: Doug Ponder

A former Rockcastle County High School teacher was killed in a two-vehicle accident around 9:15 p.m. Monday night at the intersection of Hwy 461 and Hwy 150 in Mt. Vernon.

According to state police reports, a 2011 white Hyundai Sonata driven by Don Rick Barnett, 54, of Mt. Vernon was traveling west on Hwy 150 when he reportedly ran a red light and was struck by a 2006 blue Dodge Caravan driven by Kimberlee R. Benien, 23, of Somerset who was traveling south on Hwy 461.

Barnett was transported by ambulance to Rockcastle Regional Hospital where he was later pronounced dead by Deputy Coroner Bud Cox.

Benien and her passenger, Serena Howell, 23, of Somerset were also transported by ambulance to Rockcastle Regional Hospital. Benien was treated for non-life threatening injuries and later released. Howell, who is also pregnant, was flown to the UK Medical Center where she is currently listed in stable condition.

Investigators say Barnett was not wearing his seat belt.

(Cont. to pg. A8)

Four days missed thus far

Snowfall closes Rockcastle Schools

By: Doug Ponder

Rockcastle County students received an extra two days off this past week as a result of a snow system that pushed its way across the state.

All Rockcastle County Schools were dismissed last Friday and Monday as a lot of the rural county roads remained slick and too dangerous for traveling.

According to local weatherman Bud Cox, he reported an accumulation of one inch of snow last Friday and another half-inch last Saturday. He also reported a trace of snow on both Sunday and Monday. The record low during the four day time span was nine degrees last Friday and the record high was 52 on Monday.

Rockcastle County Schools have now missed a total of four days during the 2012-2013 calendar year as a result of either snow, ice or the recent water main break at the middle school.

(Cont. to pg. A8)



A retired RCHS teacher was killed in a two-vehicle accident Monday night at the intersection of Hwy 461 and Hwy 150 in Mt. Vernon. Rick Barnett, 54, of Mt. Vernon was driving the above 2011 Hyundai Sonata, above, when he reportedly ran a red light and was struck by the 2006 Dodge Caravan, at right, driven by Kimberlee R. Benien, 23, of Somerset.



RCIDA discusses Business Park South updates Monday

By: Doug Ponder

Many items were discussed at the monthly Rockcastle County Industrial Development Authority on Monday including updates on several Rockcastle Business Park South projects.

RCIDA Executive Director Holly Hopkins is currently working on the lease amendment with SourceHOV and trying to clarify when their employees will be working according to the lease amendment.

Hopkins said that SourceHOV is planning to be at full capacity by March and are hiring 490 employees instead of 300. She told the board that SourceHOV definitely needs an extra parking lot as soon as they can get it.

County Judge Executive Buzz Carloftis said the Fis-

cal Court agreed to pave a blacktop parking lot with 86 additional parking spaces adjacent to the current SourceHOV parking lot. However, Carloftis said they haven't been able to work on the parking lot due to the inclement weather.

"We won't be able to start on it until we have good weather," Carloftis said. "They have to remove the topsoil before they start and they haven't been able to do that because of the weather."

Hopkins said that she understood but urged Carloftis to at least make a gravel parking lot until they can blacktop it.

"Even if we can get gravel for them to park on until we get it paved, that will be suitable," Hopkins said "It's not a terrible problem that we are getting 490

jobs instead of 300. I will take a problem like that any day of the week."

RCIDA Chairman Robert Lawson was concerned about where SourceHOV employees would park until the parking lot was made.

Hopkins said SourceHOV currently has a 30 minute gap between the first and second shifts to allow employees who are leaving on first shift to give the second shift employees enough time to take their parking spots. She said this process is currently working well for SourceHOV and that they are trying to hold off on establishing a third shift until the parking issues are resolved.

Carloftis told the board that county workers will be measuring off the parking area within the next week and that they will begin the construction of the parking lot soon.

Employees from White House Clinic also provided the board with an update on their current operations.

Chief Executive Officer Stephanie Moore and Chief Financial Officer Chuck Morgan presented their blueprints for their 8,970 square foot building. At last month's RCIDA meeting, White House Clinic purchased 2.6 acres for \$65,000 in Rockcastle Business Park South. The blueprints called for the new building to face Hwy 150 and for their sign to face Progress Drive. The blueprints also called for 76 parking spaces, rooms for four medical providers, four dental stations and a full pharmacy.

After presenting the blueprints and design for their sign to the board, Moore asked the board what else they needed to do and Hopkins said she would like to see a better design for their sign. Moore replied saying the sign was the least of her concerns as she was ready to start building.

Moore said that their next board meeting is on February 28th and that they plan to open bids for the construction of their building during the board meet-

(Cont. to pg. A8)

66-year-old Livingston man earns his GED

By: Doug Ponder

A Rockcastle County senior citizen recently received his GED from the Rockcastle County Adult Education Center in Mt. Vernon.

Estill Cromer, 66, of Livingston received his GED last Thursday morning during a private graduation ceremony that was organized by the RCAE staff.

Cromer started taking GED classes at the Center in August of 2011. He finished all his course work and passed the final exam on January 25th.

Cromer was born and

raised near the Sandhill Community in Livingston. He completed all eight grades of grade school before dropping out of Livingston High School six weeks into his freshman year.

After dropping out of high school, Cromer married his wife Betty and they moved to Lexington in the summer of 1965 after he was hired as a factory worker at Pepsi-Cola Bottling Company. During the 1960s, Cromer said a lot of factories would hire people who didn't have a GED or high school diploma.

"Back then you didn't

have to have a high school diploma or GED to get hired at a factory," Cromer said. "Even though I dropped out of high school, there was still a lot of opportunities for me in those days."

Cromer said they moved to Lexington so he could spend more time at home with his wife as he wouldn't have a long commute to work. However, the newlyweds would later rethink their decision of moving to Lexington after living in the city for three months.

(Cont. to pg. A5)

Anthony Barnett arrested for violent home invasion

By: Doug Ponder

Police have arrested a man who recently assaulted a homeowner and broke into their home on Freedom School Road in Mt. Vernon.

According to the Rockcastle County Sheriff's Department, Anthony Wayne Barnett, 29, of Mt. Vernon knocked on the door of the residence on Freedom School Road on January 24th and told the homeowner that he needed to use her phone because his cell phone was out of minutes and his vehicle was broken down. The homeowner let Barnett use her phone in the living room while she took her dog to the bedroom.

When the homeowner returned to the living room, she noticed that her son's Nintendo Wii games were missing. As Barnett was leaving the residence, she confronted Barnett and asked him about the missing video games. Barnett replied that he didn't know what she was talking about as he continued to exit the residence.

The homeowner then grabbed Barnett's coat and told him that she could feel the games inside his coat and demanded that he return the games before leaving.

During the altercation, Barnett shoved the homeowner and knocked her to the ground. She then stood back up and once again attempted to retrieve the games from Barnett's coat. As she was holding on to Barnett's coat, Barnett was dragging the homeowner down her driveway and hitting her with his open fist until she eventually let go of his coat.

While the homeowner was calling the police, Barnett returned to the residence and demanded her to open the door. He also told her that if she called the police, that he

(Cont. to pg. A8)



Estill Cromer, 66, of Livingston received his GED last Thursday morning during a private graduation ceremony that was organized by the Rockcastle County Adult Education Center staff. Shown above from left are: Instructor Kelli Loudermilk, instructor Rachel Falin, Estill Cromer, instructor Amy Nicely and instructor Rebecca Cummins.

Of Special Note Inside

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The Way I See it

By
Doug Ponder

As many of you already know, one of our former Rockcastle County High School teachers was killed in a two vehicle accident on Monday night at the intersection of Hwy 461 and Hwy 150 in Mt. Vernon.

Moments before the wreck, I was talking on the phone with the Rockcastle Rockets Head Coach Benny Blanton. This is a weekly routine for me as I call him to get the Rockets stats and get his opinions of the games on their schedule for the following week.

Blanton said that he had just left the RCHS gym and was driving home after the freshman Rockets game. While I was talking to him on the phone, I noticed that he started to become distracted by something. Blanton then proceeded to tell me that he observed a wreck at the intersection of Hwy 461 and Hwy 150. He told me that I probably needed to drive up to the accident as it looked like a serious wreck and something that I could use in the *Signal*.

After hanging up with Coach Blanton, I jumped in my SUV and drove to the wreck. For those of you who know me real well, you know that I am a very optimistic person. So at first, I actually thought the wreck would be nothing more than a typical "fender bender."

As I pulled up to the intersection, I got out of my vehicle and proceeded to the wreck with my camera in hand. My primary goal at wrecks is to take my pictures before any of the towing companies haul off the wrecked vehicles. So I am always on the lookout for Josh Thompson, Marvin Mink, David Mink or Perry Mink to make sure none of them are making any sudden movements at a wreck scene. If I find all of them standing still and idle, then I know that I have some extra time to get all the pictures I need.

While taking my pictures Monday night, I still was not aware that Rick Barnett was driving the white Hyundai Sonata and that he was the one who was killed in the accident. As I said before, my main goal is to always take the pictures I need at a wreck before I leave and I will always call the police the next day to get all the information for the articles and captions. This is the advantage we have as a weekly newspaper compared to a daily newspaper or TV news station. We can choose to wait until the next day to get the information we need.

The reason why I wait to get the information is because I don't want to bother any of the police or other emergency personnel while they are still working at the scene. After all, they have the three Lexington news stations to deal with and I am certain that they all get their feel of the news media to them while they are working at the scene.

When I returned home from the wreck, I received numerous text messages from different people wanting to know if it was Rick Barnett who was killed in the accident. I also noticed

my Facebook news feed was extremely busy as one person after another was constantly updating their status in honor of Rick Barnett and sending their condolences out to his family.

The concern shown through Facebook statuses and Twitter updates alone was enough to prove to all of us that Rick Barnett was a prominent figure and respected man in Rockcastle County who was loved by many of those who knew him.

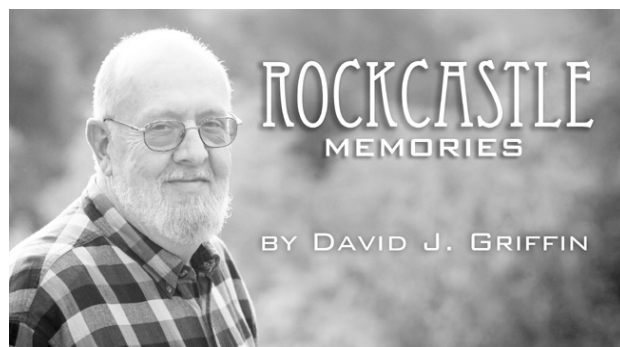
The majority of the Facebook statuses in his honor were from his former students who ranged from ages 18 to 30. A lot of them considered him a role model in their lives as they were sharing their memories and life lessons they learned from him when they had him as a teacher at RCHS.

Truth is, I was not close to Rick Barnett mainly because I never had him as a teacher in high school and I rarely walked through the hallway where his classroom was located. Even though we were not close friends, I still believe we were close acquaintances as he would always take the time to speak and talk to me when we would run into each other.

However, I still believe that I knew him well enough to know what he considered most important to him in his life and that was God! Anyone who knew Rick Barnett well knew that he was a devout Christian who always tried to put God first in his life. My memories of Mr. Barnett are of him helping his fellow RCHS math teacher, Mrs. Dawn Stallsworth, lead FCA (Fellowship of Christian Athletes) during club day while I was a student at RCHS. FCA was one of the largest clubs at RCHS during that time and I personally believe the club's success was largely contributed to Mrs. Stallsworth and Mr. Barnett.

I believe that if he was still with us today, he would tell us that he would want to be remembered first as a man of God and a devout Christian above everything else.

So as the county continues to remember and honor the life of Rick Barnett throughout the week, I will always remember and honor him as a devout Christian and a man of God, first and foremost.



ROCKCASTLE MEMORIES

BY DAVID J. GRIFFIN

"Brother Al"

It seems most appropriate for me to tell you about my big brother, Al. From the time I can remember, and particularly as a child, I have been extremely proud of him. Because he was ten years my senior, Al was my baby sitter when my mother had to work. I looked up to him. I am most certain that he wished he could be with his friends rather than keeping an eye on me, but I came through that time with flying colors. (Translation: I never really suffered for it and neither did he.)

I will never forget the time when I was first introduced to Big Fill Cave in Rockcastle County. Al and one of his best friends, Bobby Barnes, had planned to go to the cave when our mother (Bee) told him he had to watch me. So Al and Bobby decided that they would take me with them on their adventure. As we hiked through the woods to the cave, I rode on the shoulders of "my big friends."

At one point, it was necessary to scale down a very high cliff in order to reach the cave, and I distinctly remember Al holding me by the arms and dropping me over the edge of the rock face into the arms of Bobby. I thought to myself, "This is going to be a fun day!" Another part of that day that I specifically recall is walking up to the mouth of the cave for the first time. It was nothing short of huge to a four-year-old boy. I felt connected to that cave for the rest of my time living in Rockcastle County and, in some ways, I still do.

Another adventure that is etched into my mind was an evening when Al and a large group of young people from the First Baptist Church hiked to Big Fill Cave to sit by a fire, roast hot dogs, and listen to the older teenagers tell ghost stories. Those of us who were young sat in a circle around the fire as Al and a couple of the others told us "eerie" tales - tales designed to scare the pants off of the youngsters in the group.

When it came time for Al to speak, he began his story in a dramatic fashion with a hushed voice. We drew closer to him, to each other, and to the fire in order to steady ourselves to hear his tale. Everyone in the circle listened very carefully as the story unfolded in that

hushed voice. Then, near the end of the story and at the top of his voice, Al yelled and we all almost fainted. For the rest of the evening, I found myself sitting as close as I could to my big brother and keeping a close watch over my shoulder.

My sister-in-law, Eva, reminded me of an afternoon in which Al was furious with his little brother. Another friend of Al's, Bob Fields, had decided that he would drive his car down to Livingston in order to wash his vehicle in the Rockcastle River. Fields came to our house to pick up Al. While they were discussing their plans with Bee, the girls (including Eva, Berna Mae Fields, Shirley Owens, and Clara Ann Fields) hid me in the floor of the backseat of the car. Upon reaching the banks of Rockcastle River, the girls exclaimed, "Look who is with us!"

I am telling you that the look on my brother's face was akin to utter madness, and I was temporarily terrified of what he was going to do. He was not, as they say, a happy camper. But for the rest of the afternoon, the girls played with me, Al spared my life, and the day had a happy ending. I particularly recall that we ate a huge watermelon on the banks of the river that day.

While Al was in high school, he worked at the Mt. Vernon Greyhound Bus Station, where our mother also was employed as the ticket agent. Al worked there from the time he was fifteen until he graduated at the age of eighteen. The owner of the station was Tommy Gay

(Cont. to A4)

Points East

By Ike Adams



At this writing, it is just past 4:00 PM on Groundhog Day, 2013 and already nearly dark. Unless he was sitting under the booger light at the end of my driveway, the celebrated whistle pig will not see his shadow in central Kentucky today.

The sky, in fact, became so overcast and filled with restless, wandering snow that our security light came on for nearly an hour in the early afternoon. I'm told that weather conditions were about the same in Puxatony and that Phil had declared his shadow a no-show and retreated to his hole sometime around mid-morning.

So, if the lore holds true, winter should be all but over for those of us residing east of "The Muddy Mississippi". We should commence sharpening up our gardening tools while global warming paranoia gets set to have a field day. Since 1887, it says here, Puxatony Phil has only failed to see his shadow 16 times, including 2013. He's seen it 101 times and during that time, 9 years of Philocrastination are unrecorded.

I'm reading this straight off the internet so you know it has to be true! And the math does seem to work.

In the meantime, I'm sitting here remembering the snowy February Saturdays of my youth when I turned such days into profitable enterprise by selling garden seeds, door-to-door, along Highway 7 and the L&N railroad that run between the Jeremiah and Isom, Kentucky post offices.

Over the course of some dozen years, from the springs of 1956 through 1967, individually or work-

ing together, my three younger brothers and I were the garden seed barons of that 5 mile section of Letcher County's Rock House Creek. We also served the gardeners of its tributaries, including Spring Branch, Doty Creek, Adams Branch and Stamper's Branch along the way.

American Seed Company (ASC) in Lancaster, Pennsylvania was our wholesaler. We placed our orders, by mail, early in January. In 1956, the year, with Mom's help and counsel, that I started the business, ASC would front its sales crew 60 packets of seed, risk free. If you sold all those and paid for them, they'd front you another 120. Promptly pay for those and the company would front you whatever you thought you could sell and even let you send back what you were unable to sell.

Just one year after startup, I could have ordered 2,000 packets and ASC would have shipped them out, no questions asked.

Retail price was 15 cents a packet. We sales-people could take a nickel per pack cash profit or a merchandise prize. And believe it or not, we were usually way better off taking merchandise if they had something we really needed or wanted. I once took a Schwinn English Racing Bicycle that retailed for over \$100 instead of the \$30.00 cash money I could have pocketed. The bike had almost no utility on unpaved and coal-truck-rutted Blair Branch, but it sure was a pretty thing to look at.

(Cont. to A4)

Strange... But True?

by: Tonya J. Cook



"Strange But True?"
An Old-Time Witch Tale:
The Historic Bell Witch
Part II

Last week's column of "Strange But True?" featured what has been called "America's greatest ghost story". The Bell Witch has sparked interest for over a hundred years. M. V. Ingram published "An Authentic History of the Famous Bell Witch" in 1894 and Charles Bailey Bell published "A Mysterious Spirit: The Bell

Witch of Tennessee".

As noted last week the Bell family came from North Carolina and settled in Robertson County, Tennessee, in 1804. Soon afterward, mysterious phenomena began to occur. The witch disliked the Bell children and their father. The only one the witch liked was Mrs. Bell. The witch even hated the family's slaves; tormenting and beating them, and refusing to allow them into the house. One slave, Dean, encountered the witch several times. It usually appeared as a large black dog or wolf, sometimes having two heads or no head at all. He claimed that the witch had turned him into a mule once.

The witch tortured visitors to the Bell home and the neighbors. It caused the Bell's dogs to attack some traveling Shakers. The Bells tried to rid themselves of this curse by sending for a Dr. Mize from Simpson, KY, to exorcise it away. However, the witch pre-

(Cont. to A4)

6th annual

Love your Heart

Thursday,
February 28, 2013
5:30 p.m.

Rockcastle Regional
Wellness Center

Presented by

ROCKCASTLE
REGIONAL
HOSPITAL ■ RESPIRATORY CARE CENTER

Women's Heart Health and Fitness Expo

A night for mothers and daughters, grandmothers and granddaughters and ALL women in the community to come out for a fun night of fitness to raise awareness about heart health. We want to share the importance of heart health...at any age!

Join us for this FREE event...

- Fitness classes (schedule coming soon) (wear red workout clothes if you wish)
- Heart health education
- Giveaways and door prizes
- Heart healthy food samples

Please sign up by February 22. Contact Arielle Estes at (606) 256-7880 or a.estes@rhrc.org

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Obituaries



Rick Barnett

Rick Barnett, 55, of Mt. Vernon, died Tuesday February 4, 2013 at the Rockcastle Hospital as the result of an auto accident. He was born April 10, 1957 in Berea, the son of Mrs. Minnie Lee Parrett Barnett of Mt. Vernon, and the late Clyde Barnett. He was a retired school teacher, a former Rockcastle County Rocket assistant football coach, enjoyed dog training, body building, was a Cumberland College Graduate, and was a member of the Maple Grove Baptist Church.

Besides his mother, survivors are: two sisters, Mrs. Ruby Mahan of Leesburg, FL, and Mrs. Charlotte Miracle of Mt. Vernon; and a host of nieces and nephews.

Funeral services will be conducted at 2 p.m. Friday, February 8, 2013 at the Northside Baptist Church with Bro. Lester Caldwell and Bro. Jerry Owens officiating. Burial will follow in the Cresthaven Cemetery.

Arrangements are by the Cox Funeral Home where friends may call from 6 to 9 p.m. (today) Thursday.

Pallbearers are: Tony Saylor, P.J. Rowe, Lynn Miracle, Nick Miracle, Dale Whitaker, and Richie Bray.

Honorary pallbearer is Paul Blevins.

Send condolences online at www.coxfuneralhomeky.com



Gladys Mae Taylor

Gladys Mae Taylor, 87, of Cincinnati, OH and formerly of Quail, passed peacefully into eternal rest at her home on Saturday, January 19th, 2013.

She was the devoted wife of nearly 60 years to the late Vernon E. Taylor, and loving mother of Dana Moore, Randy (Claudia) Taylor, and Shelley Ballou.

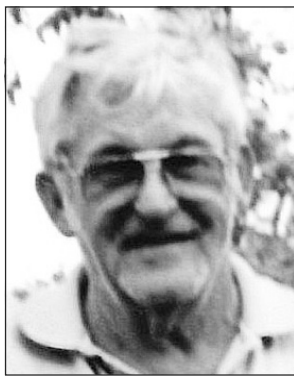
In addition to her husband, she was preceded in death by an infant daughter, an infant granddaughter, her parents Walter and Eva Arney, and two sisters Bonnie Brown and Norma Price.

She leaves many friends and relatives to mourn her passing including three sisters; Wanda Baker, Rosemary Peters, Peggy Stevens, and three brothers; Jim, Bill, and David Arney. She will forever remain the cherished grandmother of 11 grandchildren, 14 great grandchildren, and one great great grandson.

Visitation and funeral services were held Wednesday, January 23, 2013 at the West Mason Church of Christ, in Mason, OH, where her grandson, Bro. Scott Taylor, officiated.

Serving as pallbearers were grandsons: Ron Ramsey, Tom Taylor, Jason Moore, Justin Moore, Taylor Ballou and Brent Ballou.

Mrs. Taylor was laid to rest beside her husband in the Rest Haven Cemetery in Blue Ash, OH.



Floyd Denny

Floyd Denny, 68, of Mt. Vernon, died Monday, February 4, 2013 at the Compassionate Care Center in Richmond after a long illness. He was born November 8, 1944 in Mt. Vernon, the son of the late Roscoe and Docy Kirby Denny. He was a retired truck driver, enjoyed horse racing, playing cards, and spending time on Chestnut Ridge.

Survivors are: two sons, Jeff Denny of Hamilton, OH, and Jerry Denny of Ross, OH; two daughters, Janet Sparks of Maineville, OH, and Rosanna Mitsch of Mt. Healthy, OH; two brothers, Sherman Denny of Mt. Vernon, and Roger Denny of Cincinnati, OH; four sisters, Sadie Best of Carlisle, OH, Corina McDaniel of Dayton, OH, Frances Smith of Findley, OH, and Jean Mink of Nicholasville; 10 grandchildren; four great grandchildren; and many nieces and nephews.

He was preceded in death by four brothers, Earl, Stevie, George, and Tom Denny.

Funeral services will be held at 1 p.m. (today) Thursday, February 7, 2013 at Cox Funeral Home with Bro. Elzie Doan and Bro. Vernon Doan officiating. Burial will be in the Denny Family Cemetery.

Send condolences to the family online at www.coxfuneralhomeky.com



Vernon Cox

Vernon Cox, 72, of Belleview, FL, died at his residence on December 21, 2012. He was born in Olive Hill, on February 29, 1940 to the late Herbert and Dorothy (Carpenter) Cox. He was a retired (self-employed) optician for over 40 years. He attended Souls Harbor First Pentecostal Church, Belleview.

He is survived by: his wife of 46 years, Barbara (Davidson) Cox; three daughters, Keena (Dennis) Haws, Lavern (Randy) Smith, and Kari (Dan) Promutico; five grandchildren, Steven, Robert, Alex, Aaron and Katrina; four great grandchildren, Kendall, Dalton, Marissa and Haley; brother, Garry (Birta) Cline; and sisters, Patricia (Adrian) Wilkinson, Rita (Gary Lee) Rand, Porcha Taylor, Linda (Larry) Griffith and Sharon (Lowell) Sullivan. He is preceded in death by his dad and mom, and stepdad, Floyd Cline and brother, Donald R. Cox.

Funeral services were held Sunday, December 23, 2012 at Hiers-Baxley Funeral Services, 5946 SE Robinson Road, Belleview, FL with Pastor Jason Varnum officiating.

In lieu of flowers donations may be made to Hospice of Marion County, PO Box 4860, Ocala, FL 34478.



John "Johann" Ballinger

John "Johann" Ballinger, 86, of Berea, died January 31, 2013 at home surrounded by his loved ones. He was born in the Wildie section of Rockcastle County, to the late John and Annas Ballinger. He is a World War II Veteran having served in the United States Marine Corp and retired from the United States Army in 1966.

In addition to his parents, he was preceded in death by four brothers, Russell Ballinger, William "Tony" Ballinger, Alfred "Al" Ballinger, and Lloyd "Wayne" Ballinger; and three sisters, Tabitha Ballinger, Rilda "Francis" Baker, Beatrice "Minnie" Huff.

He is survived by: his loving wife of 58 years, Rita Klubertanz Ballinger, his special niece and nephew, Anita Baker and Jack Baker; loving great niece and nephew, Kimberly Baker Shaffer and Bryan Anthony Baker; and his three special great great nephews, Jason "Blake" Harold, Charles "Josh" Baker and little Matthew "Matt Rat" Baker. He is also survived by his special care givers, Carrie Lynn Baker, David Shaffer, Emily Clark, Rita Baker Singleton, and special friend, Regina King; and many other nieces and nephews that range from Kentucky, Illinois, Virginia, Georgia, Florida, North Carolina, Ohio to Germany. He loved his family, the United States and the United States Army. He will be sadly missed but, fondly remembered by all.

Funeral services were held Monday, February 4, 2013 at Lakes Funeral Home with Rev. Jonas Hill officiating. Burial with full military honors followed at Berea Cemetery.

In lieu of flowers donations may be made to Hospice Care Center or St. Clare Building Fund. www.lakesfuneralhome.com

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.

Renfro Valley Chapel

Non-denominational services are held at Renfro Valley Chapel each Sunday at 9 a.m. They are led by Joe Bussell, Jr. Everyone is invited to come and worship with us.

Special Speaker

Friday, February 8th, CY Kim will visit at First Christian Church. CY Kim is a South Korean missionary to North Korea and China. He is an influential and powerful servant of Christ. We will meet at 6:30 to hear his stories and see some pictures of the work of reaching out to restructured places in Asia. Let's give him a big encouragement by being here to see what is going on for the

Lord in North Korea and China!

Fellowship Meeting

God has given Bro. Donald King (Crab Orchard Pentecostal), Bro. Jack Carpenter (Faith Chapel) and Bro. Ralph Reynolds (Union Chapel) a vision: "A Fellowship Meeting." The meetings will be held on the first Monday of each month at 7 p.m. February's meeting will be held at Crab Orchard Pentecostal at 7 p.m. and Bro. Ralph Reynolds

will be preaching. Everyone is welcome!! We all love and truly want to see you. Come visit or come to support your pastor and church. Come to be a blessing and to receive a blessing. God bless you and yours.

Gospel Singing

Lighthouse Baptist Church will hold a Gospel Singing, featuring Atoned from London, on Sat., Feb. 9th at 6 p.m. The church is located at 1391 Gabbardtown Road, Berea.

Citizens for a Secure Rockcastle meeting will discuss battling drug abuse

The Citizens for a Secure Rockcastle will hold a meeting to discuss various drug related issues in the county. The meeting will be next Monday at 6 p.m. at Central Baptist Church in Mt. Vernon.

All Rockcastle County pastors and members of Citizens for a Secure Rockcastle are encouraged to attend the meeting in order to seek spiritual awakening and develop strategies for preventing future drug abuse in Rockcastle County.

For more information about the event call Central Baptist Church at 606-256-2988.

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“Memories” (Cont. from A2)

and he was impressed with Al because my big brother had learned from Bee how to sell tickets and became quite good at his job.

While a senior at Mt. Vernon High, Al actually became “Brother” Albert Eugene Griffin by being ordained in the ministry by the First Baptist Church. It was November 30, 1952. Our entire family and many others were in attendance that Sunday afternoon to witness this solemn and significant event. After his ordination, Al began preaching at Hope Well Baptist Church, which had been the original parent church of First Baptist. He continued to preach there even after he entered Georgetown College in the fall of 1952. Because of his dedication to the ministry, he became, of course, even more of a hero to me.

Because of the difference in our ages, Al and I did not have boyhoods together. We did not have much in common until we renewed our relationship after we both became adults. He was entering college when I was only in the third grade. We never lived in the same home after that time. My associations with him were limited to the weekends that he came home for a visit.

Al graduated from Mt. Vernon High School (MVHS) in the fall of 1952. In 1955, he received his BA in history and music from Georgetown College. In 1968, Al was granted a Master of Divinity degree from

the Southern Baptist Seminary in Louisville. He also earned an MA in counseling from Georgetown College in 1969.

While a freshman at Georgetown, Al proposed to Eva Ann Machel. They were married by Brother Raymond Lawrence and Brother Wendell Belew on December 19, 1954. The marriage produced two wonderful daughters: Debbie born on July 5, 1956, and Denise, who was born on December 28, 1959, when Al was preaching in Manassas, Virginia.

After receiving his bachelor’s degree, Al taught at MVHS for one year. It was 1956, and he taught music and civics as well as serving as band director. He was [un]fortunate enough to have me as a student in his music class! I was 12 years old. It was nearly impossible for me to refer to him as Mr. Griffin; he was my brother Al, period. I may not have told him, but it was cool to have my brother as a teacher in high school.

The next year Al was named pastor of the Shiloh Baptist Church in Grant County, and for the next five decades he served as pastor of churches in Kentucky, Virginia, and West Virginia. I distinctly remember him accepting the pastorate of the Woodbine Baptist Church in Manassas, Virginia. I suppose this one church sticks in my mind because my brother would be leaving the state, and we would only see him and his family a few times each year. When I was a teenager, I both drove my car (with

Bud Cox), and road the George Washington Special train to Manassas in order to see my brother. He introduced me to several teenagers in his church, and he and Eva made me feel at home every time I visited.

Al served as pastor of several other churches, including: Pleasant Point Baptist in Lincoln County, Great Crossing Baptist in Georgetown, Porter Memorial Baptist in Lexington, First Baptist in Mt. Sterling, West Moreland Baptist in Huntington (WV), Southern Heights in Lexington, and Oneida Baptist Church. It was interesting to experience being a part of his family at the many different churches where Al ministered. Some of us attended on a regular basis.

Now that our grandparents, parents, and others of our extended family have passed away, Al and Eva have assumed the leadership of our family. It is to their home that we gather to celebrate Thanksgiving and Christmas. Eva has mastered all of the family fixins’ and still prepares those meals that define the tastes of our memories. Her home is quite similar in ways to what it was when we first began our lives as a family under the guidance of Pop and Mommie Katie. She has an extraordinary talent for cooking just as did Bee and Mommie Katie. You should taste her “shuck beans” and her dumplings!

No matter if he was just my older brother, my high school teacher, or a pastor of a church that I attended, I have always looked up to Brother Al. It has been pretty cool to have an older brother who is wiser and who has traveled down the paths of life just as I began the tour. I salute you, my brother. We’ve been through some real times together, good and bad, just like brothers should. I hope we are both the better for it, because I know that is precisely what Bee always wanted.

“Points East” (Cont. from A2)

But I’m off the point here because the point is that I could sell twice or three times as many seeds to snowed-in customers as I could have if the weather had been fine and the soil dry enough to till.

Brother Keeter and I discovered, early on, that folks were far more inclined to purchase seed when all they had to do was sit around the stove and dream of gardening than they were when the process involved hard labor.

In other words, that day-dream of having neat plant beds containing four different varieties and colors of lettuce along with an equal number and variety of radishes required the purchase of 8 seed packets while a customer was kicked back in front of the fire. But when it came time to put rake and hoe to good use, that same customer would decide that a pack each of black-seeded Simpson lettuce and scarlet globe radishes were all they really needed and had time to fool with.

And so we bided our time, did we enterprising Adams Brothers. Our seeds might arrive from Quaker Land, ready for market, on a sunny day in late January but we knew that the very best of gardens are planted only in the mind.

And the very best of those take shape when little coats, dressed in heavy overcoats and winter caps with the earflaps down, come stomping snow off their boots on your front porch and knocking at your door in the middle of a wintry February storm to see if you’d like to buy some seed.

“Witch” (Cont. from A2)

vailed and frightened the doctor away.

According to legend, then-future president Andrew Jackson owned property along the Red River and had heard of the Bell Witch, and came to call on the Bell family. All of the wagons in his party became stuck by an unseen force. After examining the wheels and having the horses to pull harder, along with having several men to push, Jackson exclaimed, “By the Eternal, boys, this is the witch!” The witch replied, “All right, General, let the wagons move on. I will see you again tonight.” The wagons started to move on their own.

Later that night while camping, a self-proclaimed “witch hunter” began to brag about his many witch encounters. General Andrew Jackson whispered, “I’ll bet this fellow is an errant coward. By the Eternal, I do wish the thing would come. I want to see him run.”

Soon the witch arrived as promised stating, “All right, General, I am on hand and ready for business.” The witch told the witch hunter to shoot as he had planned with a silver bullet. The gun wouldn’t fire, and the hunter was struck by an unseen force. He claimed to feel the sensation of being stuck with needles and being grabbed by the nose and flung from the tent. The witch stated, “How the devil did he run and beg. I’ll bet he won’t come through here again with his old horse pistol to shoot me. I guess that’s enough fun for tonight, General, and you can go to bed now. I will come again tomorrow night and show you another rascal in the crowd.” Jackson and his party returned to Nashville soon after.

The source of the Bell Witch is thought to be Mary Catherine “Kate” Batts, who was thought to practice black magic due to her strange ways and improper word usage. There was a disagreement between the two families, as the story goes, about the sale of a slave.

There is a cave on the Bell property today, the only original feature from the legends. It was added to the National Historical Registry in 2008. Numerous eerie events have been reported by cave visitors, even today.

Source: Tennessee State Library and Archives-Tennessee Myths and Legends.

An encouraging word:

Good Neighbors are Neighborly By Howard Coop



It was a little thing, but little things can, and often do, under certain circumstances, become big things.

In our subdivision, the garbage truck usually runs early on Monday morning. Soon after it runs, most of us go to the curb and take the garbage can to its proper place. One morning I was busy with a number of things that had to be done, and I did not go out to return the garbage can to the garage where it is always kept. Later in the day, I remembered that I had not attended to that little task, and I prepared to do so. When I raised the garage door, I was pleasantly surprised. The garbage can I planned to retrieve was sitting beside the door. A neighbor, performing an act of neighborly kindness, had taken the time to do a little thing for me that needed to be done, and I was grateful for that act of helpfulness.

That afternoon, I saw my neighbor, and making an assumption, I kiddingly re-

minded him that, by some mysterious means, my garbage can had appeared at my garage door. He smiled, and I thanked him for taking the time to perform a neighborly act of helpfulness for me.

But that wasn’t the first time I had been the recipient of an act of neighborly helpfulness, and I am sure that I am not the only person in the neighborhood to receive one. Acts of neighborly helpfulness occur with an amazing frequency, for in our neighborhood—and in most neighborhoods—good neighbors are neighborly. On a regular basis and without waiting to be asked for help, neighbors willingly help one another with little things and big things.

An individual, writing anonymously, said it well: “Let us talk about our neighbors, but let’s be as neighbors should. Let’s not talk about their failures—Let us tell of something good.” And there is much good that can be said.

Rockcastle Community Bulletin Board Sponsored By Cox Funeral Home

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FFA Chili Supper and Auction

The 2013 Rockcastle County FFA Chili Supper and Auction will be held Sat., Feb. 9th from 5:30 to 6:30 in the high school. Chili Supper tickets are \$5 per person. Silent bids for the auction items can be made via email until 6 p.m. and the live auction will begin at 6:30. Contact Sherri McKinney sherri.mckinney@rockcastle.kyschools.us for a list of auction items and to place silent bids. Please come out and support Rockcastle County FFA. All proceeds are used to support FFA students in their many activities.

Volunteers Needed

Help your community, join the Brodhead Fire Department. Applications available at www.brodheadfire.com or at Brodhead City Hall.

February is “Love My Library” Month

February is “Love my Library Month”. Return overdue items to the Rockcastle County Public Library during the month of February and all overdue fees will be forgiven.

Bookmobile Schedule

Mon., Feb. 11th: No service. Tues., Feb. 12th: Calloway Red Hill, Livingston, Lamero and Pine Hill. Wed., Feb. 13th: Maple Grove, Orlando, Climax.

Little League Sign-ups

Little League Sign-ups will be every Saturday at Mt. Vernon Elementary from 9 a.m. to 2 p.m. Costs: Baseball, \$50 - each additional child is \$40; tee-ball, \$35 per child; girls softball, \$50. Contact Jerry Saylor at 606-392-1539.

Brodhead Alliance Committee

The BAC will hold its regular monthly meeting Thursday, Feb. 7th at 6 p.m. at Brodhead City Hall. Please note the change in location. The public is welcome.

Turkey Shoot

Livingston Fire and Rescue will host a Turkey Shoot Saturday, February 9th at 10 a.m. at David Mason’s Garage, north of Livingston on US 25. 410-16-20-12 gauge shot guns only. \$2.00 a shot. Shells furnished by the fire department. Concessions will be sold.

Kiwanis Meeting Change

The Kiwanis Thursday luncheon meetings are held at the Tea Cup Cafe, Main St., Mt. Vernon.

VFW News

During the winter months, the post will be closed Monday, Tuesday, Wednesday and Sunday.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

RCDB Meeting Notice

The Rockcastle County Development Board meets the 4th Wednesday of each month at noon at the Rockcastle County Courthouse 3rd floor Technology Center. The public is invited to attend.

Alcoholics Anonymous

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

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at The Renfro Valley Lodge in Renfro Valley. Everyone welcome.

Historical Society Hours

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

Sons of Confederate Veterans

The Sons of Confederate Veterans (SCV), Rockcastle Camp, meets the second Tuesday of each month at 7 p.m. on the third floor of the county courthouse. For more information, contact David Owens at 606-256-9870.

American Legion Post 71

American Legion Post 71 meets the second Thursday at 7 p.m. of each month at the Back Porch Restaurant in the Renfro Valley Village. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.



Dave and Albert Griffin as youngsters.

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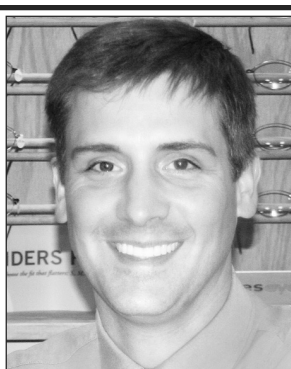
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The local Rokcastle County FFA Chapter attended Kentucky Agriculture Commissioner James Comer's visit to the Rockcastle County Extension Office in Mt. Vernon last Thursday. During the visit, Comer encouraged local residents to make a voluntary donation when they renew their farm license plates. The donation will be split evenly among the Kentucky 4-H, Kentucky FFA and Kentucky Proud. Shown above front row from left are: Hannah Prewitt, Lacey Gastineau, Tiffany Bowman, Charity Adams, Allison Burdette and Elizabeth Lawrence. Middle row from left: Laiken Coffey, John David Hurley, Commissioner Comer, Billy Cameron, Eric Bullock and Erica Clouse. Back row from left are: Larkan Prewitt, Sarah Pigg, Chris Sowder, Josh Bullock, Kyle Peacock and Bethany McKinney.



Kentucky Agriculture Commissioner James Comer visited the Rockcastle County Extension Office in Mt. Vernon last Thursday to encourage local residents to make a voluntary \$10 donation when they renew their farm license plates. The donation will be split evenly among Kentucky 4-H, Kentucky FFA and Kentucky Proud.

“Cromer”
(Cont. from front)

“We both became very miserable living in a big city and missed the country way of life back home,” Cromer said. “So we eventually came to the conclusion that my long drive to work was not as miserable as having to live in the city.”

In 1980, Pepsi-Cola promoted Cromer from a factory worker to a semi-truck driver. Although Cromer didn't have a CDL or GED, he said Pepsi-Cola promoted him to the position because of his 15 years of experience with the company.

“I worked my way up through the company and they hired me on as a driver,” Cromer said. “Back then you didn't have to have a CDL to drive a semi.”

The United States Congress passed the Commercial Motor Vehicle Safety Act in 1986 which required all commercial truck drivers to obtain a CDL license in order to operate commercial vehicles on the highway. Cromer said he didn't have to take a driver's test as he was “grandfathered” into the program based off his six years' experience as a semi-truck driver.

Cromer's life would change drastically in 1994 when he was diagnosed with histoplasmosis in his right eye, which significantly reduced his vision in that eye. Cromer said he had laser surgery on his right eye to help his vision so he could still drive a truck and support his family.

“The surgery helped my vision but the doctors said the histoplasmosis could flare back up again at any time and cause me to go blind in that eye,” Cromer said. “At that time I was still able to drive a truck because in Kentucky you could still have a CDL if you only had histoplasmosis in one eye.”

However, Cromer later discovered in 2001 that he had histoplasmosis in his left eye as well. Since being diagnosed with the serious infection, Cromer had three laser surgeries in his left eye to help him once again regain his vision.

“The laser surgeries helped me regain some of my vision back in that eye,” Cromer said. “The surgeries really cleared up my vision but the doctor said the histoplasmosis could come back at any time and cause me to go blind in either one of my eyes.”

Despite the numerous laser surgeries, Cromer was still forced to retire in 2001 as he couldn't renew his CDL license due to his histoplasmosis.

“I had to retire early because I couldn't get my CDL license after having histoplasmosis in both

eyes,” Cromer said. “It was hard for me to grasp at first because I had spent 31 years with Pepsi-Cola and planned on spending many more with them. But I also came to realize that I was putting people's lives in danger by driving a semi.”

After his early retirement, Cromer helped his youngest son, Brian Cromer, with his concrete business until Brian passed away in June 2011. Cromer then said he applied for a bus monitor position with the Rockcastle County Schools in order to supplement his retirement income.

“I applied for a bus monitor position and would have been hired until they saw my education level,” Cromer said. “They told me I had to have a GED before I could be hired as a bus monitor. So that is when I started looking into getting my GED.”

Cromer started taking classes at RCAE on August 20th of last year. He said the course work was hard for him, especially the math sections.

“When I went to school we only had spelling, English, History and basic arithmetic,” Cromer said. “We didn't have any letters in our math problems like they do today.”

Cromer said that there was many times that he thought about quitting and giving up but that his wife pushed him to complete the course and get his GED.

“I remember telling her I didn't see the need for me to have it and that I was going to quit,” Cromer said. “She would quickly tell me it was something I needed to do and that I needed to hang in there. She was always there to encourage me when I got down.”

Cromer went on to say that he also wouldn't have received his GED if it wasn't for the staff at RCAE as well as Matt Rodriguez and Amy Russell at the Somerset Community College Assessment Center.

“They were all a wonderful staff, that was for sure,” Cromer said. “They have the patience to work with people like me who have been out of school for a long time.”

Since receiving his GED, Cromer said that he has now officially applied for a bus monitor position at Rockcastle County Schools and that he is expecting to hear something back from them soon.

Cromer said that receiving his GED was one of the most important milestones in his life and that he would encourage others who have dropped out of high school to seek their GED as well.

“With today's technology, I would encourage everyone to have some type of education,” Cromer said. “The world is moving at a really fast pace and everyone needs at least a high school diploma or GED to keep up with it.”

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Rockets suffer tough loss, 71-69, to Anderson County

By: Doug Ponder

The Rockcastle Rockets varsity basketball team is now 6-18 on the season after a nail-biting 71-69 loss at home to Anderson County last Friday night.

The Rockets fought a tough battle as they kept the game close against a favored Anderson County Bearcats team who have only lost two games this season.

The Bearcats came out strong, outscoring the Rockets 23-15 at the end of the first quarter and 41-34 at the end of the first half. After halftime, the Rockets came out of the locker room firing on all cylinders as they cut the lead to 59-56 at the end of the third quarter. At the beginning of the fourth quarter, the Rockets

jumped ahead of the Bearcats with a score of 61-59. However, the Rockets comeback would fall short in the end as the Bearcats put the game away with a final score of 71-69.

The Rockets were led in scoring by sophomore guard Sam Pensol with 23 points, senior center Ben Allen and junior guard Corey McPhetridge each had 11 points, senior guard Ashton Arvin scored 10, junior forward Josh Mason scored 9 and senior guard John Curtis Wilson had 5.

The Anderson County loss came after a 70-46 loss at Somerset last Thursday night against the top-ranked Pulaski County Maroons.

The Maroons are currently ranked number one in the 12th region and 23rd in

the state.

During last Thursday night's game, the Maroons jumped out to an early 27-8 lead at the end of the first quarter and held a 48-22 lead at the half. Their momentum continued into the second half as they led 70-34 at the end of the third quarter. The Maroons would hold on to put the game away in the fourth quarter with a final score of 70-46.

The Rockets were led in scoring by Ashton Arvin and Dakota Hasty who both had 10 points, Ben Allen was next with 9, John Curtis Wilson 8, Josh Mason 6, Sam Pensol 2 and Gage Reynolds 1.

Although his squad lost huge to a very talented Pulaski County team, head coach Benny Blanton said he is still proud of the Rockets overall performance against the Anderson County Bearcats.

"I think we played pretty well against Anderson County and I was pleased with our overall effort," Blanton said. "We just didn't execute at crucial times during the game. We also could have done better on our time management toward the end of the game as well. If we had corrected these two things then the

game would have probably had a different outcome."

The Rockets will travel to Corbin on Thursday to take on the Redhounds. Tip-off for the game is at 7:30 p.m. The Rockets will then return home for "Senior Night" on Friday as they take on the Garrard County Golden Lions. Tip-off for that game is also at 7:30 p.m.

Blanton said that Corbin and Garrard County are two more tough teams. He said in order for his squad to win these two games that they have execute at crucial times and always keep the game within their reach.

"I believe we are good enough to beat these two teams," Blanton said. "We beat Garrard County earlier in the season. We are very similar to these two teams and I believe if we stay focused we can beat them."

The Lady Rockets were idle for most of last week and they played the Pulaski County Maroons on Wednesday. Their next game will be on Friday as they travel to Somerset to take on the Southwestern Lady Warriors. Senior night for the Lady Rockets will be next Monday, February 11th at home against Madison Central.



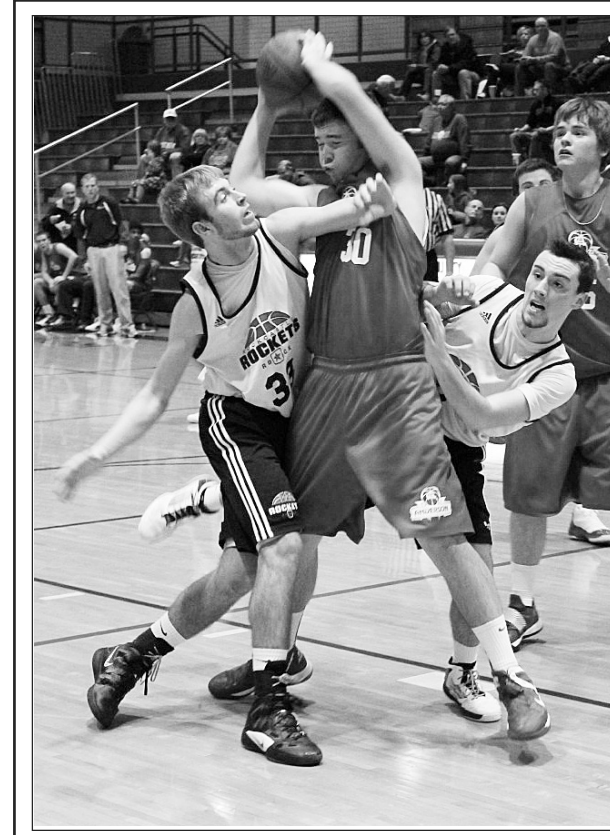
Sophomore guard Sam Pensol shoots a lay-up during last Friday night's home loss against Anderson County. Pensol led the Rockets in scoring with 23 points. The Rockets also lost to Pulaski County last Thursday night 70-46.



Sophomore guard Blake Mullins shoots a 3-pointer during last Friday night's JV loss to Anderson County. The JV Rockets will travel to Corbin on Thursday to take on the Corbin Redhounds JV team. Tip-off for the game is at 6 p.m.



Sophomore guard Dakota Hasty attempts a jumpshot during last Friday night's JV loss to Anderson County at home. The Rockets JV team is now 11-5 on the season.



Junior forward Tyler Harper and junior guard Gage Reynolds trap a Bearcat during last Friday night's JV loss to Anderson County.



Senior center Ben Allen blocks a shot during last Friday night's 71-69 home loss to Anderson County. Also pictured are Ashton Arvin and John Curtis Wilson. The Rockets will travel to Corbin on Thursday to take on the Corbin Redhounds. Tip-off for the game is at 7:30 p.m. The Rockets will then return home for "Senior Night" on Friday as they take on the Garrard County Golden Lions. Tip-off for that game is also at 7:30 p.m.

Forward in the Fifth extends deadline for AppLE Awards

The nomination deadline for Forward in the Fifth's 2013 AppLE (Appalachian Leaders in Education) Awards has been extended through Feb. 28 to allow more time to complete and submit nomination forms from Rockcastle and surrounding counties within its expanded 45-county primary service area.

The AppLE Awards recognizes leaders in education, including local parent and student groups, who have made significant contributions to promote and support education in their home communities and throughout the region.

"Southern and Eastern

Kentucky is full of individuals who devote tireless efforts to improving education for young people and adults alike," said Jim Tackett, executive director of Forward in the Fifth. "We encourage individuals across our region to share their positive experiences through our nomination process, so these heroes can be recognized for their extraordinary deeds."

This year's AppLE Award nominations will be accepted in the following four award categories:

- Educators
- Early childhood (daycare, Head Start, and preschool programs)
- K-12 administration (superintendent, district office staff, principals, counselors)
- K-12 teachers
- K-12 support staff (bus drivers, cafeteria, Family Resource/Youth Services, librarian, custodial staff)
- Higher education (all positions)
- Business/community leaders or community organizations
- Parents or parent groups
- Students or student groups

For more information, call 606-677-6000 or visit www.fif.org/awards for a detailed description of each of the 2013 AppLE Award categories, eligibility requirements, and nomination forms.

Nomination forms may be submitted online or post-marked and mailed to Forward in the Fifth at 2292

South Hwy. 27, Somerset, KY 42501 no later than February 28, 2013. Submissions by fax or telephone will not be accepted.

"Through the AppLE Awards, we are honored to recognize those individuals who go beyond the day-to-day demands of their positions to create an exceptional educational environment," said Dr. Dessie Bowling, Forward in the Fifth board chair. "These are the valuable contributions which assist our young people and communities to reach their full potential."

Award finalists will be notified by Forward in the Fifth, and the winners announced at a special event in the spring of 2013.

Nominations will be accepted within Forward in the Fifth's 45-county primary service area, which includes: Adair, Bath, Bell, Boyd, Breathitt, Carter,

Casey, Clay, Clinton, Cumberland, Elliott, Estill, Floyd, Garrard, Green, Harlan, Jackson, Jessamine, Johnson, Knott, Knox, Laurel, Lawrence, Lee, Leslie, Letcher, Lincoln, Magoffin, Martin, McCreary, Menifee, Metcalfe, Monroe, Morgan, Owsley, Perry, Pike, Pulaski, Rockcastle, Russell, Rowan, Taylor, Wayne, Whitley, and Wolfe counties.

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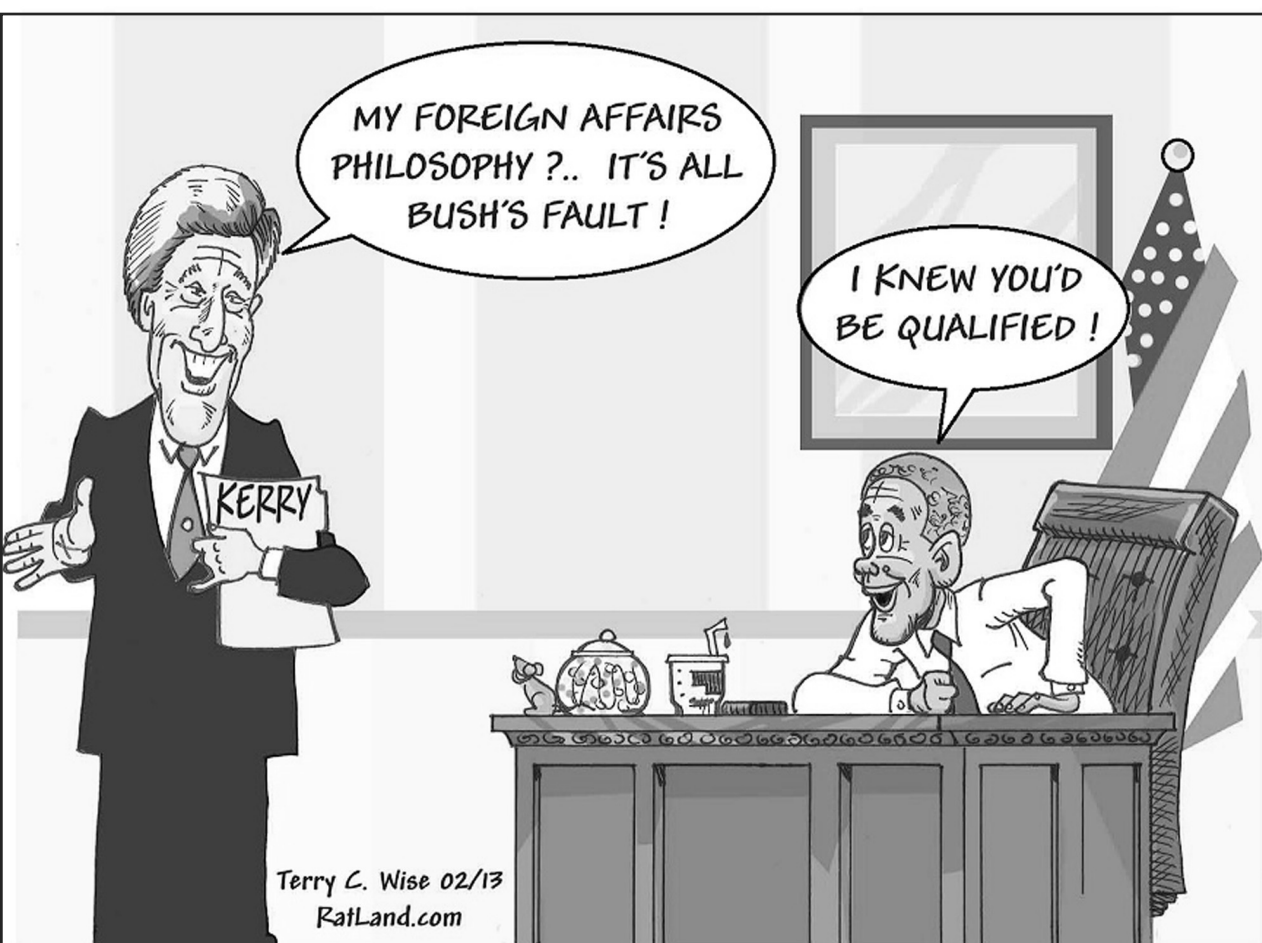
Rock Elite won 1st place in the 2013 GroundHog Day Explosion in Richmond. Pictured are, front from left: Dakota Kirby, Britton Robinson, Josh Thacker and Logan Noel. Back row from left: Coach Billy Todd, Coach Rockie Robinson, Trevor Todd, Seth Shepherd, Bentley Taylor, Caleb Burns and Coach Gary Burns. Not pictured: Tanner Noel and Garrett Hamilton.

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Yards to Paradise

By Max Phelps
Winter Care for Trees
and Shrubs

When the cold winds blow, you may head indoors and forget about your landscape. Although many trees and plants can handle whatever winter brings, some may not be as immune to troubles as you imagine.

Here are some things to look out for.

Probably the top concern, especially for newly planted evergreen trees and shrubs, is desiccation.

This is a result of transpiration of moisture. Drying winds, sunshine, low humidity combined with an evergreen that does not lose its leaves like the deciduous trees can result in problems. This is compounded if the ground is frozen so the plant can't take up moisture to replace what is being lost to the sun and wind.

Maples and other trees that lose their leaves in fall are at rest, perhaps you could call it hibernation, in the cold season. But evergreens, especially those with big leaves such as magnolias, rhododendrons, etc., keep breathing and absor-

ing water and nutrients (although the growth rate will be minimal or nil in the coldest weather). Planting these where they get afternoon shade is a good thing. One of the most helpful preventative measures against desiccation is to make sure the plant has sufficient moisture during the fall going into winter. If it was drought-stressed to begin with, these winter trials may result in death. Newly fall planted evergreens are most likely to have this particular trouble.

Another problem in winter (the opposite of too little water) is wet feet. Too much water standing around plants, as well as in the planting holes that don't drain well, can drown delicate roots. This causes more winter loss than lack of moisture the balance of the year combined when it comes to trees and shrubs.

Sun scald and frost cracks are two other problems, and somewhat related. Sun scald happens when the tender trunk of a tree is heated by hot (this is "relative" as we're talking winter sun) sunshine at a time

when the wood may be frozen from a very cold night. This can cause some of the bark to separate from the trunk as it expands. These injuries can let in insects and decay and be hurtful to your trees. Painting tree trunks with a white or light latex paint can help lessen the likelihood of sun scald. Also, at planting time, putting the tree into the ground with the same side facing south (if you can determine this) will reduce the likelihood of sun scald. Creating shade somehow would also be helpful. Perhaps shade cloth, burlap, or tree wraps, or anything to keep full sun off frozen tender tree trunks.

Frost cracks are somewhat alike sun scald. These happen as the bark constricts or tightens during cold weather. At some point, tree bark may not be able to tighten any more, and a vertical crack will appear in the bark. Usually the next summer trees will grow back to cover the cracks, but sometimes they don't. (Perhaps you've been walking in a wooded area on a very cold day with snow on the ground and not a sound...then suddenly you hear some popping and cracking, even when the wind isn't blowing. Most likely this is some tree bark developing a frost crack. The sound can even be loud as that of a small caliber firearm discharging.)

Cold intolerance is another issue. This happens when you've planted a tender plant not recommended for your area, or when the temperatures go way up and down rapidly, especially in early fall or late spring.

The result is usually tip or twig die-back. But the whole plant can die back to the ground, or even die altogether if it is not hardy. Die back will kill flower and fruit buds on those trees and shrubs that bloom and fruit on old wood. Some, ofcourse, flower and fruit on new wood, such as beautybush, butterfly bush, summersweet, pomegranates, and figs for example. Those plants may still bear some after die-back of limbs.

Root injury. Trees with tender and shallow roots, especially recently planted items, may be more prone to root injury than established trees and shrubs. Azaleas, crepe myrtles, Southern magnolias are some that come to mind that have shallow roots that might be damaged in bad winters. Having mulch under the limbs covering the roots is helpful, no matter if the roots are at the surface or a few inches underneath it.

Rodent and deer damage in winter can be troublesome, especially to younger plants. Deer love tender twigs and shoots. Apple trees are among their favorite. And when food is scarce, mice and voles will eat the bark from young trees and plants. Wrapping

the trunks is helpful in some cases.

Snow can ride over a new tree, break out limbs of older trees. Shaking or blowing some snow off pine and fir trees can be helpful if there is a really big heavy snow. Ice is worse. Bradford pear trees, crepe myrtle trees and pine trees are among some of the worst hit when there is an ice storm.

Salt and other ice melt products can damage trees, even kill them. So, if you live along a street where salt trucks and plows typically run during the winter, you may have damage. Damage can happen both to the foliage (especially evergreen foliage...as the deciduous is usually gone for the winter) from salt spray and splatters and mist, and to the roots as salt melts the snow and the resulting salty water gets absorbed by the soil and tree. Prevention is the best cure. Don't use salt near plants, or plan ahead and select salt tolerant plants for these type situations. A few tolerant plants would include: Siberian Pea Shrub,

Ginkgo, Serviceberry, Ash, Cypress, Yucca, Blueberries, Winterberry Holly, White Oak, Burr Oak, Catalpa, Sycamore Maple, Horse Chestnut and Honey Locust. Some intolerant plants to salt include: bluegrass, boxwoods, river birch, spirea, Japanese maples and Scarlet oak.

Check stakes and tie-down of your landscape trees. Have the stakes become uprooted, or the string or wires gotten loose? Replacing a stake, or tightening a wire are things that you might want to look about.

(Of course, don't forget to take off wires and strings as the plant gets older, for these can girdle a tree and potentially kill it as it tries to grow around the wire or other object.)

And let's mention pruning. Some plants need to be pruned after flowering in the spring. But for most trees and woody plants, it's safe to prune in winter. Just pick a day when the limbs would not be frozen, after the leaves have turned color or fallen and before new buds break forth in spring. Selective pruning is what you are looking to do, shortening a few branches, thinning out weak or crossing limbs, removing dead and broken limbs, etc. Topping of large trees is a butchering process that I do not recommend, period.

Most of these chores are quick and easy things you can look after or take care of, and even in cold weather we all want to get outside for a few minutes anyhow. Enjoy the break from lawn mowing. Bundle up and go for a walk in the snow. Enjoy the beauty of winter. But, it's okay to begin dreaming of springtime.

The author is a landscaper. Specialties include water features and edibles. Contact Max: waterfallsinyards@yahoo.com

Mamaw's Kitchen

By Regina Poynter Hoskins

SHERRY'S BAKED PINEAPPLE

2 cans (15 ounces each) pineapple chunks
1 cup sugar
1/4 cup flour
1 and 1/2 cups shredded cheddar cheese
1 stick butter
1 sleeve Ritz® cracker
Preheat oven to 350°. Drain pineapple and place in 9 x 13 baking dish. Mix sugar and flour; sprinkle over pineapple. Sprinkle cheese over this. Melt butter. Crush crackers and mix with melted butter. Sprinkle over cheese. Bake for 30 minutes.

PINEAPPLE SOUFFLÉ

1 can (20 ounce) crushed pineapple
12 whole graham crackers, crushed
1 cup white sugar
1 cup brown sugar
2 eggs, beaten
1/2 cup evaporated milk
1 stick butter, melted
Preheat oven to 350°. Drain pineapple and spread in 9 x 13 greased baking dish. Sprinkle with graham cracker crumbs. Mix sugars, eggs, evaporated milk, and melted butter. Spread

over crackers. Bake for 45 minutes.

PINEAPPLE UPSIDE DOWN CAKE

The pineapple upside cake was a perfect meal, in my opinion. 6 tablespoons butter
1 cup brown sugar, packed
1 small can pineapple slices, drained
1 box Jiffy® one-layer yellow cake mix
Preheat oven to 350°. In an 8 or 9-inch iron skillet, melt butter. Sprinkle brown sugar over top. Place pineapple rings around skillet, cutting to fit if necessary. Pour cake mix, prepared according to directions on box, gently over pineapples. Bake for 35 to 45 minutes or until top springs back when touched. Let stand 5 minutes; turn out onto a large plate. NOTE: If you can't find a Jiffy one layer cake mix, you can use the larger sized mixes. Just bake in a 9 X 13 pan and double the butter, sugar and pineapple-----OR pour half over the pineapples and bake the other half in regular cake pan.

REGINA POYNTER HOSKINS

Author of *MAMAW'S KITCHEN INCIDENTS AND INGREDIENTS FROM MY LIFE*

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Brodhead Volunteer Fire Department responded to a trailer fire last Friday on West Street near the Dollar General store in Mt. Vernon. Authorities say the trailer belonged to Dale and Joyce Lark of Brodhead. The trailer was a total loss and no one was injured during the fire. The cause of the fire remains unknown.

“Accident”

(Cont. from front)

at the time of the accident. Benien and Howell were both wearing their seatbelts at the time of the accident. The accident is still under investigation by the Kentucky State Police and no drugs or alcohol are suspected at this time.

Barnett was a retired RCHS health teacher and a former Assistant Coach of the Rockcastle County Rockets football team.

He was remembered at RCHS during a dedication ceremony Tuesday morning where students and faculty celebrated his life and had a moment of silence in his memory. Moments of silence were also observed during the middle school boys’ basketball games Tuesday night.

Barnett’s memory was also honored on Wednesday during the Kentucky General Assembly in Frankfort as State Senator Jeff Carpenter introduced a resolution to pay tribute to Barnett on the Senate floor. According to Carpenter, the Kentucky Senate adjourned Wednesday in honor and memory of Barnett.

“Many of Rick Barnett’s friends and former students

have talked with me about the tremendous impact he made on Rockcastle County,” Carpenter said. “His students will tell you that he taught them crucial life lessons and it’s clear that his legacy will be lasting through those lessons he instilled in thousands of young people.”

Cox Funeral Home is in charge of the arrangements and a complete obituary can be found on pg. A3.

“RCIDA”

(Cont. from front)

ing. RCIDA member Corey Craig asked about the survey and Hopkins told the board that Kentucky Surveys had been delayed due to inclement weather.

Craig then told Moore and Morgan that until there is a survey that there is nothing the board can do because if they don’t know if the blueprints could work until they had a survey of the land.

“To me it all depends on how quick the survey gets done,” Craig said. “Then let their architect look at it and make sure what they got is actually going to match up on that plot of land. At that point it would be a matter of us just blessing it at a

meeting.” Craig suggested that the board call a special meeting to evaluate the survey of the White House Clinic plot once it is completed.

Hopkins also said that the new CSEPP building project was put on hold because of the bids for the Powell County CSEPP building being almost 25% higher than the original estimates.

Lawson asked if there was a timeframe for the CSEPP building project and Hopkins said nothing will move forward until they bid out the Powell County CSEPP building.

Carloftis told the board that the delay in the CSEPP building project was just typical “government delays” and that they are one of the few counties receiving funding for a new 911 center.

“When you think about it there is only 17 counties out of approximately 3,000 counties in the United States receiving this,” Carloftis said. “We are fortunate to be one of the 17 to be getting a new 911 center so we can’t be too pushy.”

In the next item of business, Hopkins informed the board about a year-long grant from the Center for Economic Development,

Entrepreneurship and technology at ECU.

Hopkins said she had been contacted by CEDET Executive Director Ian Mooers about conducting some small business training starting in July and ending in June 2014.

Under the terms of the grant, CEDET would supply one of their staff members to Rockcastle County for one year to provide business training for individuals or existing business owners. They would also offer an eight week entrepreneur training program to help local entrepreneurs develop a business plan and teach them how to prepare materials for business loans.

The series of workshops would be open to existing business owners and any other community members.

Hopkins told the board that the grant will be no cost to them and that the only involvement she would be required to have is helping them choose guest speakers for the classes.

“I think we should always take an opportunity like this that would help benefit Rockcastle County while they put up the funds and provide the staffing,” Hopkins said. “It’s not really for people who are going into business but for

people who are already in business and looking for advice and guidance.”

The board agreed to allow Hopkins to pursue CEDET’s year-long small business training grant at no cost to the RCIDA.

“Schools”

(Cont. from front)

Superintendent David Pensol said that Rockcastle County Schools is currently on schedule for the number of days they have been dismissed due to inclement weather or other emergencies.

“We have missed four total days this year and we only missed two total days last year, which was one of the fewest amount of days we had missed in years” Pensol said. “We have had good luck these past two school years due to the mild winters we have been having.”

Pensol said that they will not consider scheduling any “make-up” days during school holidays unless school is dismissed for at least ten days by the last Monday in February.

“Our school calendar will remain the same every year unless we miss more than ten days before President’s Day or the last Monday in February,” Pensol said. “We developed this system a few years ago and it has worked really well for us since its creation.”

Pensol said this new scheduling system has been a huge success as it is not complicated or confusing for everyone to understand.

“With this system people know they will have President’s Day and Spring Break every year unless school is dismissed for at least ten days,” Pensol said. “This also helps the school administration as we don’t have to go back and forth with the school board in order to reschedule make-up days.”

The next holiday for Rockcastle County Schools will be President’s Day on February 18th. Spring Break is currently schedule

for April 1st through 5th.

The last day of school was originally scheduled for May 10th. However, it’s now scheduled for May 16th in order to make up for the four missed school days.

“Barnett”

(Cont. from front)

was going to place all the materials for a meth lab on her porch, in an attempt to frame her for manufacturing meth.

Once Deputy Sheriff Matt Bryant arrived at the scene, he discovered that Barnett had left his cell phone at the residence. However, Barnett was not to be found.

Bryant also knew that Barnett had been a suspect in some of the recent thefts throughout Rockcastle County. When he showed the homeowner a picture of Barnett on the Rockcastle County Detention Center’s jail tracker website, she immediately identified him as the male who broke into her home and assaulted her.

The homeowner was diagnosed with an A-C joint sprain and a rib contusion as a result of Barnett’s physical attacks.

After a warrant was issued for Barnett’s arrest, Bryant received information that Barnett was staying at a residence on Poplar Street in Mt. Vernon. When Bryant arrived at the residence, he asked Barnett about his involvement in the home invasion on Freedom School Road and he said that he was there that night but that he didn’t steal anything from the home.

Bryant arrested Barnett at the scene and also found a ceramic plate containing suspected meth, a small bag of suspected meth and other various items associated with meth on Barnett at the time of his arrest.

Barnett was charged with robbery first degree, possession of a controlled substance first degree and drug paraphernalia. He remains lodged in the Rockcastle County Detention Center on a \$25,000 cash/property bond.

F.Y.I. Series... from Rockcastle Health & Rehabilitation

At Rockcastle Health and Rehabilitation Center we take pride in our wonderful Rehab department! We have a recently renovated 1,200 square foot therapy gym and a team of nine dedicated full-time therapists. We offer speech, occupational and physical therapies seven days a week.



Members of our Rehab department are shown above, front row from left: Renee Pirtle, OTR; Misty Blaylock, SLP; Joann McCowan, SLP; Jane Riddle, RSM, OTR; and Carolyn Combs, PT. Back row from left: Jeremy Cook, PTA; Debra England-Hall, PTA; Ashley Mize, OTR; and Erin King, OTR.



Please call Rachel Martin at 606-758-7223 to arrange a facility tour and find out about all of our therapy and nursing services.

You can also check us out on our website at www.rockcastlehealth.com.

Mount Vernon Signal

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Second Section

Thursday, February 7, 2013

Fitness Fair will focus on women's heart health

It is American Heart Month and Valentine's Day is drawing near. Rockcastle Regional Hospital & Respiratory Care Center wants to keep hearts in the minds of women in Rockcastle County all month long.

The hospital will sponsor an event called, Love Your Heart, for mothers and daughters, grandmothers and granddaughters and all women in the community to come out for a fun day to raise awareness about heart health.

The fitness and education fair, will take place on Thursday, February 28 at 5:30 p.m. in the Wellness Center at Rockcastle Regional Hospital (3rd floor Outpatient Services Center).

Highlights of the free event include a sampling of group fitness classes, heart health education and heart healthy food samples. A variety of classes including Body Recall, indoor cycling (spin), ZUMBA and more will be offered for participants to try. A detailed schedule of events is coming soon.

All women who attend will receive a free gift and opportunities to win door prizes. The main item on the agenda is to increase awareness in the community of heart disease, the number one killer of women.

"It's very important for women to learn about heart disease and ways to prevent it. Recognizing potential warning signs and symptoms can also be life-saving," said Community Relations Director Arielle Estes. "We need to teach the young ladies in our community the importance of a healthy lifestyle. Heart health is important...at any age!"

Please sign up for Love Your Heart by Friday, February 22. Contact Arielle Estes at 256-7880 or a.estes@rhcc.org.

Current version of GED test to expire

Kentucky Adult Education has announced that the current version of the GED test will expire at the end of 2013. The current version, known as the 2002 Series GED test, will be replaced with the new 2014 GED test on January 2, 2014.

The important point that Kentuckians need to know is this - people who have taken the 2002 Series GED test, but have not passed all five parts, have only until December 18, 2013, to take the current test. If they do not pass all five parts by December 18, 2013, they will need to start over again in 2014 with the new GED test. More than 100 residents of Rockcastle County have passed parts, but not all, of the current GED test version.

"The GED test opens doors to the future by helping adults prepare for college and job training and get better jobs," said Jenny Sweet, Director, Rockcastle County Adult Education. "We want to be sure everyone is aware of this deadline. We strongly encourage GED test-takers to act now to finish and pass before the current test expires."

"Even if you haven't already started testing, but getting your GED is something you need to do, this is your year," she said. "Get started now."

Rockcastle County Adult Education offers free classes to help adults earn their GED. The adult education center is located at 955 West Main Street, next to Rockcastle County Middle School. The program can be reached by calling 256-0218, on Facebook at Rockcastle Adult Education or clicking www.rockcastleadulteducation.com. GED testing information is also available at www.finishtheGED.com.

A couple of important tips you should know about GED testing in Kentucky before the end of 2013:

The last day to take the current version of the GED test is December 18, 2013.

All GED test-takers must first pass the Official GED Practice Test™, which is available at all local adult education programs.

MAL and LDP continued for the 2013 crop year

The marketing assistance loan (MAL) and loan deficiency payment (LDP) provisions included in the Food, Conservation and Energy Act of 2008 (the 2008 Farm Bill) have been extended for the 2013 crop year with the passage of the American Taxpayer Relief Act of 2012.

MALs and LDPs provide financing and marketing assistance for wheat, rice, feed grains, soybeans and other oilseeds, peanuts, pulse crops, cotton, honey and wool. Assistance is available to eligible producers beginning with harvest or shearing season and extending through the program year. The 2013 mohair crop is not eligible for MALs or LDPs because mohair provisions were suspended by the Consolidated and Further Continuing Appropriations Act of 2012 and the Continuing Appropriations Resolution, 2013.

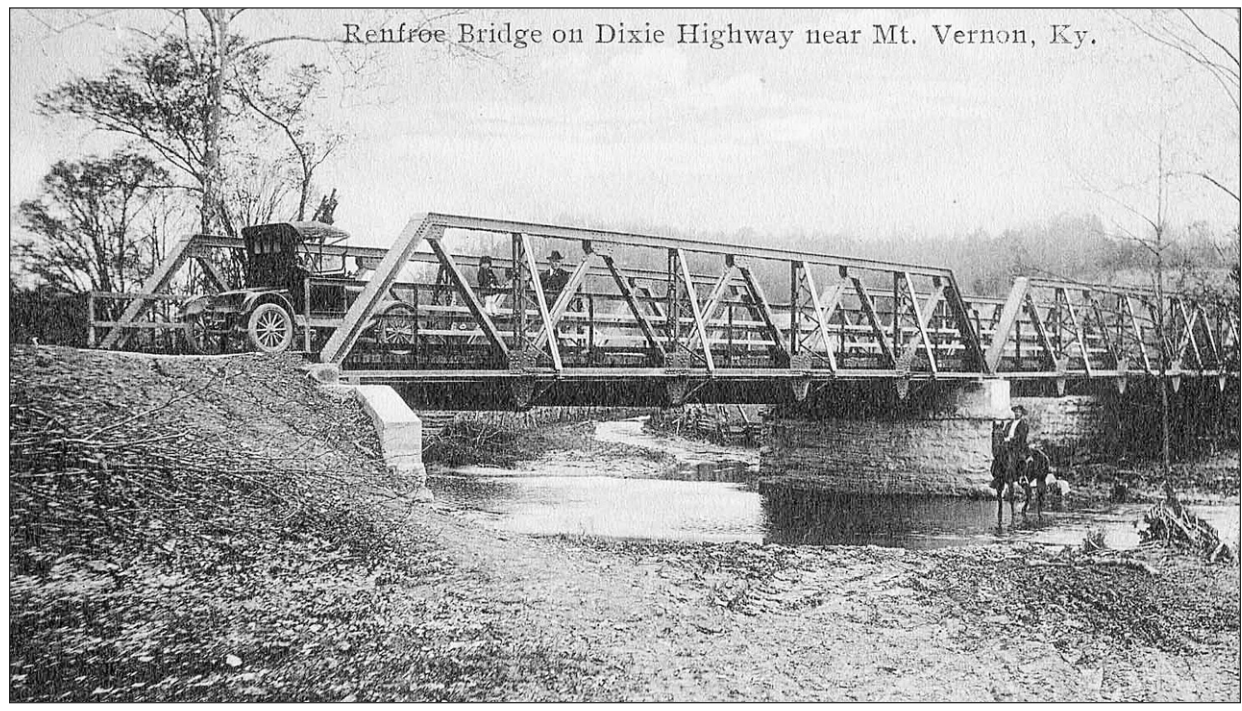
MALs provide producers interim financing at or after harvest to help them meet cash flow needs without having to sell their commodities when market prices are typically at harvest-time lows. A producer who is eligible to obtain a loan, but agrees to forgo the loan, may obtain an LDP if such payments are available.

For more information about marketing assistance loan and loan deficiency payments, please visit your FSA county office or FSA's website at <http://www.fsa.usda.gov/pricesupport>.



Blast from the Past!!!

This week's photographs show L&N passenger train #22 at the Mt. Vernon Depot in 1914. The row of men in the background were the first recruits from Rockcastle County during WWI (1914-18). The second photograph year unknown is of the old U.S. 25 bridge at Renfro Valley. If you have a photograph for Blast From The Past contact David Owens at scoopowens24@yahoo.com or (606)256-9870.



PRIDE liaison serving Rockcastle Co. Schools

Teachers in Rockcastle County have an aid in environmental education this year.

Their PRIDE Environmental Liaison finds hands-on activities that complement teachers' lesson plans on environmental topics, such as plants and the water cycle. The liaison visits classrooms to lead the special activities and to discuss how the lessons apply to the environment of southern and eastern Kentucky. She also encourages students to find ways to care for the environment, such as volunteering to pick up litter or turning off lights when they leave a room.

From September to December, Carla Gabbard was the liaison. She spent 11 hours in local classrooms, instructing a total of 251 students.

Wonda Hammons will serve as liaison for the remainder of the school year.

The liaison service is made possible through a partnership between the Rockcastle County Fiscal Court, Rockcastle County School System and Eastern Kentucky PRIDE, Inc., which is a nonprofit organization.

PRIDE offers liaisons to all schools in its 42-county service area through its PRIDE Environmental Education Outreach Program. Local partners, such as county and city governments, enroll their schools in the program and pay an annual fee, which is based on

student population.

The program goals are to help students prepare for state science tests and develop life-long environmental stewardship skills. Liaisons work primarily with third, fourth and fifth-grade classes, but they also work with all grade levels involved in PRIDE Clubs, which explore environmental issues and perform community service. They tailor lessons to the local environment based on PRIDE's success with promoting environmental education in the region since 1997.

The PRIDE web site is www.kypride.org.



Kevin Fletcher was recently presented with a plaque from Mt. Vernon Mayor Mike Bryant for his service as Chief of Police.

Notice of Vacant Rockcastle County Board of Education Seat

The Kentucky Commissioner of Education is seeking applications to be considered for appointment to the Rockcastle County Schools Board of Education. You are invited to nominate yourself or someone you know who is qualified to serve on the Board of Education representing Educational Division 4 of Rockcastle County Schools. The vacancy was created by resignation of the prior member.

Under the provisions of KRS 160.190(2) this appointment is effective until the November 2014 regular election.

This is a public service position and the person appointed will not be employed by the Rockcastle County Public Schools.

REQUIREMENTS

Board members must be:

- At least 24 years old.
- A Kentucky citizen for the last three years.
- A registered voter in Rockcastle County and in the Climax/Orlando voter precincts.
- Have a high school diploma or GED certificate.
- Must be in compliance with anti-nepotism state laws.
- Cannot provide contract services for the school district.

RESPONSIBILITIES

School board members are involved primarily in the following areas:

- Developing policy that governs the operation of schools.
- Providing visionary leadership that establishes long-range plans and programs for the district.
- Hiring the district superintendent and issuing annual evaluation reports.
- Setting local tax rates and practicing vigorous stewardship to ensure that all school district funds are spent wisely.

Applications must be postmarked by February 12, 2013.

Applications for this position are available from:

- Rockcastle County Board of Education - 245 Richmond Street, Mt. Vernon, KY 40456
- The Kentucky Department of Education, address below.

All applications must be mailed directly to: Commissioner of Education
1st Floor, Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601

The Kentucky Department of Education does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.



Wonda Hammons visits Rockcastle County classrooms to lead hands-on environmental education projects.

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\$189 Installed COMPARE AT \$600

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"Not only do we stand behind our windows... we stand on them!"
- Local Owner, J.J. Hart

News from the Rockcastle Courthouse



Circuit Civil Suits

Charlotte Diaan Todd vs. Gerald Wayne Todd, petition for dissolution of marriage.

Ashley Brook Durham vs. David Lee Durham, petition for dissolution of marriage.

Credit Acceptance Corp. vs. Juanita D. Walker, \$6,117.51 plus claimed due.

Kayla Gail Rowe vs. Robbie Dwayne Carpenter, petition for permanent custody.

Citizens Bank vs. Danny R. McClure, et al, \$68,877.61 plus claimed due.

Charles F. Gamper, Jr. vs. Anita Marie Gamper, petition for dissolution of marriage. CI-00024

District Civil Suits

Midland Funding LLC vs. Penny Hensley, \$1,546.02 plus claimed due.

Portfolio Recovery Asso. LLC vs. Keyvin Taylor, \$691.23 plus claimed due. C-00024

Deeds Recorded

Phillip M. Payne, property in Rockcastle County, to Robert and Bertha Howard. Tax \$22.

Jim and Gerri Jones, property on W. Main St., Mt. Vernon, to Kelly R. Hale and Bobby Hale. Tax \$25.

Elaine Hansel, and others, property on School House Hill Road, to Ashley Mize. Tax \$55.

Jeffery and Lavon Jett, property on Old Sigmon Road, to Jeffery and Amy Navarre. Tax \$10

District Court

Jan. 28-30, 2012
Hon. Kathryn G. Wood
Claudetta R. Alexandra: no/expired registration plates-receipt, operating on

suspended/revoked operators license, bench warrant (bw) issued for failure to appear (ftaa), license suspended.

Raymond R. Baker: driving on DUI suspended license, \$100 fine and costs.

Speeding: Joshua D. Barron, \$20 fine and costs; Steven S. Coffey, \$32 fine and costs; Pamela L. Queen, Delbert J. Broughton Teresa R. Daniel, Donna G. Daulton, Zoey E. Hamm, Matthew T. Hilton, Michael R. Hurd, Mathew E. Newcomb, K.G. Parker-Christopher, Anthony C. Riddle, Kendra A. Taylor, Kent L. Turner, David L. Laswell, paid; Sarah K. Roney, \$40 fine and costs; Javier O. Alvarez, Daniel Carrillo, Jordan G. Cromer, Pamela R. Dugan, Derek R. Evans, Justin C. Kamperman, Pamela A. Molloy, Christopher S. Nolan II, Rahaun R. Phillips, Cody M. Ramsey, Michael S. Robinson, Lee C. Stevens, Emily A. Witters, James E. Hood, Marlo L. Sumner, license suspended for fta; Joshua M. Hayes, \$30 fine and costs/STS authorized in lieu of fine; David A. Novak, agreed order entered; Teresa M. Eckles, \$32 fine and costs;

Jackie H. Santo: failure to wear seat belts, license suspended for fta.

Timothy J. LaRose: following another vehicle too closely, paid.

David L. Begley: speeding, \$50 fine and costs; reckless driving, \$50 fine.

Virgil J. Thornton: possession of marijuana, \$100 fine and costs.

Jeanette L. Rose: failure to wear seat belt, paid.

Brittany N. Pittman: failure to wear seat belts, paid.

Jason R. Keogh: following another vehicle too closely, license suspended for fta.

Dennis E. Miller: failure to wear seat belts, paid.

Thomas E. Collins: failure to wear seat belts, \$25 fine.

Amy L. Cromer: failure to wear seat belts, paid.

Ronnie L. Bullock: failure to wear seat belts, license suspended for fta.

Tony R. Bullock: failure to wear seat belts, \$25 fine.

Ismael Ruiz: no operators/moped license, \$50

fine and costs.; failure of owner to maintain required insurance, \$500 fine/\$450 suspended on condition.

Frank O. Spencer: operating on suspended/revoked operators license, bw issued for fta/license suspended.

Macarthur D. Young: speeding, failure to wear seat belts, failure to produce insurance card, driving on DUI suspended license, bw issued for fta/license suspended.

Lindsay E. Riley: no/expired registration plates - receipt, failure of owner to maintain required insurance/security, operating on suspended/revoked operators license, bw issued for fta/license suspended.

Cody M. Robinson: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, ADE authorized; possession open alcohol beverage container in motor vehicle, \$25 fine.

Boyd L. Bradley: careless driving, \$100 fine and costs.

Jeremiah P. Brown: speeding, \$30 fine and costs; no/expired registration plates, \$25 fine.

Rick L. Brummett: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Justin S. Cameron: no/expired registration plates, \$25 fine and costs; license not in possession, \$50 fine; failure of non-owner operator to maintain req. insurance, \$500 fine/suspend \$4009 on condition; failure to wear seat belts, \$25 fine; booster seat violations, \$50 fine.

Robert O. Claypool: failure to produce insurance card, \$50 fine and costs.

William L. Heame: fines/fees due (\$123), bw issued for fta/3 days in jail or payment in full.

Angelita M. Hernandez-Hussien: speeding and failure to produce insurance card, license suspended for fta.

Danny R. Herrington, Jr: possession of marijuana, \$100 fine; drug paraphernalia-buy/possession, \$100 fine and costs.

John C. Ingram: fine/fee due (\$116), court notice issued.

David A. Johnson: fines/fees due (\$97.60), bw issued for fta/2 days in jail r payment in full.

Roy K. Kates: failure to use child restraint device in vehicle, \$50 fine and costs.

Jennifer M. Lefevers: speeding and operating on suspended/revoked operators license, bw issued for fta/licene suspended.

Terry L. Logan: no weight distance tax licene, bw issued for fta.

Ezekiel F. Miller: fines/fees due (\$123), court notice issued.

Angela D. Morrow: speeding and failure to pro-

duce insurance card, license suspended for fta/bw issued.

Jamie A. Petrey: assault, 4th degree, court notice issued.

Jordan D. Powell: no/expired registration plates, \$25 fine; no/expired Kentucky registration receipt, \$25 fine and costs.

Shawna Powers: failure to produce insurance card, \$50 fine and costs.

James M. Dykes: failure to wear seat belts, paid.

James R. Elam: defective equipment, \$50 fine and costs.

Jon Paul Kidwell: operating motor vehicle under influence of alcohol/drugs, \$350 fine and costs, \$375 service fee, 12 months operator license, ADE authorized, 90 days/to serve 7/ balance probated 24 months on condition; possession of synthetic cannabinoid agonists or piperazines, 7 days/concurrent drug paraphernalia - buy/possess, 7 days/concurrent on week ends.

Jeffrey K. Lear: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375

service fee, 45 days operator licene suspension/ADE authorized.

Justin W. McCracken: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized; wanton endangerment, 60 days/probated 24 months on condition.

Danny W. Reed: fines/fees due (\$935), bw issued for fta.

Johnathan Robinson:

criminal littering, 60 days/probated 24 lmonths on condition plus costs.

Samantha Sturgill: failure of non-owner operator to maintain req. insurance, \$500 fine plus costs.

Donna G. Thmas: failure to wear seat belts, no/expired registration plates - receipt, license suspended for fta.

Jason Wheeler: assault 4th degree, 30 days/probated 12 months on condition plus costs.

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606-256-9150
or **256-3224**
www.cmi-burdette.com

*The IRS does not endorse any particular individual tax return preparer

February is Love your Library Month!

Fines will be forgiven for items returned in February

Rockcastle County Public Library

Dollar Value Plus & Variety

2750 Battlefield Memorial Hwy. US 421 at Kingston, Berea, KY 40403
Phone: (859) 986-1217

FABRIC -- Through February 8:00 a.m. - Noon -- 20% Off
Everyday - 10% Off - Large Selection

CANDLES Candleberry Candles • Candle Warmers Tarts - Sprays - Car Scents	BALLOONS Over 100 styles of helium balloons to choose from
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Assorted Valentine and Easter Items Displayed
Hospital Scrubs - Variety of Colors & Sizes • Dog & Cat Food 5-50 lb. bags
Expecting shipment of red Hart Sashay Yarn • Assorted colors of yarn in stock



LEADERSHIP ROCKCASTLE

ACCEPTING APPLICATIONS FOR CLASS OF 2013

This year's program will kick off Saturday, March 16th. It will be a one day session at a location in Rockcastle County.

In April we will take a full day trip to tour the State Capitol.

Six sessions will take place once a month from 9 a.m. to 1 p.m. at various locations around the county.

Anyone interested in this program should contact the Rockcastle County Development Board at 606-256-8007, 606-308-4646 or email Lynn Tatum at ltatum@rockcastcountyky.com.

- Strengthen communication, organizational and economic development skills
- Become involved in the community
- Effectively guide development initiatives by increasing knowledge, networking and leadership skills
- Discuss important county issues
- Tackle new leadership challenges within your company and community
- Session topics include effective meeting, communications skills and conflict resolution

This program is for individuals that want to see Rockcastle County prosper, grow and have quality of life issues addressed!

Livingston Fire and Rescue's

Turkey Shoot

Sat., Feb. 9th • 10 a.m.

David Mason's Garage

North of Livingston on U.S. 25
410-16-20-12 Gauge Shot Guns Only!
\$2.00 A Shot
(Shells furnished by Fire Department)
Concessions will be sold

EASTERN KENTUCKY RECYCLING

Visit us at our Crab Orchard facility located east of town across from Redi-Mart and next to Dollar General Store

Buying car bodies, tin, copper, aluminum, aluminum cans, brass, batteries, steel & stainless steel

Top Prices, Fast Friendly Service, Accurate Weights

Monday - Friday 8:00 to 4:00 • Saturday 8:00 to 12:00
345 Main St. • Crab Orchard, KY

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Tiger Pause

Members of the Brodhead Elementary community service group have been organizing the sale of candy grams producing a special celebration for students on Valentine's Day. Candy grams are treat bags with a including a personal note that may be purchased for \$1 distributed to students on Valentine's Day. Students receiving bus transportation home are not allowed to travel with balloons or flowers/breakables, as these can present a hazard during their passage home. The deadline for Candy Gram sales will be Friday, February 8th with delivery to students on February 14th.

Brodhead UNITE club recently raised money to donate to Hurricane Sandy victims. UNITE members challenged Brodhead students to purchase rights to wear their favorite hat for \$1. Brodhead UNITE raised a total of \$147.00 and donating the total to the American Red Cross Hurricane Sandy Disaster Relief.

Justin Bryant from Mrs. Beth Jones class will represent Brodhead Elementary in the district wide Spelling-Bee on Friday, February 15, 2013. Justin won the school-wide Spelling-Bee, last Thursday in a heated battle with Autumn Courtney, Brianna Owens, Faith Harris, Blake Holcomb, and Dallas Bussell. Mrs. Beth's class, along with Brodhead Elementary, would like to wish Justin good luck in the Spelling-Bee.

Friday, January 18th marked the 100th day of

school. Celebrations took place in a variety of ways across Brodhead Elementary. Mrs. Skyler Bradley's second grade class celebrated in style. To celebrate 100 days of learning success, the students designed their own outfits that displayed 100 things. The students used their creativity and imaginations on the creation of their outfits. The outfits ranged from stylish tank tops with glitter flow-ers to white T-shirts that displayed delicious treats. .

Fourth and fifth grade students are starting Major/Minor classes. These enrichment classes, designed to meet the personal interests of students include micro-economy, web design, technology, story publishing, fitness, musical instruments, PRIDE/community service, fractured fairy tale monologue, library media, and news communications. Tiger Pause will begin highlighting the student exploration taking place in these classes beginning next week.



Pictured is Mrs. Skyler Bradley's second grade class at BES.

To Represent Kentucky

Local student selected as Youth Correspondent

Shelby Ponder, of Brodhead, a student at Rockcastle County High School, has been nominated to represent Kentucky as a National Youth Correspondent to the 2013 Washington Journalism and Media Conference at George Mason University.

Ponder has been awarded the opportunity to join a select group of 250 students from across the country to participate in an intensive week-long study of journalism and media. Ponder was

chosen based on academic accomplishments and a demonstrated interest and excellence in journalism and media studies.

National Youth Correspondents participate in hands-on, experiential learning through decision-making simulations that challenge them to solve problems and explore the creative, practical, and ethical tensions inherent in journalism and media. The experiential portion of the program is complemented by

speakers who are well-known leaders in the media community. Presenters include prominent journalists, CEO's of major media outlets, researchers, and recent college graduates successfully entering the field. Last year's conference included Hoda Kotb, Chuck Todd, Brian Lamb and Neil Leifer.

With distinguished faculty, guest speakers, and direct access to elite D.C. practitioners, the Washington Journalism and Media conference offers aspiring

journalists an unparalleled experience. The week-long program, held at George Mason University's state-of-the-art campus, encourages and inspires young leaders from across the country who desire a unique experience focused on successful careers in this dynamic industry.

The Washington Journalism and Media Conference will be held July 7-July 12, 2013.

Caldecott Challenge successful at MVES

What an exciting few weeks we have had in the library media center here at MVES. Over the past fourteen days, we challenged our patrons to become Caldecott Kids by reading as many Caldecott award and/or honor books as they could during the Caldecott Challenge period. (Caldecott books are picture story books that have received recognition for their quality pictures.) The challenge was totally voluntary, yet we had 63% of the entire school to participate from grades 1-5.

The top three Caldecott Classes have earned a pizza party and a free book for their classroom libraries from our fall Scholastic Book Fair. From the K-1 grade levels the class that read the most Caldecott books was Mrs. Paula Davis' 1st grade class. Mrs. Paula's class read a total of

364 Caldecott books. From the 2-3 grade levels, Mrs. Cecilia Floyd's 2nd grade class read 387 Caldecott(s), and from the 4-5th grade levels the Caldecott Class award was earned by Mrs. Wendy King's 5th grade class for reading 505 Caldecott titles during the challenge.

Our patrons read a total of 2, 657 titles during the fourteen day challenge—an average of more than 190 Caldecott titles were read per day! The top Caldecott Kids were Paige Cash from Mrs. Isaacs' 1st grade classroom (K-1 grade levels), Emily from Mrs. Floyd's 2nd grade classroom (2-3 grade levels), and Alexis Stewart (4-5th grade levels) from Mrs. Sheila McQueary's fifth grade classroom. Connor McGuire read 31 Caldecott books and Alexis Stewart

read 56 Caldecott titles. Paige Cash read a total of 60 Caldecott books during the Caldecott Challenge! Paige read the most Caldecott titles school wide. She is the daughter of Curtis and Ginger Cash. Each Caldecott Kid will receive

a gift certificate for a free book of their choice from our Scholastic Book Fair scheduled for the week of December 3-7th.

We would like to extend our appreciation to all who participated in the Caldecott Challenge.

Mamaw's Kitchen

By Regina Poynter Hoskins

PUTTIN' ON THE RITZ
1 can sweetened condensed milk
1 cup chopped dates
1 cup chopped pecans
1 1/2 stacks Ritz Crackers®
Combine condensed milk, dates, and pecans. Cook over very low heat until mixture thickens—15 to 20 minutes. Let cool. Put spoonful on Ritz cracker. Bake at 350° for 8 minutes. Let cool.

TOPPING: (makes enough

for two batches)
1 stick margarine, softened
1 box (8 ounce) cream cheese
4 teaspoons vanilla
1 box (1 pound) powdered sugar
Mix margarine, cream cheese, vanilla, and powdered sugar until smooth. Put on top of cooled date mixture. Refrigerate to set up frosting. Makes 5 dozen.

PRALINE CHEESECAKE
1 cup graham cracker crumbs
1/4 cup butter, melted
3 boxes (8 ounce each) cream cheese, softened
1 cup firmly packed brown sugar
3 large eggs
1 cup whipping cream
2 teaspoons vanilla
1/2 cup firmly packed brown sugar
1/4 cup pecans, chopped
1/4 cup butter (for topping)
Preheat oven to 450°. In a small bowl, combine crumbs and melted butter. Press firmly into the bottom of an ungreased 9 x 13 baking pan; set aside. In a large bowl, beat cream cheese at medium speed with an electric mixer until smooth and creamy. Gradually add the 1 cup brown sugar. Add eggs one at a time, beating at low speed until just blended. Add whipping cream and vanilla. Beat until smooth. Pour mixture into prepared crust. Bake for 10 minutes. Reduce oven temperature to 250°. Bake for 65 to 75 minutes, or until center is set. Cool for 10 minutes. Let cool completely. In a small saucepan, combine the 1/2cup brown sugar, chopped pecans and the butter for topping. Cook over medium heat until thick and well blended, stirring constantly. Let cool for 10 minutes. Spread evenly over top of cooled cheesecake. Garnish with pecans, if desired. Refrigerate at least 2 hours before serving. Store in refrigerator.



February 1-3, five RCMS students attended the Kentucky YMCA Go For It conference. Go For It is an inspirational and motivational experience that builds servant leaders through skills development. Through in-depth guided discussion, small group activities, and team building, teens hone leadership skills to be effective servant leaders in their home, school and community. Those who attended included: Cole Ballinger, Mikaela Sadler, Evan Hendrickson, Caleb Ballinger and Jackson Cromer.



The RCMS UNITE club officers accepted the award for the 2012 Outstanding Middle School Club for the Cumberland Valley area. This is the fourth year in a row that the RCMS club has won this honor. The club was presented \$750 by UNITE to assist in promoting a drug free life in our school and community. Receiving the award from the Operation Unite Youth Program Coordinator Mikkah Rogers are RCMS Unite Club officers Caleb Ballinger, Tiffany Fain, Abby Bray and Jackson Cromer.

OPERATION UNITE
Drug Tip Hotline
1-866-424-4382
Toll-free Treatment Help Line
1-866-90-UNITE

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 11-CI-00093**

JPMorgan Chase Bank, National Association successor by merger to Chase Home Finance, LLC successor by merger to Chase Manhattan Mortgage Corporation Plaintiff

v.

Bob Coffey a/k/a Robert Coffey, Deb Coffey a/k/a Deborah A. Coffey, Central Bank & Trust Company, United States of America-c/o Attorney General, United States of America-c/o US Attorney, unknown defendant, spouse of Katherine Green on 1/04/2000 Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 18, 2012 and order to rechedule entered on December 20, 2012 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED FIFTY THREE THOUSAND SIX HUNDRED ONE DOLLARS AND 89/100 (\$153,601.89) 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, February 15, 2013
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

167 Scaffold Cane Road, Mt. Vernon, KY 40456
A certain tract or parcel of land lying and being in the Scaffold Cane Section of Rockcastle County, Kentucky and is being a portion of tract No. 1 of Deed Book 88, Page 633 as recorded in the Rockcastle County Court Clerk's Office and is being more fully described as follows: Beginning on a post in the West right of way of Scaffold Cane Road and a corner to Herman Spires; thence going with the line of Herman Spires; thence going with line of Herman Spires N 59 W, 130.00 feet; thence N 40 W, 150.00 feet; thence N 11 W, 495 feet to a corner to Herman Spires plat and in the line of the Old John Stevens property S 47 W, 265.00 feet; thence S 52 E, 132.00 feet; thence S 65 W, 222 feet; thence S 61 W, 84.26 feet to a corner to Paris Swinford in the Old John Stevens line; thence going with the line of Paris Swinford S 11 33' 53" W, 295.00 feet; thence S 03 02' 05" W, 777.28 feet to a corner to Paris Swinford in the Roy Todd line; thence going with the Todd line S 88 30' E, 721.71 feet to a post corner to Todd in the West right of way of the Scaffold Cane Road; thence going with said right of way N 8 15 00 E, 343.00 feet; N 2 30 00 E, 338 feet to the point of beginning and containing 16.19 acres more or less.

Being the same property conveyed to Robert Coffey and wife Deborah A. Coffey by deed dated October 25, 2002 and recorded on October 31, 2002 in Deed Book 197, Page 325 in the Office of the Rockcastle County Clerk.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. 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.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2012 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. 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.
8. 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**

Preparing for tax season is half the battle

Family and Consumer Sciences

Hazel Jackson

Rockcastle County Extension Office



Now is the time when we start thinking about filing our income taxes from the previous year. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself and your tax preparer.

The Internal Revenue Service tracks everyone by their Social Security number. Make sure you have your number and that of your spouses if filing jointly, plus the number(s) of your dependent(s). In addition to your W-2 or like form, you want to include information about any interest you earned from savings accounts, stocks or mutual funds as these are also taxable.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should

get a 1098 form from your lender specifying how much interest you paid in the last year. You will also want to remember any documentation for any additional deductions you may have, such as property taxes paid and charitable donations made within the past year. Common forms of documentation for charitable donations include a cancelled

check if you gave a monetary donation or an itemized receipt if you donated clothes or other goods. Your goal should be to break even at tax time, which means you don't receive a big refund from the state or federal government or you don't have to write a big check to either or both.

(Cont. to B8)

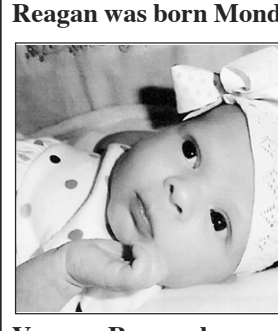
Jeffery and Chrystah Mullins of Berea would like to announce the birth of their daughter, Reagan Alexis.



Reagan was born Monday, January 28, 2013 at 3:25 p.m. She weighed 5 pounds and 15 ounces and was 18 1/2 inches long. Her maternal grandparents are Tracy and Carol Short Dollins of Berea and paternal grandparents are Ricky and Sharon Mullins

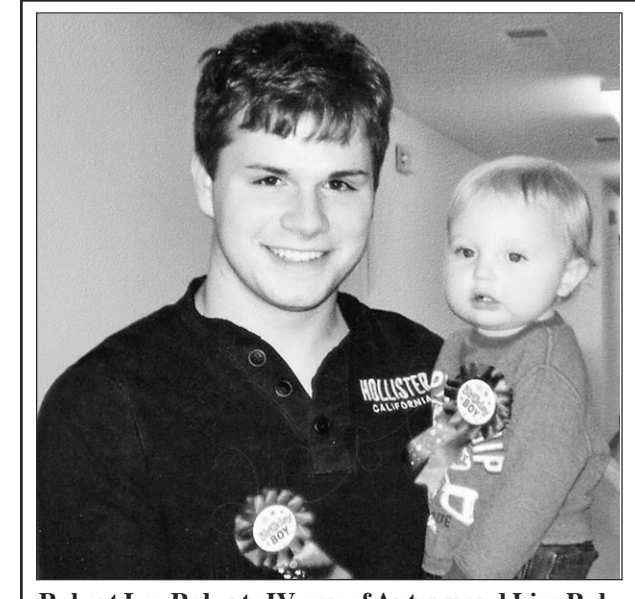
of Mt. Vernon. Reagan has one remaining great-grandparent, Doris Dollins of Cartersville, an uncle, Craig Dollins of Berea and one aunt, Nikki Mullins. She also has one very special big sister, Kimberly Brianne Mullins.

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Reagan was born Monday, January 28, 2013 at 3:25 p.m. She weighed 5 pounds and 15 ounces and was 18 1/2 inches long. Her maternal grandparents are Tracy and Carol Short Dollins of Berea and paternal grandparents are Ricky and Sharon Mullins of Mt.

Vernon. Reagan has one remaining great-grandparent, Doris Dollins of Cartersville, an uncle, Craig Dollins of Berea and one aunt, Nikki Mullins. She also has one very special big sister, Kimberly Brianne Mullins.



Robert Lee Roberts IV, son of Antony and Lisa Roberts celebrated his first birthday January 29, 2013 with a party at Full Gospel Outreach on Liberty Ave., Berea on the 28th. His brother Dillon also turned 17 on January 31st. Dillon is also the son of Rhonda Saylor.

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 12-CI-00231

PBK Bank Plaintiff
Max C. Meyer a/k/a Maxmillian Meyer, Reylinda Meyer and Matthew Tackett, D.C. Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on December 20, 2012 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED FORTY-FIVE THOUSAND TWO HUNDRED SIXTEEN DOLLARS AND 19/100 (\$145,216.19) 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, February 15, 2013
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

Situated in the City of Mt. Vernon, County of Rockcastle, the Commonwealth of Kentucky and being more particularly bounded and described as follows:

Beginning at a masonry nail set in the intersection of the northerly right of way of School Street and in the easterly right of way of Clark Street and being the southwesterly corner of said Lot 2 and being the POINT OF BEGINNING of the tract herein described; thence along the easterly right of way of Clark Street and westerly line of Lots 2 and 3, N 31 deg. 00'00" E, a distance of 124.73 feet to an iron pin set; thence leaving the right of way of Clark Street, S 57 deg. 00'00" E, a distance of 94.00 feet to an iron pin set; thence S 33 deg. 51'15" W, a distance of 124.67 feet to an iron pin set in the northerly right of way of School Street, thence with the northerly right of way of School Street, N 57 deg. 00'00" W, a distance of 87.79 feet to the POINT OF BEGINNING and containing 0.260 acres, by survey. Subject to all legal highways and right of ways whether of record or not. All iron pins set are 1/2" by 24" rebar with orange plastic caps labeled "HUPP #3623". All measurements are based upon an actual field survey by Covenant Surveying, LLC on the 25th day of January in the year of our Lord 2005. All bearings are based on the northerly right of way of School Street as being North 57 deg. 00'00" West and being recorded in Plat Book 3, Page 6 of the Rockcastle County Clerk's Office.

Mortgagors obtained title to the real property by deed dated March 12, 2005, executed by James Chism, et ux., and recorded in Deed Book 204, Page 265 in the Office of the Rockcastle County Clerk.

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

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser 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.
- Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2013 local, county and state property taxes.
- 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**

DODGE BALL TOURNAMENT

**Saturday, February 9th
Rockcastle Middle School
9 a.m. to 2 p.m.**

- Each team will need 4 to 6 players
 - There will be a division for boys/girls
 - Cost is \$5 per person on each team
- All proceeds go to RCMS Softball*

Contact: Robyn Fain - 606-256-5321

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 12-CI-00206

Wells Fargo Bank, N.A. Plaintiff
Dwight Lee Brown Defendant

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 13, 2012 and order to reschedule the sale entered on January 11, 2013 for the purpose of satisfying the judgment against the defendant in the amount of ONE HUNDRED EIGHTY FIVE THOUSAND ONE HUNDRED EIGHTY SIX DOLLARS AND 99/100 (\$185,186.99) 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, February 15, 2013
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

353 Grace Loop Road, Mt. Vernon, KY 40456
A certain lot or parcel of land lying on the South side and adjoining Grace Loop in Rockcastle County, Kentucky; more particularly bounded and described as follows (based upon April, 2007 Minor Subdivision Survey performed by Joshua D. Bills, PLS, #3537):
All bearings stated based upon S 46 degrees 30'99"W, 820.48' call on Plat Book 4, Page 469 (Slide 697) recorded in the Rockcastle County Clerk's Office. All Iron Pins (set) are 1/2" x 18" #4 rebar with yellow plastic cap marked "J Bills PLS 3537." Sixteen feet (16') from the centerline of Grace Loop is hereby dedicated to the County along the road frontage of the Lot described herein. Beginning at an Iron Pin (set) 16 feet from the center of Grace Loop, said point bearing N 51 degrees 07'02" W, 44.29 feet from a found 1/2" witness iron pin with orange plastic cap labeled "Hupp 3623" a point on the call line S 46 degrees 30' 00" W, 820.48', on Plat Book 4, Page 469-Slide 697. Thence a new line severing property owned by Dwight Lee Brown (Deed Book 206, Page 415; Plat Cabinet 4, Page 469-Slide 697) for six calls: (1) S 87 degrees 55' 20" W, 81.79 feet to an iron pin (set) (2) S 89 degrees 30' 46" W, 64.53 feet to an iron pin (set) (3) N 81 degrees 14' 44" W, 44.40 feet to an iron pin (set) (4) S 18 degrees 08' 18" W, 55.77 feet to an iron pin (set) (5) N 68 degrees 50' 33" W, 274.57 feet to an iron pin (set) (6) N 37 degrees 20' 30" E, passing a 14" pine tree at 186.5 feet, in all 188.62 feet to an iron pin (set) in the dedicated right-of-way for Grace Loop; Thence with said right-of-way and continuing a severance of property owned by Dwight Lee Brown for nine (9) calls: (1) N 75 degrees 11'00" E, 16.27 feet to a point in the right-of-way; (2) N 83 degrees 02'32" E, 38.73 feet to a point in the right-of-way; (3) N 85 degrees 38' 14" E, 43.47 feet to a point in the right-of-way; (4) S 81 degrees 19'03" E, 44.51 feet to a point in the right-of-way; (5) S 64 degrees 53' 45" E, 49.54 feet to a point in the right-of-way; (6) S 46 degrees 11' 03" E, 60.63 feet to a point in the right-of-way; (7) S 40 degrees 03' 05" E, 35.64 to a point in the right-of-way; (8) S 40 degrees 55' 41" E, 75.37 feet to a point in the right-of-way; (9) S 39 degrees 04' 45" E, 74.10 feet to the point of beginning and containing 1.58 acres as surveyed and described by Joshua Bills, PLS #3537 on April 18, 2007.

And being a part of Tract 2 of the property conveyed to Dwight Lee Brown from Brown et al. by deed dated April 21, 2006, recorded in Deed Book 210, Page 416 recorded in the Rockcastle County Clerk's Office.

Being the same property conveyed to Dwight Lee Brown, single who acquired title by virtue of a deed from Felix Delton Brown and April Brown, husband and wife and Debra Lynn Lynch and William Lynch, wife and husband, dated April 21, 2006, filed May 12, 2006, recorded in Deed Book 210, Page 416, County Clerk's Office, Rockcastle County, Kentucky.

Subject to all restrictions, conditions and covenants and to all legal highways and easements.

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

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser 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.
- Unpaid delinquent state, county and/or city ad valorem real estate taxes owed to those government entities and not sold pursuant to the provisions of KRS 134 of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2012 local, county and state property taxes.
- 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**

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 12-CI-00146

JPMorgan Chase Bank, N.A. Plaintiff
Donnie Carpenter, unknown occupant, and County of Rockcastle Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 11, 2013 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY EIGHT THOUSAND ONE HUNDRED NINETY EIGHT DOLLARS AND 25/100 (\$68,198.25) 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, February 15, 2013
Beginning at the Hour of 11:30 a.m.**

31 Honeycomb Road, Mt. Vernon, KY 40456
Near Pine Hill and beginning at a post, L&N RR Co. corner, running east 150 feet to a small cherry tree; thence north 150 feet to a stone; thence west 150 feet to L&N RR Co. road; thence south 150 feet with L&N RR Co. line to the beginning. This lot lies east of the L&N RR Co. lot.

Being the same property conveyed to Donnie Carpenter, single, by deed executed by Carl Clayton, single, dated August 6, 2009 and recorded in Deed Book 227, Page 71, in the Office of the Rockcastle County Clerk.

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

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser 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.
- Unpaid delinquent state, county and/or city ad valorem real estate taxes shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2013 local, county and state property taxes.
- 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**

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

Five bedroom, two bathroom home in Brodhead available for rent. \$575 per month plus deposit and first and last month rent required. One year minimum commitment and credit check required. Call 606-758-9209 or 706-373-6877. 7xntf

2 BR House in Brodhead. \$325 month. 606-758-8700.

Two bedroom trailer in the Willailla area. Call 606-758-8486. 8x2p

2BR Mobile Homes, ranging from \$250 to \$350 month. \$200 deposit required. Ronnie 606-379-6058. 7x2p

Like new trailer on a nice lot overlooking the lake. Appliances included. \$400 deposit/\$4400 per month. 606-308-3847. 2xntf

Duplex in Brodhead. All appliances furnished. Call Patty 758-9666. 4xntf

Mink Apartments/Houses: "Residential" Rental properties, Mt. Vernon, Ky. Owners: Gary W. and Gertha Mink. Email: gwmink@windstream.net. Cell 606-308-3801 office 606-256-5105. 3x5p

Like new trailer on a nice lot overlooking the lake. Appliances included. \$400 per month/\$400 deposit. Call 606-308-3847. 2xntf

2 bedroom trailer in Brodhead. No pets. 758-4729. 34xntf

Accepting applications at Mt. Vernon Housing Authority on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf

Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

For Rent

Maple St. Storage of Brodhead

256-2884 or 606-308-2491

Subscribe 256-2244

Property For Sale

House For Sale - 1 1/2 story w/detached garage on 1/4 acre lot. just outside Brodhead city limits with city water and KU electric. \$35,000 negotiable. 606-758-4973. 5x4

3 bedrooms, 2 full bath house located at 188 Hemlock Circle, Mt. Vernon in the prestige Evergreen Estates. Listed by Find KY Homes Realty, Angela Kidroske, 859-779-2810. 8x2

Newly remodeled home for sale. Three bedroom, one bath with basement, eat-in kitchen with appliances, living room and large utility with washer/dryer. Possible 100% financing and down payment with FHA and DAP program for around \$450 a month. \$53,000. Call 859-625-4449. 8x1p

House For Sale in Mt. Vernon. Large cottage style house on a fenced one acre, pool in the back, small barn, 3,000 sq. feet. Main floor house has large living room, dining room, kitchen, 1 1/2 bath, 2 car garage. Second floor has 2 bedrooms and

one full bath, large family room, stone fireplace, storm cellar. Priced to sell, make an offer. 606-308-3685. 8x4p

House For Sale on 1 1/2 acres on Maple Grove Road. Barn and shed. \$17,000 obo. Serious inquiries only. Call anytime 850-557-8567 or 850-557-8332. 5x4p

Lots in Castle Ridge Subdivision. Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities. starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730. 50x1

Mobile home lots, located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 50x1

80 Union Chapel Road. 1600 sq. ft. 3BR/2BA brick ranch, located on one acre. Completely remodeled. Minutes from I-75. Call 765-969-0613 for details. 23xntf

1.9 acre wooded lot on Freedom School Road. Septic tank and city water already there. 3/4 mile from 150. 606-308-2290. 37xntf

belonging to Rachel Denney on Hwy. 3245 (former Reggie Bengel property).
Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.
Posted: No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

Mobile Homes For Sale

Mobile Homes for \$350 per month or less so Stop Renting!! 606-528-6114. 7x2

Own a new mobile home. \$2,000 dep. 606-528-6114. 7x2

Repos, single and doubles - some with land. Owner financing available. Perfect credit not required. Will also do land in lieu of down payment. Call Jim at 859-985-0344 or 859-623-3089. D&D Mobile Homes at Clays Ferry Exit 97 on I075 north of Richmond. Open 7 days. visit us on the web at www.usedmobilehomesRus.com 27xntf

New 3 BR 2 BA, 1,568 sq. ft. home, delivered and set \$46,900! Only \$29 a sq. ft. While they last! Only at Clayton Homes of Somerset! We finance with \$0 down options! 606-678-8134. 4x4

New 3 BR, 2 BA vinyl siding and shingled roof. Delivered and set for \$27,500. Limited time only! We finance - \$0 down if you own land! Call today 606-678-8134. 4x4

Brodhead Elderly Apartments

Housing for the Disabled, Elderly & Handicapped

Rent Based on Income

Kitchen Appliances Furnished

Water, Sewer & Garbage Paid

For Applications call or write:
Brodhead Elderly Apartments

48 Bussell St. • Brodhead, KY 40409
Phone: 606-758-4506 or 1-800-686-4447

TDD for speech & hearing impaired 711

Mt. Village Apartments

One and Two Bedroom Units
Kitchen Appliances Furnished
Water, Sewer & Garbage Paid
Rent Based on Income

For applications call or write:
Mt. Village Apartments

1120 West Main Street
Mt. Vernon, Kentucky 40456
Phone: 606-256-2005

(TDD for speech & hearing impaired 711)

Baby Farms Baby Farms Baby Farms

Pulaski County

3.4 acres with a barn on nice rolling land. Priced at \$27,900.
6.1 acres with nice woods. Building spot is already cleared in the woods. Priced at \$34,900.
5 approved building lots that have approved soil site evaluations located on Hwy. 934. 9.2 acres priced at \$59,000.
4.7 acres of open field with great mountain views that are breathtaking. Priced at \$29,500.

Owner Financing Available! Call Today!!!
DGSCHELL 1-877-331-4888
DGSHELL.COM

Buying or looking to relocate doublewide? We have several baby farms where cost of septic system & water meter can be included in financing package.

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John Gilliam • Principal Broker
Realtor Loretta Powell - 859-302-8411
www.gilliamrealestate.com

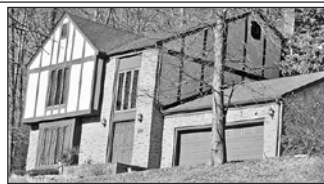
New Listing!

577 Gold Dust Dr. Mt. Vernon \$234,900



Beautiful, lakeside, energy efficient, low maintenance home loaded with extras. Possible 5 bedroom home if desired or potential income suite in lower level which opens to the same lakeside vistas. Open concept w/windows across rear & HW in GR, Kit, DR. 2 HVAC units-one for main level/one for lower. Water filter system for everything except toilets & outside water. Wide doors & halls. Some ceilings left open in bsmt. closet areas for easy access for upgrades with electric, plumbing etc. Storage galore, incl. large pantry & walk-in closets. Less than 3 miles to I-75, elementary, middle, or high school.

100 Redbud Dr. Mt. Vernon \$164,900



2138 Lambert Rd. (New Paved Rd.) Berea \$54,900



9371 North Wilderness Rd. Berea \$106,000



Reduced! 2156 Lambert Rd. (New Paved Rd.) Berea • \$84,900



3 bedroom, 2 full bath, located in prestige Evergreen Estates

Open House • Sunday, February 10th
188 Hemlock Circle • Mt. Vernon, Ky.
Listed by Find KY Homes Realty, Angela Kidroske
859-779-2810



Charming 3 bedroom, 2 bath, brick house located on a beautiful lot in Houston Point Subdivision. Built in 2009. Detached storage building in back. Refrigerator, washer/dryer included.
For sale by owner. \$112,000. Call 731-514-4131.



House For Sale By Owner

3 bedroom, 1 bath, living room, dining and den with 24x36 detached garage with heat.
\$99,500 - \$5,500 below appraisal
For more information call 606-308-2267



House For Sale • 190 West Main St. Mt. Vernon

Brick, 3 levels, full finished basement consisting of lg. family room with fireplace, large laundry room, storm shelter. Main level has newly redone kitchen and sun room, formal dining room with window seat, living room, bedroom, bath. Upstairs has 2 bedrooms, bath, large walk-in attic. Lots of closets and storage in the house. Also has 20' x 40' inground pool (recently redone) with separate pool house, bath and shower, out buildings. Beautiful landscaping and sitting areas. Separate apartment bldg. with living/dining room, kitchen, washer/dryer hookup, bedroom, large bathroom, handicap accessible. All convenient to town and grocery.
For more information call 606-308-9002

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of Corbin
\$1550 Down Dep.
2 Homes to Choose
2 Bedrooms • 2 Baths
3 Bedrooms • 2 Baths
606-528-6114
ClaytonHomesofCorbin.com

Clayton homes of Corbin SUPER CENTER

606-528-6114
ClaytonHomesofCorbin.com

For Sale

Oak cabinets, top and bottom, must remove from house yourself.
\$400.
308-5033

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will double your tax return up to \$5,000
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Claytonhomesofcorbin.com

16x80 \$29,900
Includes delivery and setup
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Featuring metal roofing, siding, trim and insulation.
Same day service available on most orders.
Contact Jerry Blair
Toll Free 1-800-658-4902 • 256-4700
Located 4 miles s. of Berea, off U.S. 25 at 862 Lambert Rd.
Serving Rockcastle County & surrounding counties.
www.bccmf.com

Help Wanted

Now hiring for light industrial positions in the Somerset area, temp to perm. Must be available for all shifts. Pay ranges from \$9 to \$13 per hour. To apply, go to www.jcmalone.com and complete an online application. 6x4

Notices

Caregiver: I would like a male to care for and stay with. I am honest, Christian, experienced, dependable. I have my own transportation. Call 606-308-2963. References available. 8x2p

Notice: Property left at 860 Quail Rd., Mt. Vernon, Ky, 40456 belonging to Doug Bengé needs to be picked up within 14 days or will be considered abandoned property and I will dispose of as I see fit. 8x1

Notice: On February 14, 2013 at the hour of 9:00 a.m. I will sell the contents of Unit #5 of the Perry and Amy Mink Properties, LLC at the premises located at 110 Old Somerset Road, Mt. Vernon, Kentucky. All purchases shall be in cash and the property shall be removed on the date of sale. 8x1

Notice is hereby given that Karen S. Pitts, 61 Bell Street, Dayton, OH 45409 has been appointed executrix of the estate of Betty L. French on the 30th day of January, 2013. Any person having claims against said estate shall present them according to law, to the said Karen S. Pitts, or to Hon. John Ford, 45 East Main St., PO Box 247, Mt. Vernon, KY 40456 on or before July 31, 2013 at 11:00 a.m. 8x3

Notice is hereby given that Marie Wynn, 359 Sunnydale Estates, Mt. Vernon, Ky, 40456 has been appointed guardian of the estate of Logan Wynn on the 4th day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Marie Wynn or to Hon. Michael L. Cannon, Becker Law Office, 1344 South Broadway, Lexington, Ky, 40504 on or before Feb. 26, 2013 at 11 a.m. 7x2

Notice is hereby given that Brenda Kay Brock, 326 Hwy. 1505, Brodhead, Ky, 40409 has been appointed administratrix of the estate of John Lee Brock on the 14th day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Brenda Kay

Brock or to Hon. F. Preston Farmer, 1308 Shady Lane, London, Ky. 40471 on or before July 15, 2013 at 11 a.m. 6x3

Notice is hereby given that Albert B. Hickey, 200 Blosser Street, New Lebanon, Ohio 45345 has been appointed executor of the estate of Bessie Hickey on the 14th day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Albert B. Hickey or to Hon. William D. Gregory, 240 East Main St., P.O. Drawer 220, Mt. Vernon, Ky. 40456 on or before July 15, 2013 at 11 a.m. 6x3

Notice is hereby given that Catherine Silmon, 121 Rook Lane, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Lued Comiskey Nielsen on the 23rd day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Catherine Silmon on or before July 24, 2013 at 11 a.m. 7x3

Notice is hereby given that Kenneth R. Williams, 5529 Ky. Hwy. 1054 S, Berry, Ky. 41003 has been appointed executor of the estate of Marjorie Ann Abney on the 23rd day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Kenneth R. Williams or to Hon. Edwin M. Culbertson, Culbertson Van Wert, 109 E. Pike St., Cynthia, Ky. 41031 on or before July 24, 2013 at 11 a.m. 7x3

Notice is hereby given that Dustin Blankenship, HC 81, Box 124, Matewan, WV 25678 has been appointed administrator of the estate of Dreama Elpin on the 28th day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said Dustin Blankenship or to Hon. D. Bruce Orwin, P.O. Box 716, Somerset, Ky. 42502 on or before July 29, 2013 at 11 a.m. 7x3

Notice is hereby given that George Bradley, P.O. Box 657, Mt. Vernon, Ky. 40456 has been appointed guardian of the estate of Evan William Scott Bradley on the 28th day of January, 2013. Any person having claims against said estate shall present them, according to law, to the said George Bradley or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before July 29, 2013 at 11 a.m. 7x2

Wanted

Wanted to Buy: MVHS yearbooks for 1955, 1956, 1957 and 1958. Call 270-885-7121. 7x2p

Wanted To Buy: Your antiques and collectibles. Antique glassware, furniture, quilts, all types of military items, clocks, watches (working or not), pocket watches and wrist watch parts, pocket knives, coins and paper money. All types of gold, silver scrap, cast iron banks, toys, lighters, crock jugs, cast iron skillets, marbles, pocket knives, fishing items, Indian Arrowheads, and much, much more. Also buying partial estates. Over 25 years experience. Call Clarence Reece at 606-531-0467. 47xntf

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Pet Sitter: Dogs, cats and birds only. For more info. contact 606-386-1020, leave message or 606-308-9177 or email for more info. e.clouse@aol.com 8x2p

For Sale: Teacup Yorkies, (male and female), Shih Tzu; Teacup and Toy Chihuahuas, males and females; Boxers (all colors), Morkies. Warranties offered. Shots, wormed and registered. 606-231-5498, text or leave message. We offer grooming and boarding. 8x12p

Livestock Protection Pups for sale. Great watch dog. Call 859-358-6566. 4xntf

Shork-a-poo puppies for sale. Four male, one female. \$100 males, \$125 female. Contact 606-308-9177 or email: e.clouse@aol.com for more info. 8x2p

Miscellaneous For Sale

For Sale: Washer and dryer, \$750. Stove, \$550. Both used only 2 months. Call 606-308-4835. 4xntf

Commercial stainless steel refrigerator, single door, \$600; freezer, two doors, \$800. Used one year. 606-758-9539. 6x4p

Hay For Sale in Roundstone area. Rolls or bales. Rolls \$18, bales \$2. Clean mixed hay - alfalfa, clover and orchard grss. 859-661-0499 (anytime). 8x1

Like new Maytag washer, \$250 obo. Small microwave oven for free if you buy the washer! Call 606-308-0303. 8x1p

Duck Dynasty, Turtle Man and Moonshiner T-Shirts and low-back bib overalls by Poynter. Napier Bros., 35 Public Square, Lancaster, KY. 859-792-2535. 8x4

6 4x4 rolls of hay. Stored inside, good for goats or cows. \$20 each or take all for \$100. High wheel military trailer, \$150. 36" solid oak vanity w/sink and fixtures and matching 36" mirror and light, \$100. Electric dryer, \$65. White toilet w/ seat, \$20. 2004 18ft. 14K International equipment trailer w/12 ply tires, alum. tool box, 12K winch with remote, mounted commercial battery and box, mounted new spare and rim, back up light, pintle hitch. Great condition, stored inside. \$3,750. Rough cut lumber for 16x16 open shed. 4x6 pos, 3x6 rafter, 2x6 side plte, 1x8 vertical sides. Stored inside. \$700. 250 gal. steel caged plastic tanks with shut off valve, \$75 eah. Like new Dakota 16" western saddle w/suede seat, \$375. All items in Wildie, Ky. Jim 513-313-0840. 7x3p

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1996 Ford Taurus. 119,000 miles, 6 cyl., everything works, AC, power windows, auto, good condition. Asking \$1,000. 606-256-2474. 8x1

1992 Red Ford Mustang Convertible. Re-built motor, new paint job. \$2,500 firm. 606-308-2635. 7x2p

2000 Lincoln Continental automatic, V8, leather, sun roof. \$1200. 606-256-4585 • 606-312-0116 or 606-308-3457. 6x4



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Interested applicants should contact Mount Vernon City Hall at (606) 256-3437 in order to get an application and a job description. Applications and resume's must be submitted by 5:00 p.m. 2/28/2013



The Christian Appalachian Project, Inc. seeks qualified and interested persons to fill the following position:

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 Test results from Consumer Report, 2008.
Option 1: Steam Cleaning-How does it work?
 A. Steam Cleaners saturate your carpet and floor pad with hot (150° degree) soapy water containing lye and bleach to help dissolve stains.
 B. After your carpet reaches its maximum saturation point the solution is then extracted by means of a commercial shop vacuum.
 The results: Removes less than 20% of the soil from the carpet driving the remainder down deeper into the carpet fibers. The lye/bleach solution used by steam cleaners to dissolve stains fades carpet colors. Drying time is 1 to 5 days depending on the carpet texture. As a result of the water saturation, carpet fibers harden and the floor pad remains damp, which promotes bacteria growth and mildewing, causing carpet threads to rot, shorting the life of your carpet. Carpet manufacturers recommend that you do not steam clean carpets.
Option 2: Dry Foam-How does it work?
 C. Carpet fibers are agitated with carpet combs to separate the fibers loosening dirt particles, which are then dry cleaned with an industrial strength vacuum.
 D. The carpet is then shampooed with horse hair brushes using Dry-Foam lather, a solution that contains six different cleaners and fabric softener, color brightener, deodorizer, disinfectant, crystalline agent, scotch guard, & degreaser. Does not contain lye or bleach.
 E. Carpet fibers are then groomed to fluff up worn walk areas to give a uniform look to the carpet.
 The results: Removes over 90% of carpet soil. Rejuvenates and brightens colors and patterns of carpets. Drying times is less than 2 hours. Floor pads remain dry-Fabric Softener makes carpets soft again-Promoting the life of the carpet.
 Carpet manufacturers recommend Dry Foam to clean Carpets.

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Congratulations to the Welding Team for placing 1st overall. Pictured are from left: Robby Bradley, Justin Barnes, Zach Lunsford, and Shawn Carpenter.

Rockcastle FFA Chapter holds Winter Field Day

Submitted by
Chapter Reporter
Bethany McKinney
Assistant Reporter
Tiffany Bowman

"If everyone is moving forward together, then success takes care of itself."
(Henry Ford)

On December 7th, RCHS was filled with FFA members throughout the Kentucky River Region competing in the annual Winter Field Day which has many contests such as Ag Sales, Nursery Landscape, Small Engines, and Welding. Rockcastle's reason for participating: to place in all!

One of the contests at the field day was Ag Sales. In Ag Sales a team of no more than four come together as a group to sell an agriculture related product, separate and sell an agriculture related product of their own, and take a thoroughly written test on basic knowledge of sales. Rockcastle County placed 2nd overall. The team consisted of Amie Hale; Tiffany Bowman, who placed as the 3rd high individual; McKenzie Craig, and Andrea Isaacs.

Another big contest going on that day was Nursery Landscape. In Nursery Landscape teams of four take a written test on basic knowledge of Nursery and Landscape, a landscape practicum in math, and have to identify 25 random plants that would be found in a

nursery. Rockcastle placed 1st overall. The team consisted of Bethany McKinney and Kyle Peacock, who both tied for the regional high individual; Kayla Reynolds and Elizabeth Lawrence.

One of the contests that took place in the Ag Shop was Small Engines. In Small Engines a team of four takes a written test on basic engine knowledge, identifies random parts and tools, and has a problem solving and skills section, in this section each team member is given an engine with a problem that they have to solve. Rockcastle's small engines team placed 1st overall. The team consisted of Charity Adams, who placed as 1st high individual; Adam Hale, who placed as the 2nd high individual; James Fletcher, who placed as the 3rd high individual; and Adam Poynter.

The final contest going on at Winter Field Day was the Welding Contest. In welding the team members make 3 types of welds, in which they are all judged by appearance and strength. Rockcastle placed 1st overall. The team consisted of Robby Bradley, who placed as 1st high individual; Justin Barnes, who placed as 2nd high individual; Zach Lunsford, who placed as the 3rd high individual; and Shawn Carpenter. Congratulations to everyone who competed. We would also

like to thank Mrs. Camel and the FCCLA for preparing and serving the meal.

"Tax Season"

(Cont. from B4)

Every year, thousands of taxpayers will get refunds. While some consider overpaying in taxes on their paycheck a form of forced savings, you may want to consider how you could use this money throughout the year. The extra money could help you with such things as building your personal savings or emergency fund, making an extra house payment or paying off debt. To change your tax withholding, you will need to file a new W-4 form with your employer.

Many tax preparers advertise immediate money through tax refund advance services. However, these may not be the best idea for many. A fee is usually assessed in exchange for the quick cash. Tax refund advances are similar to a payday loan, and both are some of the most expensive ways to borrow money. According to the Consumer Action website, annual percentages rates can range from 50 to 500 percent on tax refund advances. A tax advance refund, or rapid refund, is a loan. If for some reason your refund is less than anticipated, you could end up paying the difference between the two and possibly additional fees or interest. Perhaps a better way to get your refund quickly is to electronically file your taxes as early as possible and have it deposited directly into your checking account. By doing so, you could have your refund as soon as 10 days later.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer so more money can be taken out throughout the year, so you're not hit with a big payment next year. If you owe taxes but don't have the money to pay due to unemployment or a reduction in work in the past year, you may qualify for the IRS's Fresh Start program, which may allow you to repay your debt in installments without failure-to-pay penalties. There are income and tax limits associated with this program. For more information on it, visit <http://www.irs.gov>.

To get more information on family financial topics, contact the Rockcastle County Cooperative Extension Service at 256-2403.

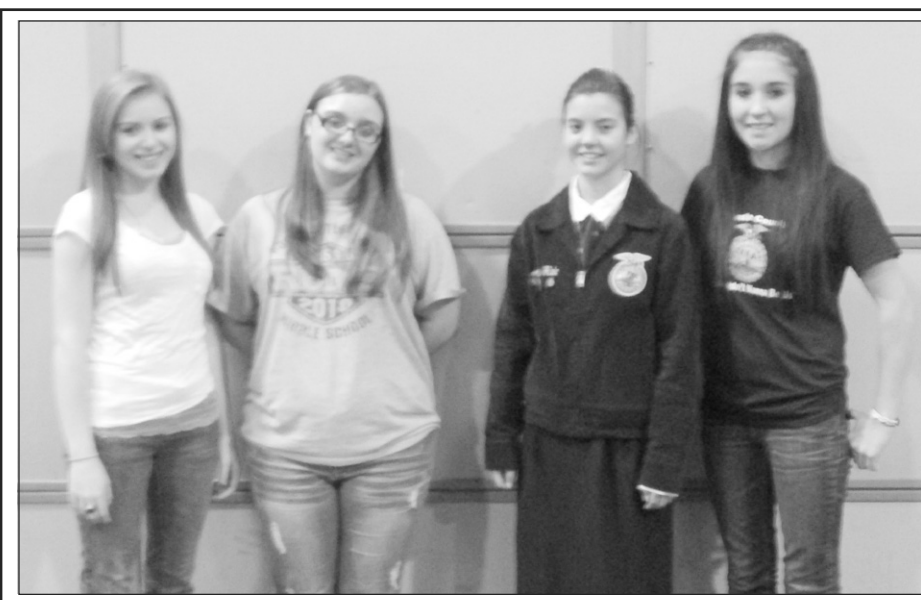
Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.



Congratulations to the Small Engines Team for placing 1st overall. Pictured from left: Adam Poynter, James Fletcher, Adam Hale, and Charity Adams (front).



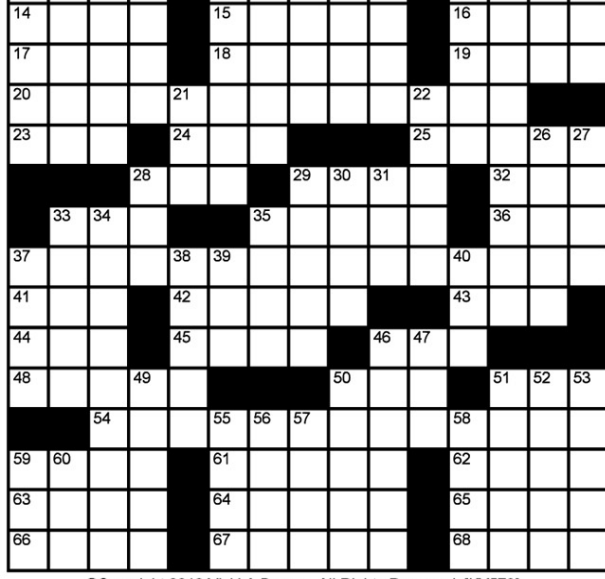
Congratulations to the Nursery Landscape Team for placing 1st overall. Pictured from left are: Elizabeth Lawrence, Bethany McKinney, Kyle Peacock, and Kayla Reynolds.



Congratulations to the Ag Sales Team for placing 2nd overall. Pictured from left are: Tiffany Bowman, Andrea Isaacs, Amie Hale, and McKenzie Craig.

Kentucky Crossword # 570

www.kentuckycrosswords.com



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- ACROSS**
- Famous humorist from Paducah
 - Scouting group
 - Wood sorrels
 - Racetrack
 - Give a lift
 - Tennis zero
 - Like old records
 - Yellow shade
 - Sketched
 - Kentucky's highest point of elevation
 - Our sun
 - Stadiumgoer
 - African equine
 - Coolers, for short
 - Highlander
 - Roman title
 - Laura Bush's alma mater: Inits.
 - Surrounding glows
 - Snake-like fish
 - Hickman County once contained all of this region
 - Pendulum's path
 - Building addition
 - Keats creation
 - Tarnish
 - Sitcom producer Norman
 - Troopers' org.
 - Portion
 - Berea College founder
 - Before, of yore
 - Major gateway into frontier Kentucky
 - Varieties
 - French romance
- DOWN**
- Former Kentucky governor, Bert T.
 - Convex molding
 - Shopworn
 - Alliance
 - A Campbell Co. "Fort"
 - Scout's mission
 - Island near Kauai
 - Letcher Co. hamlet, Fork, or kiln
 - Chipper
 - Blast from the past
 - Hoecake
 - Blvd.
 - Make a seam
 - Colonel Sanders' restaurant
 - Ancient Mexican
 - Kentuckian, baseball's Pee Wee
 - Wheel shaft
 - Diving bird
 - Tuesday
 - Nitty-gritty
 - Paddle
 - Elliott Co. area, or Abraham Lincoln's stepmother
 - Tennessee and Ohio Rivers merge in this Kentucky county
 - Kournikova of tennis
 - Fruit preserves
 - Livingston Co. community or Oregon's capital
 - A Kentucky soft drink, Ale-8-
 - Skip preceder
 - Cincinnati Reds 1998 draftee, Austin
 - McConnell, e.g.: Abbr.
 - Out of practice
 - Not settled
 - Encouraged, with "on"
 - Indian yogurt dish
 - English prototype of the Kentucky Derby
 - Pastoral sounds
 - Austen novel
 - Horse color
 - Buddhist superhuman
 - Mischievous one
 - Sign before Virgo

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February 2013

Vol. 9 • Issue 1



ROCKCASTLE REGIONAL HOSPITAL ■■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community healthcare system that operates emergency, inpatient and outpatient acute care programs, a long-term care program for patients dependent upon mechanical ventilation, and a state-of-the-art medical office complex. Established in 1956, Rockcastle Regional is accredited by The Joint Commission and CAP and treats patients from across Kentucky, Tennessee and many other states.

Rockcastle Regional has the largest respiratory therapy staff in the state and is nationally known for its excellence.

Mission

Rockcastle Regional Hospital and Respiratory Care Center is a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide for ventilator care.

Values

We value excellence, friendliness, compassion, cleanliness and our commitment to our community.

Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by The Joint Commission.

Referral Contact

Carolyn Browning (606) 256-7757

Professional Association Memberships and Other Affiliations

- American Association of Respiratory Care
- American Health Care Association
- American Hospital Association
- Kentucky Association of Health Care Facilities
- Kentucky Hospital Association
- Kentucky Medical Association
- National Patient Safety Foundation
- UK HealthCare Network Affiliate-Markay 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 Anelle Estes (606) 256-7880.

Leadership

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

- | | |
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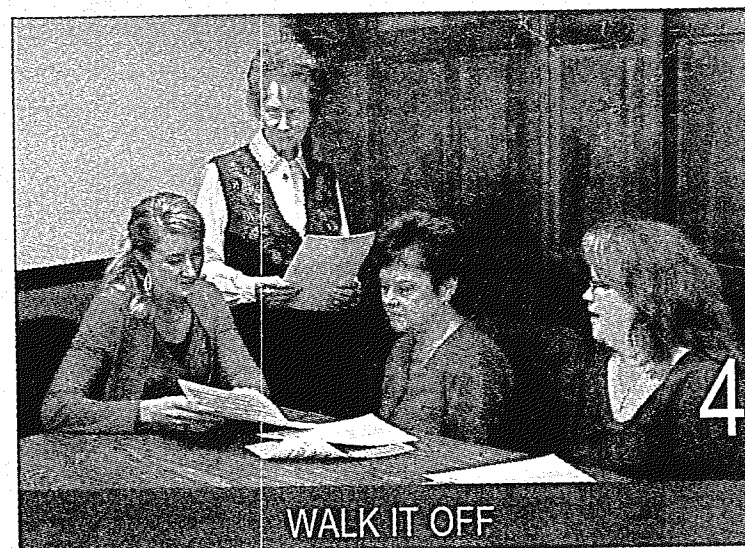
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- Charles D. Black, Jr., CFO
- Cynthia A. Burton, RN, Chief Nursing Officer

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

Anelle Estes, Director
Susan Turley, Designer

FEATURES



WALK IT OFF



5 Gail's success story



12 Missionaries of love

6 Lung cancer in Kentucky

7 Don't slack on winter fitness

8-9 Hit your 'stride' in 2013

10 Listen up, Ladies

13 A nutritional powerhouse



A new home for Rockcastle Family Wellness

By Arielle Estes, Community Relations Director

Rockcastle Regional announces \$3.2 million expansion to campus

Rockcastle Family Wellness will have a new home on the campus of Rockcastle Regional Hospital & Respiratory Care Center. Drs. David Bullock, Kevin Rowe, Karen Saylor, as well as nurse practitioners Ginger Mink-Cash and Samantha Brooke Shell, and physician assistants Angie Parsons-Woods and Brittany Perkins-Saylor, will provide patient care in the new building when it opens in December 2013. In addition, there will be space available for identified community members already attending professional schools who will return home to practice medicine.

When Dr. Saylor thinks back to when she started as the lone physician in her practice in 1990, she is proud of how far things have advanced, and how the county has continued to grow its own healthcare providers. "It has been exciting to watch the practice grow from one physician to multiple healthcare providers who all are originally from Rockcastle County and who understand the needs of the local people."

For Dr. Saylor, the new building represents the "fulfillment of a dream to be able to provide access to multiple providers in one area with improved patient comfort, safety, and healthcare

availability. This facility will be nicer than can be found anywhere else and one in which our community will be proud of," Dr. Saylor said.

Rockcastle Family Wellness provides healthcare services to a large patient population from Rockcastle County and around the region (37,000 patient visits in the past year). The growing clinic currently employs 47 people with plans for multiple positions to be filled. The new building will provide health career opportunities for nurses, physicians, physician assistants, nurse practitioners and clerical staff.

"Rockcastle County has always produced the talent to maintain an exceptional healthcare workforce," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital. "It's been our responsibility as stewards of the local healthcare system to support and recruit that talent back into the community. It's also our job to make sure they have the very best facilities in which to practice. This new facility is a reflection of that ongoing

commitment."

Additionally, the new building is a response to the demand for increasing specialty care for adults and children in the region. The current office for Rockcastle Family Wellness in the Medical Arts Building will be utilized to increase and enhance specialty clinics from UK

HealthCare and other providers. Clinics such as pediatric nephrology, cardiology, gynecology, oncology, pediatric surgery, and more, increase access and decrease travel time for the citizens of Rockcastle County and surrounding communities.

Clinic Director Brandy Bullock said, "Providing safe, efficient care is the main concern at Rockcastle Family Wellness. It is an established rural health clinic and financial barriers

should not hinder someone from seeking preventive care or medical treatment. For those patients who meet certain financial eligibility criteria, a discounted/sliding fee scale is available."

Features of the nearly 17,000 square foot building, which will be located on High Street behind the Medical Arts Building, will include:

- 36 state-of-the art patient exam rooms
- sick and well patient waiting areas
- private patient registration areas
- consultation area for dietitians and pharmacists and a children's play area
- modern, stream-lined design will provide better patient flow and improve patient wait times.

Rockcastle Regional Hospital administration is working with developer D.W. Wilburn and architects Jeff Kolpek and Garlan Van Hook on innovative approaches for the design.

Walk It Off

By Arielle Estes, Community Relations Director

Rockcastle County's largest employers begin weight-loss challenge

The first of each New Year is typically filled with people setting resolutions and goals to do more (or less) of a certain thing. Many times those goals revolve around better health...making better food choices and exercising more frequently. The Wellness Council at Rockcastle Regional Hospital & Respiratory Care Center decided to capitalize on the momentum of a time of year when people are focused on losing weight and/or becoming healthier...and on January 21, 2013 the challenge was set.

Rockcastle Regional Hospital Chief Nursing Officer Cynthia Burton, RN, came across the idea of a fitness challenge after reading about the staff at the City of Murray and Murray-Calloway County Hospital who lost almost 1,000 pounds in a six-week challenge. Burton approached the Wellness Council at Rockcastle Regional Hospital and the idea turned into a reality.

The Wellness Council is a group of hospital employees who are vested into making Rockcastle Regional Hospital a healthier place. From employee health fairs to healthy food tastings to holiday stress reducers, they embark on a variety of activities and educational events catered towards empowering hospital employees to be healthier.

Numerous studies have shown the impact employee wellness can have on the organization. Less sick time taken, higher productivity levels and improved employee morale

are just some of the benefits. A 2010 study from Harvard University titled "Workplace Wellness programs can generate savings" estimated medical costs fall about \$3.27 for every dollar spent on wellness programs, and absentee day costs fall by about \$2.73 for every dollar spent. This average return on investment suggests that the wider adoption of such programs could prove beneficial for budgets and productivity as well as health outcomes.

The Wellness Council approached Rockcastle County School Administration with the idea of a six week weight-loss challenge between the employees of the schools and the hospital. After Administration approved the challenge, coordinators from each school volunteered to monitor the progress and complete the necessary weigh-ins. The Wellness Council is organizing the hospital challenge.

Although the challenge has just begun the positive effects are already being seen.



Wellness Council Coordinator Betty Purcell and Lindsay Gabbard, dietitian, register two Rockcastle Regional Hospital employees for the "Walk it Off" program.

Nearly 100 employees from the hospital and 50 from the school system have signed up to make healthier choices and to (hopefully) lose weight. At the end of the six weeks, final weigh-ins will be taken and the winning school or hospital team will receive the trophy and other incentives.

"We have the potential to impact lots of families in our community with Walk it Off," said Wellness Council Coordinator Betty Purcell, RN, MSN. "The challenge has been set to keep a food journal and to log the minutes or steps of exercise taken each day. We hope that families are taking part in the challenge together. The more people we have moving, the healthier we will be!"

Stay tuned for the winner of the first annual Walk it off!



What can be gained when you lose?

By Arielle Estes, Community Relations Director

A health “wake up call” can come in a variety of ways. Some are sudden and scary while others are more subtle and kind of sneak up on you. For forty year old Gail Price, her call came in the form of a cholesterol screening.

As an employee of Rockcastle Regional Hospital & Respiratory Care Center, Gail was able to participate in annual, free health screenings and had her cholesterol checked in September 2011. When Gail participated in an employee health fair and had it checked again in March 2012, her cholesterol had increased from 223 to 245. At that time, she was basically eating whatever she wanted and not really exercising. According to Gail, “Meatless Mondays was about as healthy as I got,” she said.

Gail decided she should share her test results with her physician and his remarks are what motivated her to make some life changes. “Dr. Tony Arvin told me that I needed to do something about my cholesterol level,” said Gail. “It was almost like he challenged me to improve my levels and warned that a cholesterol-lowering pill would be a ‘lifetime sentence.’ At my age, I didn’t want to be faced with taking a pill everyday for the rest of my life. Dr. Arvin told me to try something for three months and see how much of a difference I could make.” The challenge from her physician was all she needed and Gail’s competitive nature took over her health.

She immediately began making changes to her diet such as eliminating fried foods and soda (diet and regular) and adding more vegetables and whole grains. She also started living by the philosophy “If something comes from the planet and is natural,

then it’s OK. If something comes from a plant/facility it is not safe. Also produce instead of packaged,” (junkfood).

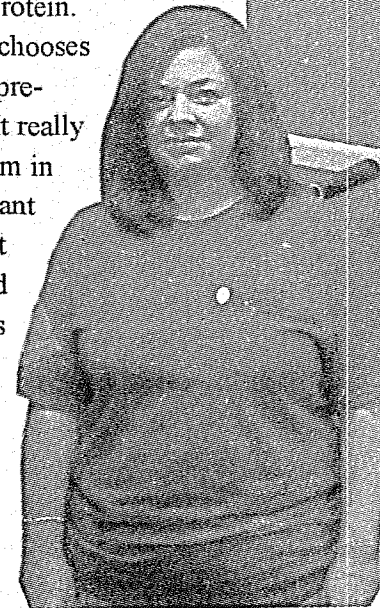
Gail also started cooking more and experimenting with ways to add protein. When she must eat out, she chooses turkey or fish that has been prepared healthily or a salad. “It really is kind of crazy that now I am in this routine, I really don’t want those foods that I used to eat like cakes and cookies,” said Gail. “Now, a treat for me is yogurt with fresh fruit.”

Another important aspect of her lifestyle change was incorporating more exercise. With a small child and a husband that works a lot of hours, she had to be creative. “I started doing the ZUMBA

workouts at home. Then, I started coming to the Wellness Center at Rockcastle Regional...I am here almost every day!” said Gail. The range of classes and opportunities for fitness keep me coming back. I enjoy trying new workouts.” Gail incorporates a variety of exercises into her week...including everything from the treadmill and weights to kettle bell class to meditation and ZUMBA.

Gail’s motivators for success include always trying new things so you don’t get stuck in a rut and also noticing and paying more attention to the way you prepare food. She also credits having a

You can get what you want — if you really want it.



At left, Gail Price in February 2012. Above, Gail at 50 pounds lighter in January 2013

workout partner so that you have someone to make you accountable.

Gail has since gone from a size 16 to a size 4 with a 50 pound weight loss. In July of 2012, she had her cholesterol checked again and it had decreased 37 points. “One of the first calls I made was to Dr. Arvin to share the good news,” she said. “He told me great job and to keep it up!”

Gail has really taken charge of her new life and says she is the healthiest she has ever been. While admitting the hardest part was getting started, she is now into a routine and shows no signs of stopping. While she isn’t focused on weight-loss anymore, she will continue making healthy food choices and working on toning and keeping her cholesterol down. “You can get what you want — if you really want it,” she said. “Until last year, my health wasn’t a priority of mine. Now, I actually want to go to the gym instead of sitting around watching t.v.”

Gail recently completed her first race and ran in the Snowball Express on January 27 in Brodhead.

UK HealthCare

Shamik Aikat, M.D. • Cardiology
 Melina Aguinaga-Meza, M.D. • Cardiology
 Paul Anaya, M.D., Ph.D. • Cardiology
 Lauren Anderson-deMoreno, M.D. • Otolaryngology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Susanne Arnold, M.D. • Hematology & Oncology
 Shambhu Aryal, M.D. • Pulmonology
 Louis Bezold, M.D. • Pediatric Cardiology
 David Booth, M.D. • Cardiology
 Jeffery T. Brumfield, M.D. • Cardiology
 Ketan Buch, M.D. • Pulmonology
 Charles Campbell, M.D. • Cardiology
 Mara Chambers, M.D. • Hematology & Oncology
 Leslie J. Crofford, M.D. • Rheumatology
 Kristopher Cumbermack, M.D. • Pediatric Cardiology
 W. Lisle Dalton, M.D. • Gynecology
 John M. Draus, M.D. • Pediatric Surgery
 David A. Escalante, M.D. • Endocrinology
 Deborah Flomenhoff, M.D. • Pediatric Gastroenterology
 Beatriz Y. Hanaoka, M.D. • Rheumatology
 Amy Hessler, D.O. • Neurology
 Joseph A. Iacono, M.D. • Pediatric Surgery
 Mary Ireland, M.D. • Orthopaedic Surgery
 Dennie V. Jones, M.D. • Oncology
 Anna Kamp, M.D. • Pediatric Cardiology
 Stefan Kiessling, M.D. • Pediatric Nephrology
 Lisa Klein, M.D. • Pediatric Cardiology
 Christian Latterman, M.D. • Orthopaedic Surgery
 Jeremiah Martin, M.D. • Cardiothoracic Surgery
 Rick McClure, M.D. • Cardiology
 Amr Mohamed M.D. • Nephrology
 Gustavo Morales, M.D. • Cardiology
 M. Elizabeth Oates, M.D. • Teleradiology
 Andrew R. Pulito, M.D. • Pediatric Surgery
 Navin Rajagopalan, M.D. • Cardiology
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 Sean C. Skinner, M.D. • Pediatric Surgery
 Vincent Sorrell, M.D. • Cardiology
 Mark Vranicar, M.D. • Pediatric Cardiology
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[UK CONNECTIONS]

Lung cancer kills *too many* in Kentucky

By Dr. Ronald McGarry

Kentucky has the dubious honor of having some of the highest smoking and lung cancer rates in the country.

Let us be clear. Smoking is the cause of lung cancer in almost 90 percent of the cases. Secondhand smoke is responsible for most of the remaining 10 percent and then there are a few cases for which we do not understand the direct cause. The cancer-causing potential of tobacco has more than 75 years of data to define the risks.

The good news is that the average number of people who die of lung cancer every year has decreased slightly – by about 1.5 percent – over the last number of years, but this state and national tragedy needs to be addressed more seriously. Nearly 3,400 Kentuckians will die of lung cancer this year. Not surprisingly, patients are shocked when they go to their physician for minor ailments and a chest X-ray reveals their cancer.

Lung cancer is a silent killer. It begins as the soup of chemicals found in tobacco causes mutations in a single normal lung cell. That cell spreads slowly at first, but

cancer cells are well-adapted to growth. This adaptation speeds up the development of a mass until it becomes big enough to cause symptoms or to be seen on a chest X-ray. In a single lung cancer about 0.5 inches in diameter, there are about 1 billion cancer cells which can grow or spread elsewhere or metastasize.

Lung cancer is a silent killer.

Lung cancer treatment is long and complicated. As lung cancer specialists, we work together to achieve the best possible plan for each patient. Survival rates have been shown to be higher at the UK Markey Cancer Center than many other cancer centers, but as anyone can see, we have a lot of work to do.



Courtesy of University of Kentucky Public Relations. Dr. Ronald McGarry is a radiation medicine specialist at the UK Markey Cancer Center.

[UK CONNECTIONS]

Don't slack on winter fitness

By Kelly Eversole

It's common for people, even those who have been able to maintain a regular routine all year, to let their fitness efforts slack in the winter months.

When winter rolls around, the combination of cold weather, dark evenings and holiday commitments leads people to devote less time to exercise. Additionally, some regular exercis-

ers may feel "burned out" from their efforts to maintain a steady workout

schedule throughout the summer and fall.

As hard as it may be, it is important to maintain some level of fitness when the weather turns cold. Not being consistently active is harmful, because the muscles become weak and/or tight during periods of inactivity. When people try to resume activities in the spring at their previous level instead of easing back into the routine, they may end up injured.

To make staying active year round easier, keep some of these tips in mind:

Vary your fitness routine. Plan on doing several different types of exercise each week, and change up your plan every few months. This helps you avoid boredom and allows your muscles to be worked in a variety of ways, which helps prevent over-use injuries.

Take it inside/outside. If you primarily get your exercise from outdoor activities such as running or cycling outside, consider some indoor alternatives. Many gyms offer month-to-month plans that can help you stay in shape during the colder months. There are also a wide variety of home workouts available for sale or rent that can be done in your living room or basement with little to no equipment.

Conversely, if you stay inside for most

of your workouts year-round, try taking your fitness routine outside during the warmer months for a change of pace.

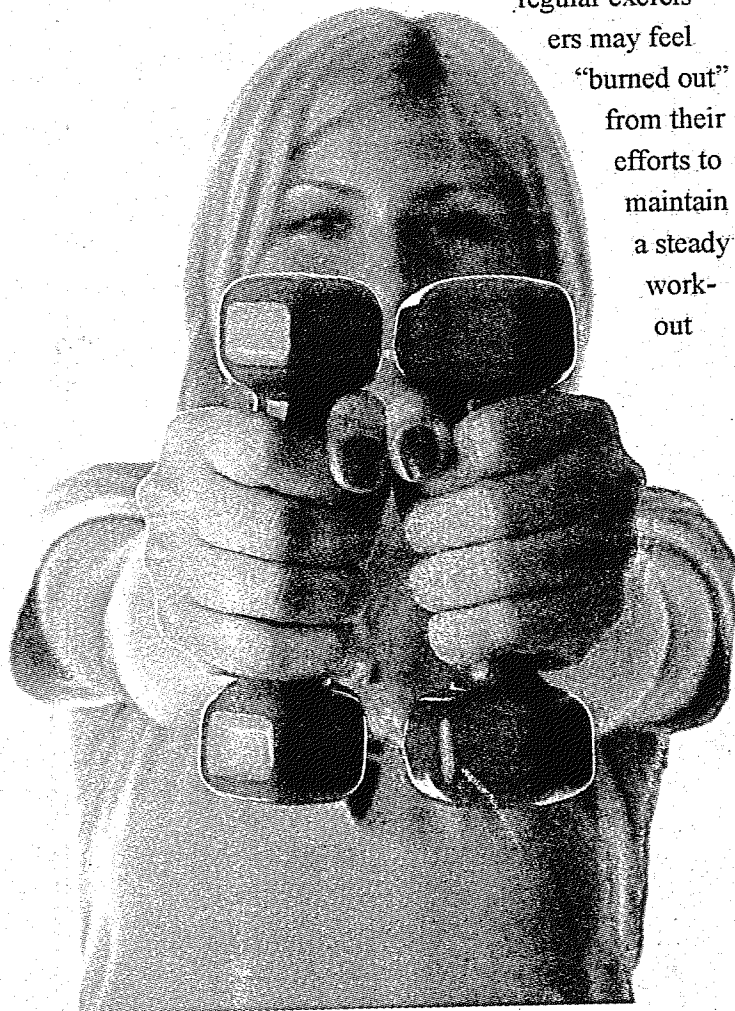
Something is better than nothing.

Even a little bit of activity is better than no activity. Some people think that because they can't go to the gym for an hour, then they may as well not work out at all. But even 20 minutes of exercise done at home is beneficial for maintaining fitness. For example, research has shown that strengthening exercises done once a week maintains strength levels until one can resume lifting more frequently.

Set attainable goals. If you're making exercise part of your New Year's Resolutions this January, remember to ease into a routine. Be realistic about where you are starting and set goals you can reach.

It takes a while to get out of shape, but it takes even longer to get back into shape, and it won't happen overnight.

Choose proper workout attire. Good shoes go a long way for preventing injuries. It is important to have shoes that support the activity you're performing. If you are unsure of the type of shoe you should use, visiting a specialty shoe store for suggestions can be helpful in choosing the correct type.



Courtesy of University of Kentucky Public Relations. Kelly Eversole is a physical therapist in the University of Kentucky Sports Physical Therapy Clinic.

Hit your stride

Run, walk Rockcastle

By Dwain Harris

Most small communities have at least one run/walk event in a year. Some have more, maybe three or four at most. In 2013, for the second year in a row, Rockcastle County will have 12, one in each month of the year. Organizers at Rockcastle Regional Hospital, which created and sponsors the series, hopes to build on 2012's total participation of 1,770.

Studies show that Kentuckians (and Rockcastle Countians) do not get enough exercise, and experts have long known that exercise is essential to good health. The County-wide Stride series consistently gives runners and walkers an incentive to complete at least some of the recommended exercise. In addition to muscle

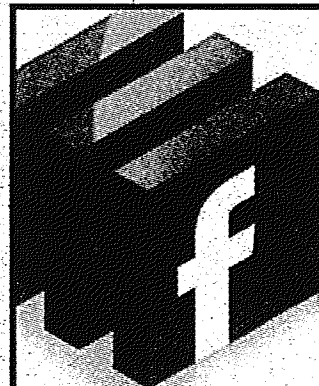
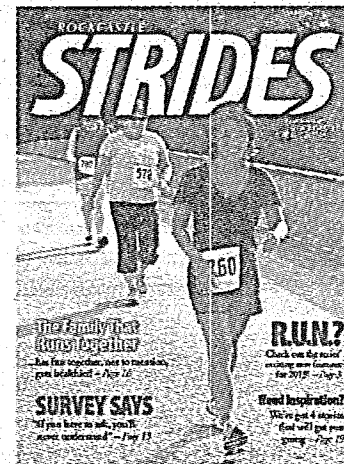
strengthening activities two or more days a week, the Centers for Disease Control recommends one hour and 15 minutes of vigorous-intensity aerobic activity such as jogging and running, or two and half hours of moderate-intensity aerobic activity such as brisk walking.

Entry fees are inexpensive, and giveaways and age-division trophies are given to participants. There are incentives as well. Those who complete seven of the 12 events will receive a free long-sleeve County-wide Stride T-shirt.

Participants get the shirt and a \$25 gift certificate for completing 10, and an additional personalized plaque for finishing all 12 races.

Details about each race can be found at rockcastlelregional.org. A publication called Rockcastle Strides, which highlights the races and local runners and walkers, is also being distributed throughout the community. Free copies can be picked up at the hospital's registration desk.

For more information, contact Susan Turley at Rockcastle Regional at 606-256-7746.



Race information
& photos available on

facebook.

facebook.com/rockcastleregional

Races coming soon:



Saturday, February 23
9:00 a.m.
Cedar Rapids Golf Course



Sunday, March 17
2:30 p.m.
Renfro Valley

in 2013

COUNTY-WIDE

Stride

2013 Run/Walk Series



Get set for the 2013 County-Wide Stride run/walk series. This year's series once again features **12** events throughout Rockcastle County!

WHAT'S IN IT FOR YOU:

Up for seven? Complete 7 races for a long-sleeved dri-fit County-wide Stride shirt

Try for 10! Complete 10 races for a dri-fit shirt and a \$25 gift certificate to John's Run Walk Shop

Do the dozen! All 12 races for dri-fit shirt, \$25 gift certificate from John's Run Walk Shop, and a personalized commemorative plaque

No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event. For questions call Susan Turley at (606) 256-7746.

2013 Race Schedule

Snowball Express 2-miler
January 27

4K for Heart Health
February 23

St. Patrick's Day 5K
March 17

Fairview Baptist Church 5K
April 27

Brodhead Hustle 2-miler
May 25

Fit Family Run
June

Rockcastle 5-miler
July 13

Run, Bike or Hike
August 17

Livingston Leap 2-miler
August 31

Bittersweet 5K
October 5

Gobble Go Go 5K
November 16

10th annual Jingle Bell 6K
December 7

To register for races or for more details visit rockcastleregional.org/countywidestride

Listen up, Ladies...

It's American Heart Month

What is Heart Disease?

When you hear the term "heart disease," you may think, "That's a man's disease" or "Not my problem." But here is *The Heart Truth*[®]: one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer. If you've got a heart, heart disease could be your problem.

What Are the Risk Factors for Heart Disease?

An astonishing 80 percent of women ages 40 to 60 have one or more risk factor for heart disease. Having one or more risk factors dramatically increases a woman's chance of developing heart disease because risk factors tend to worsen each other's effects. In fact, according to research compiled by the NHLBI, having just one risk factor doubles your chance of developing heart disease.

Whatever a woman's age, she needs to take action to protect her heart health. Heart disease can begin early, even in the teen years, and

women in their 20s and 30s need to take action to reduce their risk of developing heart disease. Yet among U.S. women ages 18 and older, 17.3 percent are current smokers, 51.6 are overweight (BMI of 25

or greater), 27 percent have hypertension, 35 percent have high cholesterol, and 53 percent do not meet physical activity recommendations. African American and Hispanic women, in particular, have higher rates of some risk factors for heart disease and are disproportionately affected by the disease compared to white women. More than 80 percent of midlife African American women are overweight or obese, 52 percent have hypertension, and 14 percent have been diagnosed with diabetes. Some 83 percent of midlife Hispanic women are overweight or obese, and more than 10 percent have been diagnosed with diabetes.

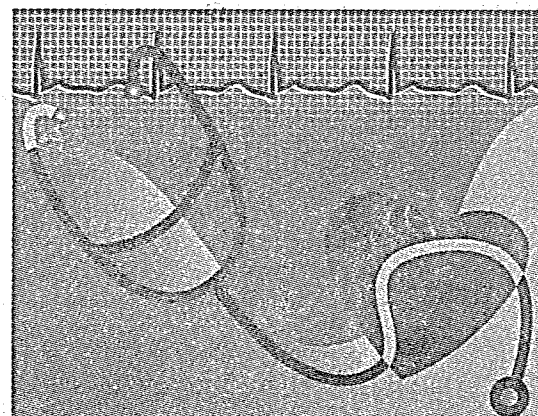
How Do I Find Out if I Am at Risk for Heart Disease?

Some women believe that doing just one healthy thing will take care of all their heart disease risk. For example, they may think that if they walk or swim regularly, they can still smoke and stay fairly healthy. This is wrong. To protect your heart, it is vital to make changes that address each risk factor you have.

A damaged heart can damage your life by interfering with enjoyable activities and even your ability to do simple things, such as taking a walk or climbing steps. Heart disease cannot be "cured." It is a lifelong condition—once you get it, you'll always have it.

Fortunately, it's a problem you can do something about. Find out your risk for heart disease and take steps to prevent and control it. Talk to your doctor to get more answers. Start taking action today to protect your heart. Heart disease is preventable—by making healthy lifestyle changes and taking steps to manage risk factors, women can reduce their risk for heart disease.

Source: National Heart Lung and Blood Institute



PREVENTION

What You Can Do Live a Healthy Lifestyle

♥ Eat a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.

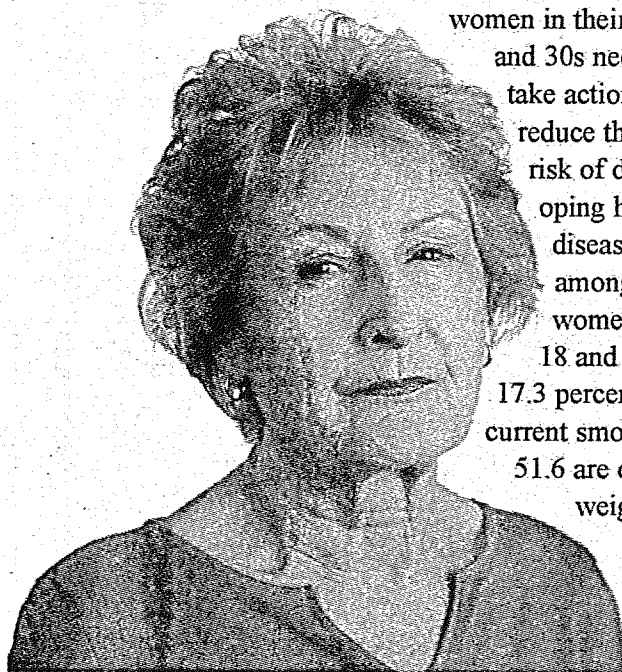
♥ Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.

♥ Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

♥ Don't smoke. Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

♥ Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure.

Source: U.S. Centers for Disease Control & Prevention



Love your
Heart

Thursday,
February 28, 2013
5:30 p.m.
Rockcastle Regional
Wellness Center

Presented by



Women's Heart Health and Fitness Expo

A night for mothers and daughters, grandmothers and granddaughters and ALL women in the community to come out for a fun night of fitness to raise awareness about heart health. We want to share the importance of heart health...at any age!

Join us for this FREE event...

- Fitness classes (schedule coming soon)
(wear red workout clothes if you wish)
- Heart health education
- Giveaways and door prizes
- Heart healthy food samples

Please sign up by February 22. Contact Arielle Estes at (606) 256-7880 or a.estes@rhrcc.org