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Mount Vernon, Kentucky 40456 • (606) 256-2244 Volume 128 • Number 9 50 per copy Thursday, February 20, 2014



Over 300 in attendance

Senator Rand Paul keynote speaker at Lincoln Dinner

By: Doug Ponder

United States Senator, and possible 2016 Presidential candidate, Rand Paul was the keynote speaker at the Lincoln Day Banquet Monday night at the Rockcastle County Middle School.

Rockcastle County Republican Party Chairman Travis Burton said over 300 people attended the event as it proved to be one of the biggest political events in Rockcastle County history. Several candidates running for office on the national, state, county and city levels all attended the banquet.

Paul spoke to the crowd about excessive government spending and some of the ridiculous programs that he believes government uses taxes to fund such as \$500,000 to develop a menu for Mars; \$1.8 million to study rollup beef jerky and \$3 million on Twiggy the water skiing squirrel to be the lead spokesperson to promote walnuts in India.

"The government has massive amounts of credit and they are paying for things we don't want to pay for with our taxes," the Senator said.

Paul said that he believes a lot of people don't notice the "enormous" financial problem lurking around the corner for Americans.

(Cont. to A5)



A large crowd attended the annual Lincoln Day Banquet Monday night with United States Senator, and possible 2016 Presidential candidate, Rand Paul as the keynote speaker. Rockcastle County Republican Party Chairman Travis Burton said over 300 people attended the event making it one of the largest political events in Rockcastle County history.

Bomb proved to be fake at Brodhead Tobacco and Tanning

By: Doug Ponder

A fake bomb device was discovered after a bomb threat was called in at Brodhead Tobacco and Tanning Tuesday morning.

According to the Rockcastle County Sheriff's Department, store employees received two calls Tuesday morning from an unknown person telling them there was a bomb inside the store behind the water heater.

When officers responded, they evacuated everyone from the area of the store and called the Kentucky State Police Bomb Squad to investigate.

Brodhead Fire Department and Rockcastle EMS blocked off South Main Street at the intersection of Castle Village Drive and Wallin Street. That portion of South Main Street remained blocked until the scene was cleared around noon.

Once detectives from the bomb squad arrived, they found the package behind the water heater inside the building and took all precautions in surveying the scene as if it were a real bomb.

However, after further investigation, detectives deter-

(Cont. to A8)

Project to grow industrial hemp coming to Rockcastle County

By: Doug Ponder

Rockcastle County was recently chosen as the site

of one of the five pilot projects to grow industrial hemp in the state for re-

search purposes.

The decision was announced by Kentucky Agriculture Commissioner James Comer during a news conference Monday afternoon in Knott County, Kentucky senators Mitch McConnell and Rand Paul also attended the news conference.

The five pilot projects were made possible by the

passage of the United States Farm Bill that was signed into law by President Barack Obama earlier this month. The law gives permission to state departments of agriculture and universities to grow industrial hemp for research.

Growing Warriors Project founder Mike Lewis is in charge of the pilot

(Cont. to A8)

Carloftis asks DOLG for advice on Rainbow Ridge Subdivision

A group of Rainbow Ridge residents met with the Rockcastle Fiscal Court in September, asking for help with their roads.

PVA Margaret Offutt, a resident there, acted as spokesperson for the group and told the court that some of the roads were "almost impassable."

The county maintains a portion of the main road into the subdivision and residents were asking that the

county extend maintenance of this road.

Carloftis told the group

(Cont. to A8)

Burning ban 6 a.m. to 6 p.m.

A burning ban has been issued for Rockcastle County through Wednesday, April 30th.

The burning ban is part of the Kentucky Spring Forest Fire Hazard Season which makes it illegal for anyone to set fires within 150 feet of any woodland or brushland areas between the hours of 6 a.m. and 6 p.m.

The state law is intended to prevent forest and brush fires by only allowing outdoor burning after 6 p.m. when conditions are less likely to cause a wildfire to spread.

Renfro Valley recognized in legislature for 75th anniversary

Renfro Valley Entertainment Center will be recognized for their 75th anniversary in a live proclamation at the Kentucky House of Representatives next Thursday.

As part of the live proclamation, Representative Susan Westrom is expected to sponsor a resolution that will formally recognize November 2nd as Renfro Valley Day.

There will also be a live performance by Renfro Valley entertainers in the house chamber as well.

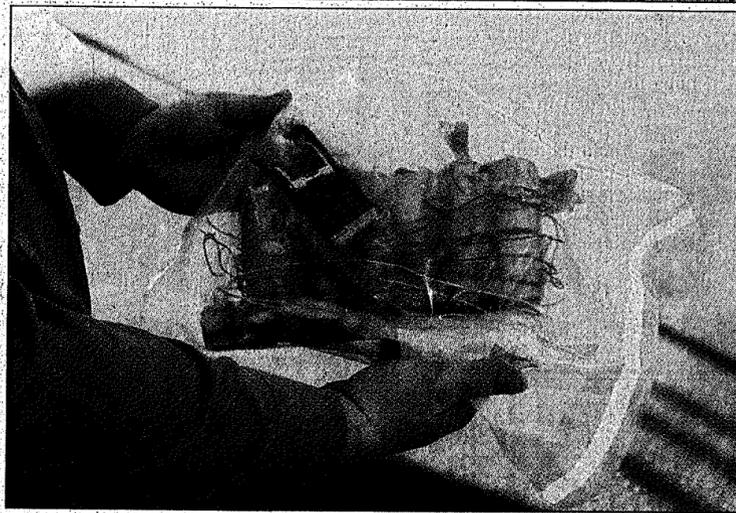
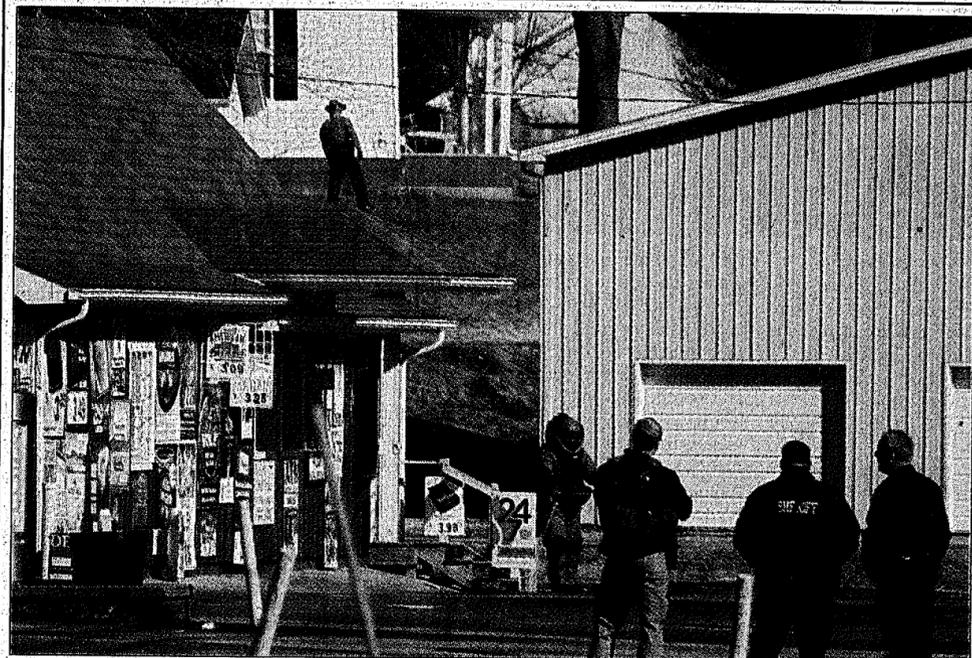
Brodhead Fire Chief and city commissioner dies at age 62

A local fire chief and city commissioner was found dead at his home in Brodhead last Thursday morning of natural causes.

Larry Taylor, 62, of Brodhead was a member of Brodhead Volunteer Fire Department for 41 years and served as chief for 11 years. Taylor also served as a Brodhead City Commissioner for 13 years.

The Kentucky General Assembly recognized Taylor's contributions to the community as Senator Jared Carpenter introduced a resolution to adjourn the state senate Tuesday afternoon in honor of Taylor. Representative Jonathan Shell also introduced a resolution to adjourn the state house in Taylor's honor as well.

Marvin E. Owens Home for Funerals was in charge of arrangements and a complete obituary can be found on page A3 of this week's Signal.



Tension ran high in Brodhead Tuesday when a bomb threat was called in to Brodhead Tobacco around 8 a.m. The KSP Bomb Squad investigated and took all necessary precautions as if it were a real bomb. Detectives determined that the bomb found behind the water heater was fake. Shown in the picture at left, the bomb contained six long pillar candles wrapped in duct-tape. The duct-taped package had wires wrapped around it which were connected to an old cell phone as a detonator device.

Of Special Note Inside

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

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ramblings...

by: *perlina m. anderkin*
 Attended the Lincoln Day Banquet Monday night, my first, it was interesting, informative and fun.

It would have been a lot more fun if I hadn't developed a nosebleed that afternoon which lasted until the banquet was over.

My children said I got too excited about the prospect of seeing Sen. Rand Paul in person, raising my blood pressure and thus the nosebleed. Personally, I think it was a life-threatening situation that I managed to overcome.

I do feel sorry for my tablemates -- five family members and the unfortunate Eaton clan. I had tissue stuffed up my nostril but still had to wipe some blood up -- couldn't have been too conducive to enjoying their meal.

Ironically, I was just bragging Sunday that I had had only one nosebleed in my life. Now I can make that two.

But, back to my main reason for this column. I did enjoy the program, particularly Sen. Paul's speech and Chief Circuit Court Judge Jeff Burdette's talk about the Bill of Rights and early amendments to the Constitution.

My main takeaway from Paul's speech was the frustration he must feel, while serving in the Senate, and trying to deal with the absolute absence of any common sense by members of that governing body.

A couple of examples he cited for cutting government spending, included Twiggy, the water skiing squirrel. According to Paul, the government spends \$3 million a year for Twiggy as the lead spokesman to sell walnuts in India. The program came up for a vote to be renewed and Paul said he thought this program would be "low-hanging fruit" for the house to use as one of the spending cuts -- he was wrong. The measure passed 320-98 to keep Twiggy and he said

30 Democrats voted against it because they didn't think enough was being spent on the program.

He pointed out the obvious objection to the program -- walnut growers should pay to promote their own product but the most obvious was that if programs such as this cannot be cut then how in the world will anything ever be done about the big money programs like social security, medicare and medicaid which consume two-thirds of the federal budget in mandatory spending.

At least with social security and medicare, workers have contributed to the program through deductions from their pay checks and recipients still have a payment to medicare deducted from their social security benefits. However, medicaid is a freebie, and one that no one wants to speak out against and be called heartless. This program is only going to greatly expand under Obamacare. One problem with medicaid is that it pays for everything for those covered -- doctors, hospitals, optometrists, dental, things that most private insurance and medicare doesn't cover.

It's serious and I feel that, as a country, we may be past the tipping point in our march toward Socialism. It's going to take a change in attitude in this nation of its citizens being more concerned about their country than making sure their check and other free goodies keep getting dispensed.

I worry occasionally that my diatribes will earn me the attention of the IRS, who it has been proven, can and will exact revenge against those who disagree with government policy and who come to their attention. My only hope is that, on April 15th, they leave me very little anyway and maybe if they decide to audit me and take that, the children will come to my aid.



The Way I See it

By *Doug Ponder*

It's common knowledge that as we get older and go through life we learn more about ourselves. We learn and develop our personalities, attributes, ambitions, etc.

I know that as I have grown from a teenager to an adult, I have also learned a lot about myself. One thing that I have learned is I am easily drawn to people with a laidback personality who are always calm, cool and collected. No matter what situations arise or what is going on in their life or the lives of those they care about, laidback people always handle things and go through life in a lowkey kind of way and still get the job done.

This is how I would describe Larry Taylor to people who didn't know him. As many of you already know, Brodhead Fire Chief and City Commissioner Larry Taylor passed away last Thursday morning at his home.

I have known Larry most of my life and I really came to know him personally through covering the Brodhead council meetings and being a former member of the Brodhead Fire Department. I have always admired the kind of leader he was and how he loved people so dearly.

When I would enter the room he would always say "Hello Douglas" with that signature grin on his face. He was one of the few people I know who actually called me "Douglas."

Throughout my time on the fire department and working at the *Signal*, we developed a special friendship with each other. If I was having a bad day or feeling down, Larry could always lift up my spirits.

Many other people felt the same way about Larry as I read condolences and social media posts about him. One person described Larry as always being "plain good to everyone." Another person said that the flags in Brodhead were flying at half-staff as many hearts mourned the passing of Larry. I couldn't have said that any better myself.

I've had a lot of people pass away in my life that were very close to me from my dad, both grandmas, my Uncle Randall, and many other family members and close friends.

It doesn't get any easier with each death as each person holds their own unique place in my heart. I know that people who have lost loved ones can relate as it's hard to go on knowing they will no longer be with us here on this earth.

But I have learned that even though our loved ones are not here with us physically, they are still with us in our hearts. Our loved ones

leave their own unique impression of themselves in our lives and it's like a part of them continue to "live on" through us.

After talking with several Brodhead firefighters, I noticed them saying things like "this is what Larry would have done" or "this is what Larry would have wanted." We often grow so close to people and know so much about them, it's like they are still here even though they aren't here physically.

With family members this is even more true as we are alike genetically. I remember when my dad died, my grandpa Dell Ponder and I became closer than we had ever been before. The reason for this is because we both had personalities that were very similar to my dad.

When my grandpa Ponder and I spend time together, I remind him of his son and he reminds me of my dad. That is the reason it has always been very therapeutic for us to spend time together since my dad passed away in October, 1999.

As corny as it sounds, one of my all-time favorite movies is Disney's animated film "The Lion King." One of the most climatic scenes of the movie is when the main character Mufasa is killed trying to save his son Simba from a stampede of wildebeest.

After Mufasa's death, Simba then goes through a period of time in the movie depressed and missing his father. Then later in the movie another character named Rafiki told Simba that Mufasa was still alive and led Simba to a pond where he said Mufasa was supposed to be.

Once they arrive at the edge of the pond, Rafiki tells Simba to look into the water and he will find his father. However, when Simba looks over into the water, he tells Rafiki "that's not my father, that's just my reflection."

As the scene continues, Rafiki tells Simba to look again and this time tells him to "look harder." When Simba looks into the water a second time, his reflection turns to the face of his father Mufasa. At this time, Rafiki tells Simba "you see, he lives in you."

I know some of you reading this right now might be saying to yourselves, "Doug, what kind of point are you trying to make here?" It's simple, just as Simba looked into the pond and saw his father, I look in the mirror and see my father.

Not only am I seeing a reflection of myself when I look into the mirror, but in one sense I am seeing my dad looking right back at me. Because you see, he

(Cont. to A4)

Points East

By *Ike Adams*



Saturday afternoons and evenings are usually down time for Loretta and me. We simply don't get out much anymore after we've used up the movie gift certificates the kids gave us for Christmas which means we mostly go to the movies to avoid guilt trips because our kids do work hard for their money.

But last Saturday, after half a dozen reminders, we decided to attend a "Valentine murder mystery" entitled "Dying for Love" at the Garrard County Public Library. It turned out to be the most fun and best entertainment I've had since little league baseball season ended last summer.

As most regular readers of Points East already know, I am a huge fan of libraries in general and mystery fiction in particular -- an affliction that began in fourth grade with Nancy Drew and then The Hardy Boys and evolved into Sir Arthur Conan Doyle and Jane Austen until finally I couldn't resist anything printed in the mystery genre.

It really would require the rest of the space allotted me in this column, to list the authors who have entertained me over the decades and who continue to dominate my reading habit to this day. I fit my good friend and retired librarian, Linda Caldwell's, accusation of being a "mystery snob."

While in college and later as a young adult, I used to enjoy weekend-long murder mystery-solving outings that were staged at state parks and other venues. Guests spent Friday evenings through Sunday mornings attempting to solve staged murders by figuring out whodunit. For over a decade in the late sixties and into the late seventies these outings were very popular and very competitive.

Last Saturday's program

at our library was a condensed version of one of these more complicated events. But like one of them, it simally involved the presentation of a fictional murder, complete with murder scene, corpse, weapon, several suspects and numerous clues scattered throughout the library. We were told that a play had been scheduled for us, but had to be called off because the star of the show had been murdered and all the supporting cast and stage hands were currently in custody of the local police.

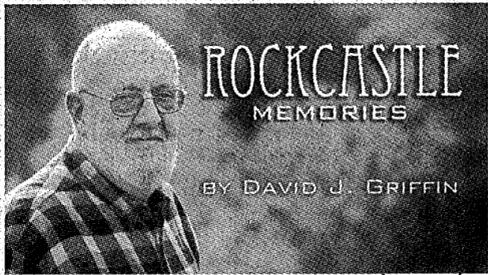
The audience was tasked with locating and deciphering the clues and ultimately determining who committed the murder.

We were supposed to form and work as investigative teams. Lo and I were team "Sherlock ain't Home" but we rather quickly disbanded when Loretta asked one of the librarians, "What do you do when you can't come to agreement with the rest of your team?" She was told that she could go out on her own and she promptly did just that which left yours truly working in a very familiar vacuum.

Someone asked if this was how we got along at home and we harmonized when we both said, "Yes!" It is a system that has survived and served us pretty well for nearly forty years.

As you might guess all the murder suspects were avid readers and we were provided with a list of their individually-favorite books. Needless to say the titles ran us all over and into every section of the library in search of books that might contain a clue. We were also given access to the actors' dressing rooms where we found a variety of clues that would provide ample motive for either one of them or someone else closely as-

(Cont. to A4)



Beatles Perform on Ed Sullivan

The media has just been through a week of remembering the arrival of the Beatles in the U.S. The blips of coverage that I have seen have been both entertaining and interesting to watch. After all, it has been 50 years since then. Unbelievable.

When the Beatles performed on the Ed Sullivan Show on February 9, 1964, I was a sophomore at the University of Kentucky. The show was watched by 73 million viewers, or 34 percent of the American population. According to the Nielsen rating service, it was "...the largest audience that had ever been recorded for an American television program."

It just happened that I had returned to Mt. Vernon to spend the weekend with my mother and grandparents, and the four of us were glued to the black-and-white television set. Can you pic-

ture it? Three generations were gathered to watch a performance of what would become the most influential rock group in the history of rock and roll. My response? I was excited beyond belief. Theirs? They were completely unimpressed. Pop finally just got up and left the room.

At that time, I had already purchased the Beatles' October 1963 hit, "I Want to Hold Your Hand" while at UK, so I was thrilled to see them perform for the first time. That song was the group's first American number one hit, entering the Billboard Hot 100 charts and remaining there for seven weeks. And then only to be replaced by "She Loves You," which held the top spot for a total of fifteen weeks. "I Want to Hold Your Hand" became the Beatles' best-selling single worldwide.

The Beatles, comprised

(Cont. to A4)



I would appreciate the opportunity to serve the **5th District** of Rockcastle County as your **New Magistrate!**

I earnestly ask you for your **vote** in the upcoming **May 20th Republican Primary.**

Thank You, **Michael P.**

McGuire

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(Cont. to A4)

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Obituaries



Larry Wayne Taylor

Larry Wayne Taylor, 62, of Brodhead, husband of Ann Gentry Taylor, died Thursday, February 13, 2014 at his residence.

He was born in Berea, on May 22, 1951, a son of Roberta Adams Taylor and the late E. J. Taylor. He was the chief of the Brodhead Volunteer Fire Department, having served in that capacity for 11 years, and was a Brodhead City Commissioner as well. He had been a member of the Brodhead Volunteer Fire Department for more than 40 years. He had served as Assistant Mayor for the city of Brodhead, President of R & E Trucking for more than 18 years, and was affiliated with Taylor's Produce for 33 years. He was also affiliated with the Brodhead Little World's Fair as well. He enjoyed fishing; NASCAR, Chevrolet cars, Peterbilt trucks, University of Kentucky basketball and the Brodhead Volunteer Fire Department. He was of the Protestant faith. On August 6, 1977, he was united in marriage to Ann Gentry and from that union came two children.

Her is survived by: his wife of 36 years, Ann Gentry Taylor of Brodhead; his son, Benjamin Joseph (Kachina Lee) Taylor of Daegu, South Korea; his mother, Roberta Adams Taylor; one brother, Harold Lee Taylor of Brodhead; two sisters, Sherry Gail Asher of Brodhead, and Patty Ann (Ricky) Kirby of Brodhead; an uncle, Bobby Lee (June) Taylor of Brodhead; an aunt, Betty Wilson of Hamilton, OH; his mother-in-law, Jean Gentry of Brodhead; a brother-in-law, Gary Gentry of Brodhead; an aunt-in-law, "Teet" (Don) Stevens; 15 nieces and nephews; and many friends and neighbors. In addition, he is survived by his beloved pets, Winnie (his dog) and Leonard (his cat).

Besides his father, Mr. Taylor was preceded in death by an infant daughter, and his father-in-law, Bill Gentry.

Funeral services were conducted Wednesday, February 19, 2014 at the Brodhead Baptist Church with Zach Gentry opening in prayer, a eulogy by John Dyehouse, the reading of the obituary by Travis Burton and the reading of the firemen's prayer by Rick Branham. Burial was in the Albright Family Cemetery.

Expressions of sympathy can be made in the form of contributions to the Brodhead Volunteer Fire Department.

Casket bearers were members of the Brodhead Fire Department.

Condolences may be made at www.marvineowensfuneralhome.com.

Marshall McKinney

Marshall Logan McKinney, 96, of Brodhead, widower of Ruby Atkinson McKinney, father of Mark McKinney and Teressa Nadorff, died Wednesday, February 19, 2014 at his home.

Arrangements are incomplete and have been entrusted with the Marvin E. Owens Home for Funerals.

A complete obituary will be in next week's *Mount Vernon Signal*.

Condolences to the family may be made at his online registry at marvineowensfuneralhome.com.



Roberta DeBorde Lawrence

Roberta DeBorde Lawrence, 90, of Brodhead, widow of Grover Lawrence, died Friday, February 14, 2014 at Rockcastle Regional Hospital in Mount Vernon. She was born in Brodhead, June 23, 1923, a daughter of the late James Harvey and Clara Jane Brummett DeBorde. She was a retired machine operator for Nivision-Weiskopf Corporation with 35 years of service. She enjoyed sewing, quilts, cooking, canning and spending time with her grandchildren. She was a member of Lockland Christian Church. On December 25, 1942 she was united in marriage to Grover Lawrence and from that union came three children.

She is survived by: three children, Edith Louise (Charles) Murray of Brodhead, Marvin Lee (Darlene) Lawrence of Sebring, FL, and Bobby Joe (Phyllis) Lawrence of Milford, OH; five grandchildren, Sherry Patrick, Lora Horn, Daniel Anderson, David Anderson, and Robert Lawrence; nine great-grandchildren, Chelsey, Paige, Chayton, Ryan, Adam, Jessie, Josie, Nicholas, and Lyndsey; one brother, Charles Ray (Rosemary) DeBorde of West Chester, OH; and many nieces, nephews, friends and neighbors.

Besides her parents, she was preceded in death by: her husband, Grover Lawrence; five brothers, John, Bill, Delmer, Ernest and Robert DeBorde; two sisters, Mary Lawrence and Viola Ballinger; and a great grandchild, Nicholas King.

Funeral services were conducted Monday, February 17, 2014 at the Marvin E. Owens Home for Funerals with Bro. Steve Vanhook officiating. Burial was in the Piney Grove Cemetery.

Casketbearers were: Norman Lawrence, Ronald Lawrence, Dan Anderson, David Anderson, Nick Anderson, Michael DeBorde and Junior DeBorde.

Expressions of sympathy can be made in the form of contributions to the American Diabetes Association, Post Office Box 11454, Alexandria, Virginia 22312.

Condolences to the family may be made at her online registry at marvineowensfuneralhome.com.

Glen Laswell

Glen Laswell, 62, of Greenwood, SC, died Friday, February 7, 2014. He was born in Richmond, August 13, 1951, the son of Edwin P. and Viola Laswell. He was a Veteran of the US Army and auto mechanic.

He is survived by: his mother, Viola Laswell; his sister, Patricia Bertsch; and his brother-in-law, Donald Bertschall of Greenwood, SC. Also surviving are two nieces and one nephew, all of Simpsonville, SC and four aunts and two uncles. He was preceded in death by his father, Edwin P. Laswell.

Graveside services were conducted Saturday, February 15, 2014 at 10 a.m. at the Briarfield Cemetery by Bro. Jim Miller.

Arrangements were by Dowell & Martin Funeral Home.

Visit www.DowellMartin.com to view online obituary.



Sharon Barnes Mink

Sharon Barnes Mink, 62, of Livingston, wife of Teddy Mink, died Friday, February 14, 2014 at her home. She was born in Rockcastle County, on March 16, 1951, a daughter of the late Richard Fred and Dorothy Lee Overbay Barnes. She was a long time member of the Sand Hill Baptist Church and enjoyed making crafts, sewing and making scarfs. On June 1, 1968 she was united in marriage to Teddy Mink and from that union came two children.

She is survived by: her husband of 45 years, Teddy Mink of Livingston; a daughter, Evelyn Leigh (Frank) Skochelak of Union Town, PA; a grandson, Matthew Frank Skochelak; two brothers, Rex (Patsy) Barnes of Quail, and Keith (Barbara) Barnes of Chicago, IL; five sisters, Kay (Gene) Howard of Tennessee, Donna Gail (John) Marsh of Georgia, Deb (Jerry) Laughing of New York, Patricia (Harold) Robinson of Glasgow, and Paula Ann Brown of Hebron; and many nieces, nephews, friends and neighbors.

Besides her parents, she was preceded in death by: an infant daughter, Holly Renee Mink; two infant grandsons, Frank Skochelak, Jr. and Jacob Skochelak; and a brother, Eugene Barnes.

Funeral services were conducted Tuesday, February 18, 2014 at the Marvin E. Owens Home for Funerals with Bro. Tommy Miller officiating. Burial was in the Ted Mink Cemetery.

Casketbearers were: Richard Barnes, Jr., Scott Barnes, Anthony Mink, Mickey Barnes, Aaron Robinson and Gerald Laughing, Jr.

Honorary casketbearers were: Brandon Barnes, Josh Marsh, George Franks, Curtis Newcomb, Jr., Brian Newcomb and Anthony Paul Robinson.

Expressions of sympathy can be made in the form of contributions to Mrs. Mink's burial fund at Post Office Box 658, Brodhead, Kentucky, 40409.

Condolences may be made at www.marvineowensfuneralhome.com.



Conn C. Murphy

Conn C. Murphy of Tucson, Arizona passed from this life on January 25, 2014. He was born August 27, 1918 in Livingston to the late George W. and Sarah Clark Murphy. Conn died just as he lived, quietly, peacefully and with grace.

Besides his parents, he was preceded in death by his wife of 67 years, Sarah Francis Purcell Murphy; two brothers, Lloyd P. Murphy and Charles B. Murphy and three sisters, Edna Lakes, Margaret Thatcher and Louise Peters.

He is survived by one son, Jack C. Murphy of Tucson, Arizona; a brother, George W. Murphy of Lexington and a sister, Norma Jean Mason of Covington.

Graveside services will be held at a later date.



Nancy Powell Pigg

Nancy Powell Pigg, 58, died Thursday, February 13, 2014 at U.K. Medical Center in Lexington. She was born December 18, 1955, daughter of the late Charlie Powell and the late Sudie Howard Kincaid. She was a homemaker, member of the Church of God, and resident of Rockcastle County most of her life.

Survivors include: her husband, Dewey Pigg; three children, John (Angela) Pigg, Shannon Pigg, and Susie Scott; four siblings, Charlotte Brumett, Vicki Pigg, Larry Powell, and Sherry Kelley; and four grandchildren, Kayla Pigg, Brandon Scott, Harold Douglas Scott, and Emily Scott. In addition to her parents, she was preceded in death by: one child, DeAnne Pigg; and three siblings, Bentley Ray Powell, William Foster, and Janice Winkler.

Funeral services were held Sunday, February 16, 2014 at Reppert Funeral Home with Bro. Doug Collins and Bro. William Taylor officiating. Burial was in the Isaacs Cemetery in Rockcastle County.

Pallbearers were: Dylan Pigg, David Pigg, Jr., Russell Pigg, Lloyd Hopkins, James Hopkins, and Wayne Powell.

Honorary pallbearers were: Tim Saylor, Joey Reeves, Matthew Durham, David Pigg, William Pigg, and Thomas Bailey.



Eldon Kidwell, Jr.

Eldon Kidwell, Jr., 65, of Mt. Vernon, died Tuesday, February 11, 2014. He was born in Mt. Vernon, on April 3, 1948, the son of Pal and Pearl Carpenter Kidwell. He was a farmer.

He is survived by: four sons, Thomas (Laura) Kidwell of Mt. Vernon, Carlos (Lorna) Kidwell of Greensburg, IN, Kenneth (Loretta) Kidwell of Waco, and Steven Kidwell of Maryland; one daughter, Eldonna Rogers of Mt. Vernon; two step-sons, Hershel Madden of Nicholasville, and Elden (Cindy) Powell of Berea; three brothers, Robert Kidwell of Georgetown, Freddy Kidwell of Mt. Vernon and Norman Kidwell of Lancaster; two half-brothers, Leonard Thomas and Timmy Joe Thomas; one sister, Beatrice Chasteen of Mt. Vernon, and one half-sister, Mary Thomas. Also surviving are 13 grandchildren; four step-grandchildren; and three great grandchildren.

In addition to his parents, he was preceded in death by his wife, Geneva Faye Kidwell and one half-sister.

Funeral services were conducted Friday, February 14, 2014 at the Dowell & Martin Funeral Home Chapel by Bro. Rick Reynolds. Burial followed in the Laswell Cemetery.

Pallbearers were: Lester Kidwell, Matthew Alcorn, Frank Kidwell, James P. Kidwell, Elden Powell, Clifford Sandlin, Leonard Thomas, Jr. and Norman Kidwell Jr.

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John Bill Smith

John Bill Smith, 78, of Richmond, formerly of Mt. Vernon, died Friday, February 14, 2014 at Baptist Health Hospital in Richmond. He was born in Mt. Vernon, June 11, 1935 the son of Orlando and Bertha Pittman Smith. He was a retired from Southern States Feed Mill Company and was of the Church of God faith. He enjoyed fishing and gardening.

He is survived by: his wife, Lillie Mae Rogers Smith; two daughters, Patricia Oberlin of Spring Hill, FL and Barbara Smith of Florence; a step-son, Lester Robinson of Clay City; and three step-daughters, Sharon Rigsby of Berea, Betty Sexton of Clay City, and Patty Miller of Ravenna. Also surviving are: five grandchildren, Ronnie Bailey, Jr., Kristy Hall, Tim Bernecker, Kenny Lawrence, Jr., and Eric Lawrence; four great grandchildren, Kyler Hall, Kasen Hall, Lian Bailey, and Lillie Bailey; nine step-grandchildren, Chris Byrd, Lisa Cook, William Byrd, Jimmy Byrd, Davey Sexton, Danny Sexton, April Osborne, Amanda Smego, and Alex Howell; and several step-great grandchildren. In addition to his parents, he was preceded in death by three brothers and six sisters.

Funeral services were held February 18 at the Dowell & Martin Funeral Home Chapel by Bro. Gary Phelps. Burial followed in the Raspberry Cemetery.

Pallbearers were: Bradley Long, Ryan Long, Alex Howell, Thomas Oberlin, Gary Marler and Ronnie Bailey.

Visit www.DowellMartin.com to view online obituary.



Wendell Poynter

Wendell Poynter, 57, of Mt. Vernon, died Monday, February 17, 2014 at Baptist Health Lexington. He was born in Berea, September 5, 1956 and had been a resident of Rockcastle County most of his life. He was a construction worker, heavy equipment operator, and member of Fairview Baptist Church.

Survivors include: his loving wife, Beverly Thomas Poynter; two children, Ray (Brittney) Poynter, and Kim (Pat) Elkins; his mother, Nora Dees Poynter; six grandchildren, Brittney, Zack, Chelsea, Caleb, Brycen, and Shyshy; seven siblings, JoAnn Croucher, Betty Kemper, Tom Poynter, Doug Poynter, Fran Gabbard, Jan Ingram, and Kevin Poynter; and numerous relatives and friends. He was preceded in death by his father, Warren Poynter, Sr., and one brother, Raz Poynter.

Funeral services will be held at 1 p.m. (today) Thursday, February 20th at Reppert Funeral Home with Pastor Vaughn Rasor officiating. Burial will be in Poynter Cemetery at Fairview.

Pallbearers will be: grandsons, Zack, Caleb and Brycen; family members; and friends. Honorary pallbearers will be: Les Williams, Burnam VanWinkle, Chuck Feltner, and Jimmy Greenlev.

Sarah Jane Southwood Gray

Sarah Jane Southwood Gray, 81, of Mt. Vernon, died Monday, February 17, 2014 at the Rockcastle Regional Hospital.

Funeral services will be conducted Friday, February 21, 2014 at 2 p.m. at the Faith Chapel Pentecostal Church by Bros. Virgil Bustle and Jack Carpenter. Burial will follow in the Cresthaven Memorial Cemetery.

Friends may call beginning at 6 p.m. Thursday at the church.

Arrangements are by Dowell & Martin Funeral Home.

Visit www.DowellMartin.com to view online obituary.



Doris Duncan

Doris Duncan, 87, of Richmond, died Sunday, February 16, 2014 at her daughter's home in Richmond. She was born February 17, 1926 in Mt. Vernon, the daughter of the late Charlie B. and Sinnie Lee Cummins Niceley. She wed her husband Hubert Duncan on January 23, 1945, and they moved to Dayton, OH where she was a buyer at Rikes Department Store until she retired and they moved to their cherished estate in Florida. She enjoyed helping her family and friends with her gifted talent in decorating and interior design, and in her school days she was known as one of the beauties of Rockcastle County by her friends and schoolmates, and she was a member of the Church on the Rock in Richmond.

Survivors are: one son, Dr. Barry Duncan of Jensen Beach, FL; two daughters, Linda Darlene Meyer of Richmond, and Sandra Lee (Gene) Blair of Dayton, OH; two sisters, Ruth Niceley McFerron of Mt. Vernon, and Mary (Leroy) Sowder of Cincinnati, OH; three grandsons, Don Meyer, and Jessie and Matthew Duncan; many nieces and nephews; and one special sister-in-law, Beatrice Hensley Robinson.

She was preceded in death by: her husband, Hubert Lee Duncan; one brother, Charles Sherman Niceley and wife Betty; four sisters, Laura Lee Niceley, Norma Jane Niceley, Brilla Rose Mullins and husband Jack, and Sinnie Lois Noe; and one grandson, Bryan Scott.

Funeral services were held Tuesday, February 18, 2014 at Cox Funeral Home with Bro. Perry Noe and Bro. Buford Parkerson officiating. Burial was in Briarfield Cemetery.

Send condolences online at www.coxfuneralhome.com.



Warren Berry

Warren Ray Berry, 65, of Clear Creek in Rockcastle County, died Friday, February 14, 2014.

Funeral services will be at 1 p.m. Sat., Feb. 22, 2014 at the Berea United Methodist Church with Rev. John Contini and Rev. Philip Bradley officiating. Visitation will be from 5-8 p.m. Friday, February 21 at the Highpoint Cumberland Presbyterian Church, 190 Longview Road, Somerset from 11 a.m. until 1 p.m. Saturday, February 22 at the Berea United Methodist Church.

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



The Night That Changed America

Dear Journal,
I've been blessed with something that many would love to have: a good memory. I can remember things that happened many years ago, even to when I was a child, quite often in great detail. Then again, I sometimes can't remember what I've had for lunch or what I walked into a room to get. I'm sure many of us can relate to that.

The winter of 1963-1964 was unique in a way. Our nation was still reeling from the shock of the death of President Kennedy in the fall. It came only a few days before Thanksgiving, leaving a bitter taste in our mouths, and leaving us feeling guilty for celebrating the holiday. In the grips of such a tragedy, is there anything left to be considered thank-worthy? If so, it surely would be on a personal level.

On the heels of Thanksgiving, of course, came Christmas. I remember back in those days, people didn't make such a big deal about it with all the advertising, planning, and stores staying open on Thanksgiving to meet the needs of the public, although we all know it's really about greed. Christmas was something everybody celebrated but it was more private; something special held among families and a few close friends.

It's hard to explain. You would have really had to have lived during that era to know what I'm talking about. These younger generations don't know what they missed. These times had a joy that couldn't be bought at any price. The greatest gift any of us had was the simple existence of our families and the peace that was derived from that, along with that of our friends and neighbors.

The shadow of our national tragedy still loomed over Christmas and New Years Day. Some of the joy was gone, but we all knew that life as usual was what the president would have wanted. Life must go on for the good of the nation.

I suppose I was dealing with things as best as a child could, trying to make sense out of it all. I knew that if nothing else from watching the JFK funeral on television things were bad, really bad, and getting worse. Walter Cronkite was telling every night on the news about the pending war in Vietnam and the unrest in the Middle East with Israel. The "space race" was about the only bright spot... "and that was the way it is."

Yet there was room to be a child. For Christmas that year, some of the things I got were a blue table and chair set from my great-uncle Raymond, some dolls, doll dishes, a dollhouse, books, and some other items. I wore some white flannel pajamas with dime-sized red polka dots made by my great-aunt Lucille, which were mailed from Cincinnati. She made a matching set for my favorite doll, too. I remember she also made the bow on the box she had sent them in from pipe cleaners with gum drops stuck on the ends. They were so good!

I stuffed myself on Christmas dinner that year; I love fruitcake. I also got a Santa mug to drink hot cocoa, eggnog, or milk from. I still have it.

Valentine's Day loomed on the horizon when it happened: the night of February 9, 1964. It was Sunday night, and that meant that Lasse, My Favorite Martian, Bonanza, and the Ed Sullivan Show would be on television. "They" were on the show. Yes, the Beatles had come to America!

I and most of America

had been hearing them on the radio, but now they were here. I always had Lewis, by brother's best buddy, who was the local disc jockey who lived next door play them on his shift every day at the radio station. He drove a copper color 1964 Mustang and looked like John Lennon. The young people, especially girls, were overjoyed the Beatles were finally here. The older generations were appalled, especially with the country still in mourning.

If Elvis hadn't sent all of us to hell a few years earlier, this band of wiggling, jiggling "mop tops" would surely get us. Oh, woe and despair!

The night the Beatles appeared on the Ed Sullivan Show changed America forever. It ushered in a time of transition and change. Not only did they shock America out of mourning, they brought about change in dress, hair styles, speech and lifestyles in general. The line in the sand had been drawn between the generations, the "establishment" and "dis-establishment". There was a rebellious attitude in the younger people that began, and has never really been restrained to this day.

Last night I watched a special on CBS to honor the Beatles performance on February 9, 1964, fifty years later. Oh, how much has changed. Two of the Beatles, John and George, are dead and it seems I've lived two or three lifetimes.

"Tonight, we have a really big shoe..." (That was how Ed pronounced it.) "I want to hold your hand... yeah, yeah, yeah... woowoooo..." OK, who is going to get up and change the channel? Now we've seen John, Paul, George and Ringo let's see Ben, Adam, Hoss and Little Joe.

"I See It"

(Cont. from A2)

lives in me.

As odd as it is, words can't describe the comfort this scene in the movie

brought me after my dad died when I was ten-years-old and the comfort it still continues to bring even today.

Larry had a lot of family, friends, fellow council members and fellow firefighters with whom he was extremely close, whether genetically or emotionally.

And whether you're a family member, friend, Brodhead firefighter going on a run or a council member making a decision for the city, always remember that in one sense he is very much alive as he still lives in you!

Through things like this, we can find peace during the death of a loved one. Because even though they are no longer physically here, the truth is no one can take away the impressions they have made on our lives or the place that they have in our heart.

They will always live on in us.

"Memories"

(Cont. from A2)

of John Lennon, Paul McCartney, George Harrison, and Ringo Starr, became widely regarded as the greatest and most influential act of the rock era. No rock and roll group had more influence on a generation and upon the stage of the world as did The Beatles. They single handedly changed the "Sixties," and their influence is still being felt today.

Countless rock stars have given The Beatles credit for their own successes. Many of those inspired were the youngsters who would grow up to be some of classic rock's biggest stars: John Fogerty, lead singer of Creedence Clearwater Revival, wrote a song decades later called "I Saw It On TV." In that song, he recalled:

We gathered round to hear the sound comin' on the little screen.

The grief had passed, the old men laughed, and all the girls screamed.

Cause four guys from England took us all by the hand.

It was time to laugh, time to sing, time to join the band.

Although it was largely unknown at the time, the truth is that every one of the Beatles were avid fans of white southern rock 'n' rollers like Buddy Holly, The Everly Brothers, Carl Perkins and Elvis Presley. Those sounds, became the underlying foundation for the music that would be created by these boys from Liverpool.

While in New York, The Beatles stayed at Manhattan's swank Plaza Hotel. When the group's limo first drove up after their TV performance, it was swarmed by a huge crowd of young girls. Ringo said, "Let's get to our room, quick!" For the rest of the evening, the band watched television in their room and listened intently to their transistor radios. Each had a radio pressed to their ears listening to rock and roll from New York stations. It was an exciting time for

them, too.

John Lennon first latched onto using the harmonica in the band after hearing Bruce Channel's 1962 pop hit "Hey Baby." The harmonica player on that record was 18-year-old Delbert McClinton, a blues and country singer and an impressive songwriter from Texas. When Channel toured Britain in 1962, the Beatles met up with McClinton, and Lennon picked up some useful tips on how to play the harmonica. Lennon went on to make that instrument an integral part of 1960s pop and rock music, using it extensively on such Beatles' recordings as "Love Me Do" and "From Me To You."

Innumerable rock stars have given credit to The Beatles for their success. Included in the list are: Tom Petty, Billy Joel, CSN, The Rolling Stones, The Beach Boys, Jimi Hendrix, Eric Clapton, Joe Cocker, Bob Dylan, Roy Orbison, The Byrds, Jefferson Airplane, Cream, The Doors, and Donovan.

Petty explained, "I think the whole world was watching that night. The Beatles came out and just flattened me. To finally see them play was electrifying." Billy Joel noted, "Seeing The Beatles on the Ed Sullivan Show galvanized me into wanting to be a musician for life."

The influence of the Beatles has continued for half a century, even though two members of the group have since passed away. Simply stated, American music would have no resemblance to what it is today if not for The Beatles. It has been said that they bridged the gap between 1950s rockabilly and 1960s country-rock.

I suppose I will never forget the experience of watching the "Fab Four" on Ed Sullivan. I had been a rock-and-roll fan for over a decade before seeing The Beatles, but they changed my musical taste, enhancing it in a way no one could have imagined. That began 50 years ago, and it has lasted for the rest of my life.

"Points East"

(Cont. from A2)

sociated with the play to want to kill off, Austin Jane, who would have been the star of the show.

The prime suspects included cleverly-named, leading lady, Holly Wood, supporting actor, Hugh Mann, director/producer, Bea Goode, stage manager Justin Thyme, and volunteer usher Anita Mann. As the suspects' names implied, we participants were to have fun and not take ourselves too gravely serious.

As far as I'm concerned the event succeeded in spades: I certainly know a lot more about my library now than I did last Saturday morning and, if that were possible, I probably appreciate it more. I've already told you that I had more fun than I might have had if I'd shelled out a hundred dollars for entertainment.

If asked what reasons I like most about living in Paint Lick, I would list among the top five, the fact that I can be in one of three wonderful public libraries in less than fifteen minutes when I find myself bored. Fewer than twenty Garrard Countians were at last Saturday's event and that's a pity because the worst Scrooge in the county would have enjoyed it.

Rockcastle Community Bulletin Board
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Bookmobile Schedule
Wed., Feb. 26th; Calloway, Red Hill, Sand Hill, Lamero, Livingston and Pine Hill. Thurs., Feb. 27th: Maple Grove, Orlando and Climax.

Pancake Breakfast
City of Livingston Police Department will host a pancake breakfast at Main Street Diner on Saturday, Feb. 22nd from 8 to 11 a.m. Cost is \$6.

FFA Alumni Chili Supper
The annual Rockcastle County FFA Alumni Chili Supper will be held Saturday, February 22nd at the high school cafeteria. Tickets are \$5 and include the chili supper which will be from 5:30 to 6:30 p.m. The online auction will end at 6 p.m. and the live auction will begin at 6:30 p.m. If you wish to be a part of the online auction, please contact Jeff Hayes at jeff.hayes@rockcastle.kyschools.us. All proceeds from this event will go to the FFA Alumni to support the local chapter.

Mt. Vernon Council Meeting Note
The regularly scheduled meeting of the Mt. Vernon City Council will be held on Feb. 24th due to Presidents' Day on Feb. 17th.

Livingston Fire & Rescue Turkey Shoot
Livingston Fire and Rescue will hold a Turkey Shoot on Sat, Feb. 22nd, beginning at 10 a.m. at David Mason's garage, north of Livingston on U.S. 25. 410-16-20-12 gauge shot guns only. No custom guns. Judge's decisions final. \$2 a shot. Shells furnished by fire department. Concessions will be sold.

Brodhead Alumni Banquet
The Brodhead Alumni Banquet will be held Saturday, April 26th.

DBCAA Board Meeting
Daniel Boone Community Action Agency, Inc. will have a board of directors meeting on Tuesday, Feb. 25th at 5:30 p.m. in Clay County at the central office, located at 1535 Shamrock Road in Manchester. The public is invited to attend. DBCAA is an equal housing opportunity provider.

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

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

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

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

American Legion Post 71
American Legion Post 71 meets the second Thursday at 7 p.m. of each month at the Limestone Grill. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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“Paul”

(Cont. from front)

Social Security is \$6 trillion in the hole and Medicare is \$35-\$40 trillion in the hole. For every dollar in Medicare tax, three and a half dollars are being taken out,” Paul said. “These systems are going to eventually fail because they are imploding and becoming too top heavy. We have to look at difficult problems and make difficult solutions but it has to be done.”

Paul went on to say that that people of all ethnic groups need to join together and protect their rights that our forefathers fought for us to have.

“Our government passed a law three years ago that an American citizen can be detained without trial,” Paul said. “These things happen not because our Bill of Rights are defective but because we ignore our Bill of Rights.”

During the event, Chief Circuit Court Judge Jeff Burdette also gave a tribute

to Lincoln speech and the history of the Constitution. Representative Jonathan Shell, Senator Jared Carpenter and Agriculture Commissioner James Comer also gave legislative updates and happenings in their respective offices.

County and city candidates running in the May primary also received their chance to introduce themselves to the crowd. Senator Mitch McConnell could not attend the event but a campaign video was shown to the crowd.

McConnell's opposition in the May primary, Matt Bevin, spoke to the crowd about his conservative stance on issues such as government spending, government bailouts and taxes. He has been touring the state meeting with local officials and citizens in counties in central and southeastern Kentucky.

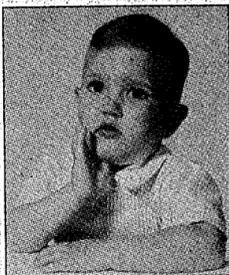
Several local people were able to have their picture taken with Paul after the event, including 91-year-old WWII veteran Raymond Asher of Lincoln County.

Kelley on Dean's List

Berea College sophomore Jordan Kelley was named to the Fall 2013 Dean's List.

Jordan, the son of Tim and Brenda Kelley of Maretburg, is majoring in Technology and Applied Design with a minor in Business Administration.

To be named to Dean's List, a student must be enrolled in at least four full credits (16 semester hours) and maintain a 3.2 GPA.

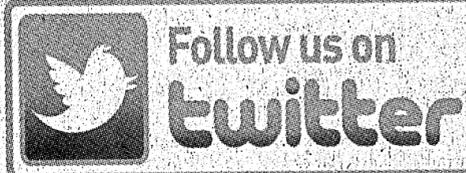


Nifty Nifty
Look Who's 50!

Thank you...

Dear Editor,
I want to thank the Mt. Vernon Signal and Jeff Woodall for finding my dog.

Farmer Waddle



Clean Up This Spring At Lumber King!

One local winner will rake in \$1,000 worth of merchandise

After one visit to Lumber King, you just might end up looking for ways to add to your home improvement to-do list. On February 24, 2014, Lumber King will begin accepting entries for a \$1,000 shopping giveaway. One local winner, selected at random, will receive \$1,000 in merchandise from Lumber King. The contest ends May 31, 2014.

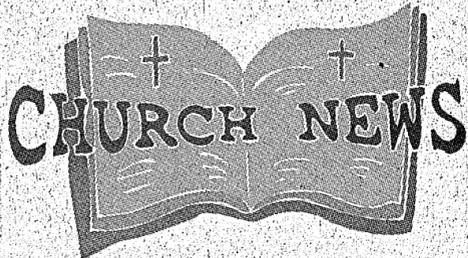
John Lipps says that the giveaway should create plenty of excitement among Lumber King customers. “One of the best things about the drawing is that our customers have an opportunity to make a wish list and get the items they really want to use in their home improvement or garden project. And for one of our neighborhood customers, that wish list will come true. We're looking forward to helping make that happen.”

Full details about the \$1000 giveaway are available at Lumber King. The giveaway will be promoted through the store's advertising materials, and entries will be held exclusively at Lumber King, located at 1204 Wilderness Road. There is a limit of one entry per household per day. One winner will be chosen from each participating store.



Fall Winner Gene Cromer

Spring winner Carol Durham



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.

Revival at Faith Chapel

Bro. Jack Hodge started a revival at Faith Chapel Pentecostal Church on Wednesday, Feb. 19th. Services are at 7 o'clock

Card of Thanks

Monnie Stallsworth

The family of Monnie Stallsworth would like to express our sincere gratitude and appreciation to all the friends and family for your support, love and prayers during the loss of our loved one.

A special thanks to Dr. Arvin, the staff of Rockcastle Regional Hospital, all the staff at Rockcastle Health and Rehabilitation Center, Dowell & Martin Funeral Home, Bro. Don Stayton and Bible Baptist Church.

We wish to thank everyone who helped in any way. Your prayers, visits, food, flowers, cards and phone calls were all greatly appreciated.

The family of
Monnie Stallsworth

Mamaw's Kitchen

By Regina Poynter Hoskins

LENTIL SOUP

I made this once for Mum and the wonderful woman, Jean, who stayed with her after her heart attack. Mum made a face when she had the first bite, but she did eat a little more. Jean was very diplomatic and said that she liked pinto beans better. All right, lentils are not everyone's favorite. Serve this with some garlic French bread or crusty baguette and some of my fresh tomato salsa. Not only does it taste good, it's good for you!

1 tablespoon olive oil
1/2 cup diced carrot
1/2 cup chopped onion
Garlic powder or fresh garlic, minced
Salt and pepper to taste
1 pound lentils, washed
8 cups water
Smoked kielbasa or Polish sausage, if desired
In a large soup pot, heat oil over medium high heat. Add carrots and onion. Sauté for 2 to 3 minutes until onions are tender. Add garlic powder, salt, and pepper along with the lentils. Stir until lentils are coated with the oil. Slowly add the water. Bring to boil. Cover and reduce heat. Simmer for 30 minutes. Remove lid and turn up heat to medium. If

desired, at this point add some diced smoked kielbasa or polish sausage. Let boil gently for another 15 minutes or until desired thickness.

VEGETABLE SOUP

This soup is perfect for those cool nights when you want something hot and nutritious, that you can fix quickly. There is no fat in this soup, but it has plenty of flavors from the herbs and spices. I started making this soup after eating at a popular restaurant in Pigeon Forge, Tennessee. They serve a small cup of this with every meal.

1 can (14 ounce) petite diced tomatoes
1 can (29 ounce) Veg-all®, drained
1 cup water
1/2 teaspoon each dried oregano and garlic
1/2 teaspoon dried chopped onion
1/2 teaspoon dried celery
1 dash hot sauce (I use Cholula)
1/2 teaspoon sugar
Salt and pepper to taste
Add all ingredients to large soup pot. Bring to boil. Reduce heat and gently boil for 30 minutes. Serve with warm cornbread or crackers.

Celebrating our hometown Doctors

DR. GEORGE W. GRIFFITH



Dr. George W. Griffith, Chief of Medical Staff, has been practicing family medicine in Rockcastle County since 1974. “I was able to practice medicine with my father before he retired,” Dr. Griffith says. “My father started his practice in Rockcastle County in 1945. I am proud that I am able to continue that legacy, spending my entire medical career in my home county.”

Dr. Griffith received his medical degree from the University of Louisville and completed his residency at Roanoke Memorial Hospital. He is a certified medical director in long-term care, a certified aviation medical examiner, and is certified in business administration for physicians by Auburn University. Dr. Griffith is a mem-

ber of multiple medical organizations including American Medical Directors Association, American Academy of Family Practice, Southern Medical Association, Kentucky Medical Association, and Rockcastle Medical Society. He has served as Chairman of Rockcastle County Housing Board since 1992 and Chairman of Somerset Community College Nominating Commission since 2004.

Dr. Griffith and his wife, Charlotte, live in Mount Vernon. They enjoy spending time with their three children and seven grandchildren. When not working Dr. Griffith loves to sing and play his bass guitar with bluegrass gospel group, 29 Strings. He also enjoys fishing and playing golf.

DR. KAREN SAYLOR



Dr. Karen Saylor has been practicing internal medicine and pediatrics in Rockcastle County since 1990. “I'm originally from Rockcastle County,” Dr. Saylor says. “I wanted to come home to live and take care of the people I have grown up around and their family members.” She is well-known throughout the community for her tremendous desire to care for her patients. Each year, she works to ensure all the county's youth have access to their sports physicals, even coordinating after-hours appointments.

Dr. Saylor earned her medical degree from the University of Kentucky College of Medicine and completed her residency at the University of Kentucky Chandler Medical Center. She is a member of various medical organizations including American Board of Pediatrics, American Board of Internal Medicine, and Rockcastle Medical Society.

When not practicing medicine, Dr. Saylor stays busy with her family. She and her husband, Johnny Boone, live in Brodhead with their four children.

DR. DAVID BULLOCK



Dr. David Bullock has been practicing family medicine in Rockcastle County since 2005. He chose to practice in Rockcastle County because it is where he was raised and he enjoys caring for those in his community, knowing many of them prior to their becoming his patients. He has a great passion to care for all his patients, appreciating the unique circumstances of each.

Dr. Bullock attended the University of Kentucky College of Medicine, where he earned his medical degree, and completed his residency at the Univer-

sity of Kentucky Chandler Medical Center. He is a member of multiple medical organizations including American Medical Association, American Board of Family Medicine, and Rockcastle Medical Society.

Dr. Bullock lives in Brodhead with his wife and children. When not practicing medicine, he enjoys showing Tennessee Walking Horses. He channels his love of horses into an annual charity event, “Strides Against Cancer,” a horse show which benefits Rockcastle Regional Hospital's Hope Fund.

DR. KEVIN ROWE



Dr. Kevin Rowe has been practicing family medicine in Rockcastle County since 1999. He became a physician because he wanted to help those in his community. “I chose to specialize in family medicine because of the wide variety of patients I see,” says Dr. Rowe. “Anything I can help a patient who is very sick, and see them improve, it is a very rewarding experience for which I am grateful.”

Dr. Rowe earned his medical degree at the University of Louisville School of Medicine, and completed his residency at the University of Kentucky Chandler Medical Center. Dr. Rowe has served as

Vice Chief of Medical Staff at Rockcastle Regional Hospital and Respiratory Care Center since 2006, and is a member of the hospital's Credentialing Committee. He is a member of various medical organizations such as Rockcastle Medical Society and American Medical Society. He is board certified by the American Board of Family Medicine.

Dr. Rowe lives in Mount Vernon with his wife, Carla. When not caring for patients, Dr. Rowe enjoys spending time with three daughters and granddaughter. He also likes to spend time reading, golfing, and swimming.



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

National Doctor's Day
March 31, 2014

Rockets lose to Garrard; beat Whitley 49-48

The Rockets traveled to Garrard County last Friday night and were defeated by the Lions 68-56.

The Lions took control of the game in the first quarter; 19-13, repeated the score in the second for a 38-26 half-time lead and hung on for the win.

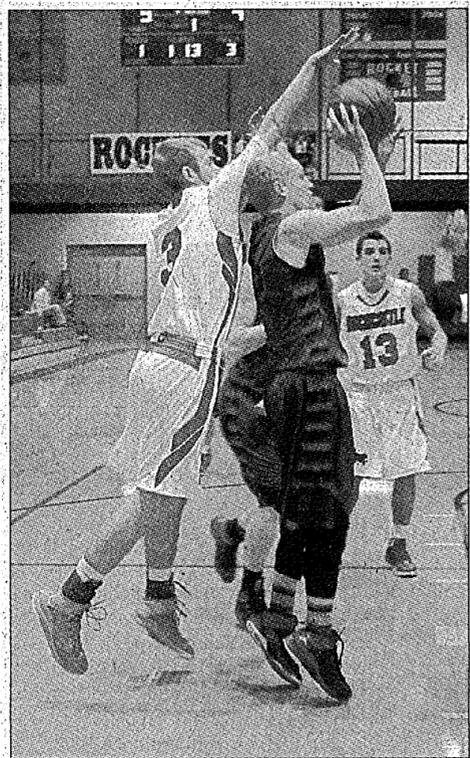
Freshman Lucas Gentry took scoring honors for his team with 17; senior Sam Pensol got 13; seniors Gage Reynolds and Dakota Hasty scored 7 each; senior Josh Mason got 6; freshman John Cornelius scored 5 and

freshman Carson Noble 1.

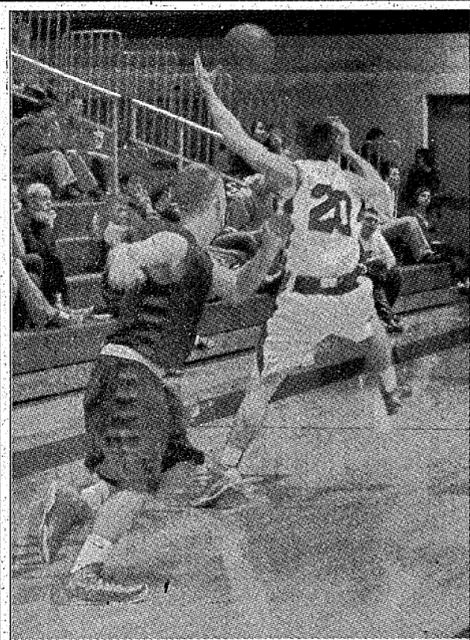
The Whitley County Cardinals came to town Tuesday night and it took a last second shot by Pensol to secure the 49-48 win.

The Rockets jumped ahead in the first quarter 13-8 and took a 21-17 lead to the locker room at the half. At the end of the third quarter, the Rockets were up 37-27 but the Cardinals rallied in the fourth to go ahead 48-47 and Pensol came through with a last second shot for

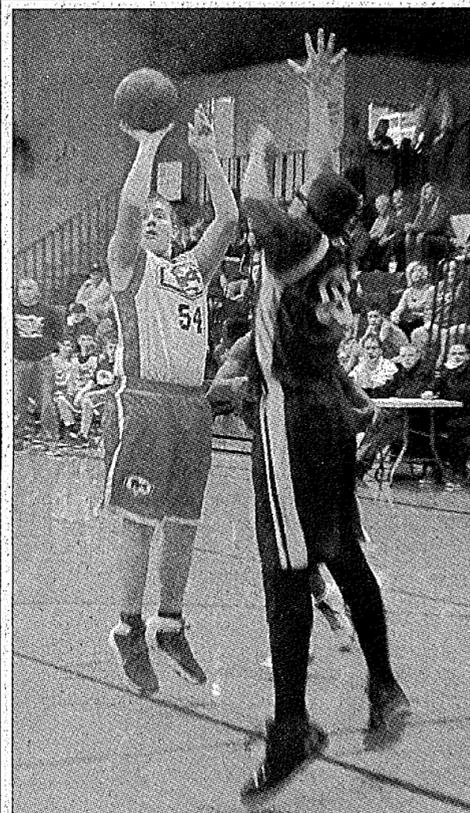
(Cont. to A7)



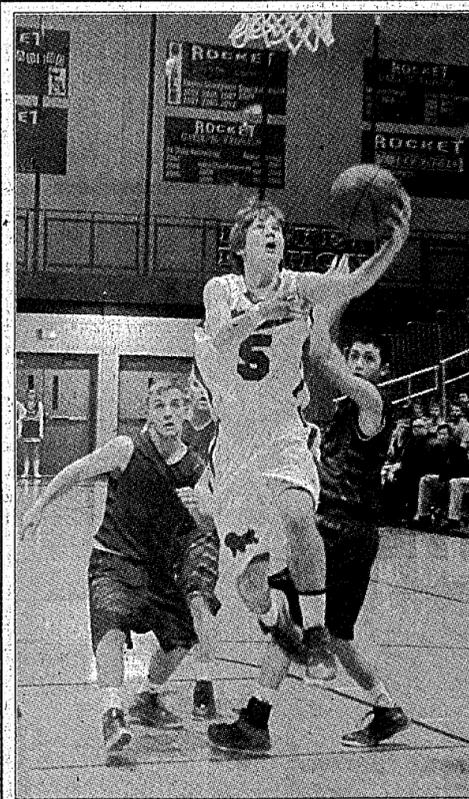
Senior Tyler Harper goes for a block during Tuesday night's 49-48 win over the Whitley County Cardinals. The Rockets will join the Lady Rockets in a double header this Friday night at home as they take on the South Laurel Cardinals. Tip-off is at 7:30 p.m.



Junior Dakota Hasty makes a steal during Tuesday night's 49-48 thrilling win against Whitley County. The Rockets lost to Garrard County last Friday night 68-56.



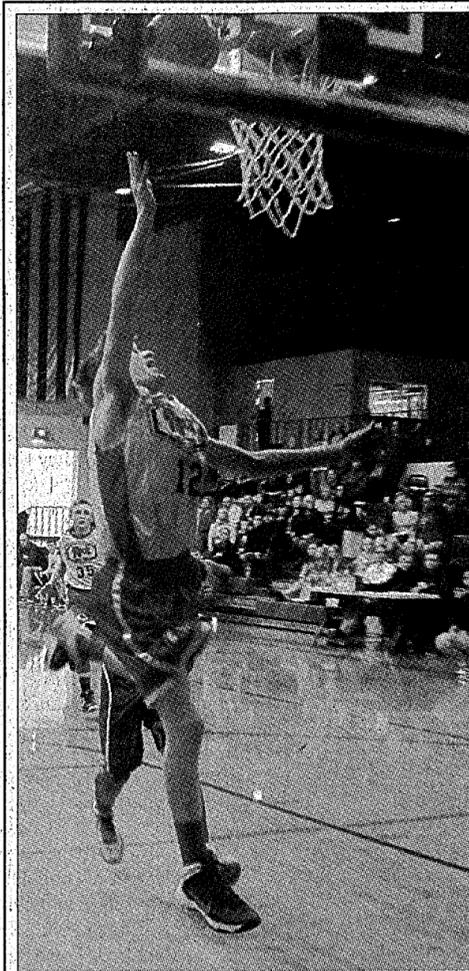
Seventh grader JD Hamilton goes for two of his 11 points in the Rockets 42-39 semi-final victory over Madison Middle in the season ending tournament. The seventh grade went on to lose to Clark Moores in the finals of the tourney.



Junior Sam Pensol makes a layup during Tuesday night's 49-48 win against Whitley County. The Rockets begin district play next Thursday night in Liberty when they take on the Pulaski County Maroons at 6:30 p.m.



Eighth grader Nick Dillingham puts up a jump shot in the win over Foley last Thursday night. The eighth grade won the championship game over Clark Moores Tuesday night.



Seventh grader Logan Kidwell goes for a lay-up in the Rockets semi-final victory of Madison Middle. Kidwell scored five points in the contest.

Lady Rockets lose to Admirals and Raiders

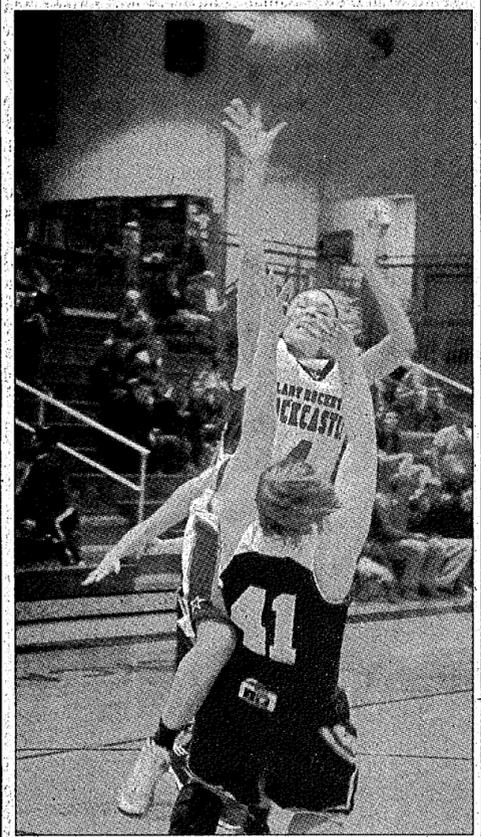
The Rockcastle Lady Rockets dropped their last two outings -- 64-44 to the Danville Lady Admirals and 54-38 to the McCreary Central Lady Raiders.

The Lady Rockets were down 16-13 at the end of the first quarter against Danville last Saturday and 34-20 at the half. The Lady Admirals added to their lead in the third quarter, losing only the

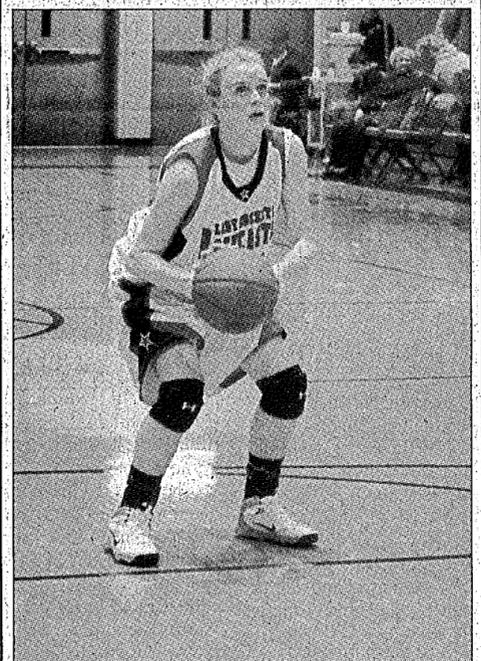
fourth by one 15-14 for the final 64-44 win.

Junior Alaina Coguer was the only Rocket in double figures with 13 points; freshman Hope Kelley got 9; freshman Morgan Renner scored 8; senior Kayla Reynolds got 7; freshman Mahala Saylor scored 5 and senior Kelsey

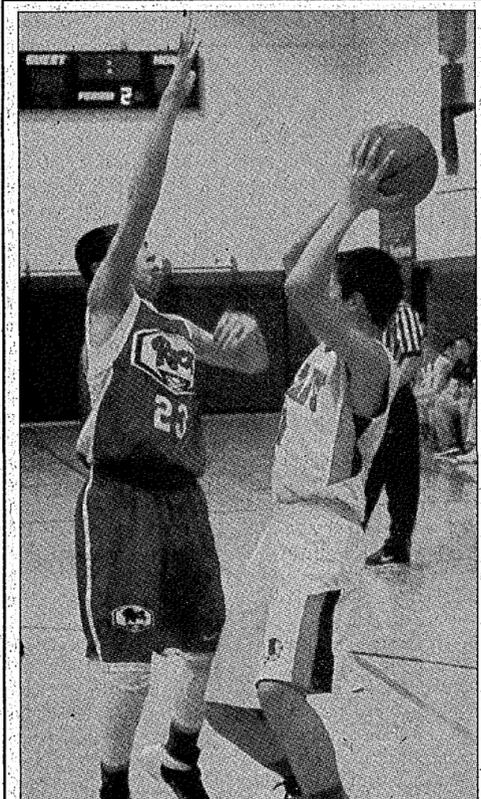
(Cont. to A7)



Sophomore Ashley McKinney shoots a jumpshot during a game against the Berea Lady Pirates. The Lady Rockets will begin 47th District play at Liberty next Tuesday night when they play the Casey County Lady Rebels at 6:30 p.m.



Freshman Emily Payne shoots a free throw during a previous game against the Berea Lady Pirates. The Lady Rockets lost to the Danville Lady Admirals last Saturday 64-44 and lost to the McCreary Central Lady Raiders 54-38 on Monday night.



Eighth grader Devin Mullins applies the defense in the Rockets 43-40 semi-final victory over Foley in the season ending tournament. The eighth grade went on to win the championship game 51-46 over Clark Moores Tuesday night.

Email sports items to the Signal at mvsignal@windstream.net

Rockcastle celebrates National FFA Week

Submitted by
Chelsea Overbey and
Keyaura McGinnis
The Rockcastle County High School FFA chapter is celebrating National FFA Week (Feb. 15-22), and it's no ordinary week in the world of agriculture! Our members are working hard to make sure we get the word out about our organization.

FFA Week got its name in 1947, and also includes George Washington's birthday - it lasts from Saturday to Saturday. The purpose of this special time was to educate the public and our community about agriculture, and what it means to us. That is what we hope to accomplish this year.

Why are we so passionate about FFA? For more reasons than you would think! It's not just about farming - it's about leadership, career readiness, and the future of the agriculture industry in itself. These high school students are dedicated to working for success in all

that we do, and in everything we do. We feel that anything is possible as long as we work together. Striving for the best is what FFA is all about.

In addition, this is why we ask for your support this week, and we'll do the rest. Listen to the Renfro Valley radio station (WRVK) in order to participate in a special FFA quiz contest, where we'll be announcing a new FFA/agriculture trivia question each day for you to answer and win a large single topping pizza from Pizza Hut each day of the week. We are also celebrating here at RCHS by hosting a unique theme Monday through Friday such as FFA Spirit Day and Camo Day. Lastly, on Saturday the 22nd, we will be having an Alumni Chili Supper and auction here at the high school starting at 5:30.

RCHS FFA wishes you a great 2014 FFA Week! "Learning to do, doing to learn, earning to live, and living to serve."



Pictured are some of the students of the local FFA with County Executive Buzz Carloffis. Pictured are, front from left: Eric Bullock, Kayla Reynolds, County Judge Buzz Carloffis, and Hannah Prewitt. Back row from left: James Clay Ballinger, Samantha Callahan, Roy Reynolds, Mary Bishop, Brianna Mink, and Tiffany Bowman.

"Rockets"

(Cont. from A6)

the Rockets 12th win of the season.

Penso and Gentry tied for scoring honors with 13 each; Reynolds got 12; Mason 3 and Hasty, Noble and seniors Tyler Haper and Blake Mullins got 2 each.

The Rockets will end regular season action this Friday night in a doubleheader with the Lady Rockets on Senior Night

against South Laurel. The Rockets will play the second game.

The Rockets begin district play next Thursday night at Casey when they take on the Pulaski County Maroons at 6:30.

"Lady Rockets"

(Cont. from A6)

Mattingly: 2.

At McCreary Central, the Lady Rockets were tied with the Lady Raiders 11 all at the end of the first quarter. However,

they managed only six points in the second to trail 23 to 17 at the half. The third quarter was close, with the Lady Rockets down 36-29 at the end of that period but the Lady Admirals pulled away in the fourth for the 54-38 win.

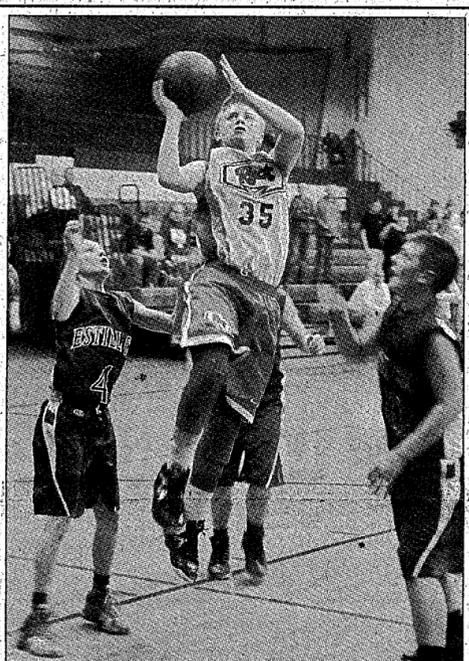
Junior Ashley McKinney led her team in scoring with 8; Coguer and Saylor got 7 each; Renner had 5; freshman Caroline Coguer 4; Reynolds, senior Brianna Hansel and freshman Jayna Albright scored 2

each and freshman Juliann Kirby had 1.

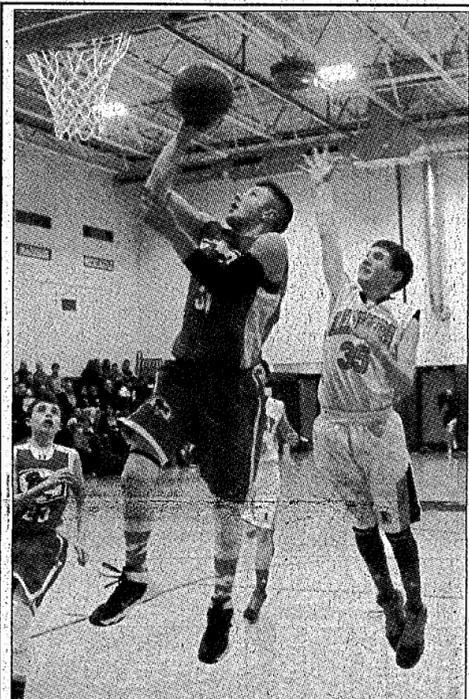
The Lady Rockets will play a doubleheader with the Rockets this Friday night against South Laurel with their game at 6 p.m. Senior night will be held for both teams.

The Lady Rockets will begin 47th District action at Casey County next Tuesday night when they play the Casey County Lady Rebels at 6:30.

Subscribe to the Signal



Sixth grader Trevor Todd goes up for two of his 22 points in the Rockets' semi-final victory over Estill County in the season ending tournament. The sixth grade went on to lose 52-44 to Clark Moores in the finals.



Eighth grader Brent Lovell goes for two of his 22 points in the Rockets semi-final win over the Foley Warriors.



Sixth grader Bentley Taylor goes up for two against Estill Co. Taylor had 11 points in the victory. Also pictures is Seth Shepherd.

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LB.

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CARROTS

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2 LB.
BAG

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LEG QUARTERS **59¢**
LB.

FRESH WHOLE BOSTON BUTT
PORK ROAST **\$1.49**
LB.

FAMILY PACK COUNTRY
STYLE RIBS OR
PORK STEAKS **\$1.79**
LB.

FRESH BONELESS BEEF TOP
ROUND ROAST **\$2.99**
LB.

FAMILY PACK BONELESS
BEEF TOP ROUND
STEAKS **\$3.99**
LB.

FAMILY PACK BONELESS
BEEF STEW OR CUBED
STEAKS **\$3.99**
LB.

FAIRGROUNDS JUMBO
HOT DOGS **99¢**
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PKG.

Assorted Varieties J Higgs

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10 Oz. Bag

BUBBA COLA PRODUCTS

\$2.29 12 Pack 12 Oz. Cans
2 Liter Btl. **79¢**
Assorted Flavors

Indictments returned

Indictments against eleven persons (in seven indictments) were handed down Friday, February 14th by a Rockcastle County Grand Jury.

Indicted were:

Robert R. Christoffel of Maple Street, Brodhead for the offense of Theft by Unlawful Taking, involving Citizens Bank of Brodhead of a value of over \$10,000 in September of 2012.

Christoffel's bond was set at \$100,000 cash/property.

Ryan E. Peters, 33, of Longview Drive, Knoxville, TN was indicted for the offense of Wanton Endangerment, first degree, following an incident in July of 2013.

Peters's bond was set at \$50,000 cash/property.

Treva Perales, 35, of Lexington and January M. Azbill, 35 of McHargue Branch Road, Mt. Vernon were named in a joint indictment.

Both were indicted for the offense of possession of a controlled substance, first degree and tampering with physical evidence.

Perales's bond was set at \$25,000 cash/property and Azbill's at \$20,000 cash/property.

Melvin Dean Powell, 53 of Old Somerset Road, Mt. Vernon, was indicted for the offense of Trafficking in a Controlled Substance, first degree.

His bond was set at \$25,000 cash/property.

Angela G. Lovell, 33, of Lawrence Lane, Mt. Vernon was indicted on a charge of trafficking in a controlled substance, second degree.

Her bond was set at \$25,000 cash/property.

Mitchell D. Dooley, 29, of Floyd Street, Mt. Vernon and Claude F. Cope, 49, of Lewis Street, Berea were named in a joint indictment for the offense of receiving stolen property.

Both men's bond was set at \$25,000 cash/property.

Three persons were named in a joint indictment for receiving stolen property from an incident occurring in October of 2013.

Bond for Jason T. Clements, 28, of Lawrence Lane, Mt. Vernon and Jeffery L. Bond, Jr., 31 and Katherine A. Henry, 29, both of Richmond was set at \$25,000 cash/property each.

KBC Kentucky Madness blood drive next Tuesday

The Kentucky Blood Center is hosting their Kentucky Madness Blood Drive in Mt. Vernon next Tuesday. Those wishing to donate in Rockcastle County can do so at the Mt. Vernon Elementary School cafeteria from 2:30 to 7 p.m.

Every donor will receive a free Kentucky Basketball Madness t-shirt and will be entered for a chance to win a 55-inch LG LED Smart TV and a Google Chromecast HDMI Streaming Media Player.

To schedule a donation visit kybloodcenter.org or call 1-800-775-2522. Blood donors must have a photo ID, be seventeen-years-old, weigh at least 110 pounds, be in good health and meet other requirements. Sixteen-year-old donors must have a signed parental permission slip which can be found at www.kybloodcenter.org.

"Hemp"

(Cont. from front)

project in Rockcastle County which will be located on one of his family's farms in either Renfro Valley, Climax or Brodhead. Lewis said he will be coordinating with Kentucky State University on the project and growing a Kentucky Heritage Hemp seed crop.

"We don't know which farm we will plant on yet but we will plant as much of the hemp seed crop as we can acquire seed for but our target goal is 50 acres," Lewis said. "The crop will be planted in mid April and we look to harvest it sometime in October."

Lewis went on to say that he was excited about the opportunity to have one of the five pilot hemp research farms in Rockcastle County.

"I can't say enough about what this means for us. A lot of people worked hard for a long time for this and Commissioner Comer put himself out on a limb because he saw the value in creating jobs and revenue for farmers with a new industry," Lewis said. "While I am not from Rockcastle County originally, my wife is and we plan to move here soon, so it's with a bit of pride that we can bring this crop to the Rock."

According to a Kentucky Agriculture Economic Development Plan, released during the news conference Monday, all projects are scheduled to begin by March 31st and four other pilot farms will be located in diverse areas throughout Kentucky.

One pilot project in western Kentucky will coordinate with Murray State University and study hemp for fiber resources.

Another pilot project located near Louisville will grow hemp on an urban brownfield to study how well hemp can remove environmental toxins. This project will be affiliated with the University of Louisville.

The third project will be

located somewhere in central Kentucky to study the proper planting, harvesting, yield and renewable energy potential of hemp. This project will be coordinated with the University of Kentucky and Eastern Kentucky University.

The last and most controversial pilot project will be located somewhere in eastern Kentucky and it will focus on growing cannabinoids for medical research. This project will also be under the control of the University of Kentucky.

However, several proponents remain to the growing of industrial hemp for agriculture and medical purposes. Kentucky State Trooper Darren Allen of Mt. Vernon is currently assigned to the KSP Special Operations Branch and said he has always been skeptical of the economic prosperity of hemp after reading the University of Kentucky's Economic Impact Study on Hemp that was released last July.

"It doesn't appear that there is much of a demand for hemp," Allen said. "The study would predict that it would bring dozens of jobs not hundreds or thousands, just dozens. Kind of left me wondering if it was worth going through the trouble it could cause."

Allen contends that marijuana and hemp are the same plant. He said that marijuana and hemp are both of the cannabis sativa origin making it difficult to differentiate between the two plants.

"I have been in law enforcement for twenty years and I have seen the destruction of marijuana both personally and professionally," Allen said. "After spending years eradicating this plant I am disheartened to see that it now will be grown legally right here in our state."

Allen went on to say that he believes that hemp being legally grown in Kentucky will cause more problems for law enforcement, communities and people throughout the state.

"I really do wish our Kentucky farmers the best

no matter what but it's law enforcement's job to warn of pending danger and we have done that," Allen said. "But now all we can do is react to the potential problems that will arise from it because that is what we do."

"DOLG"

(Cont. from front)

that, while sympathetic to their plight, state and county laws had to be observed, particularly one which says there must be 50% occupancy of the plat- ted lots.

Carloftis was not able to give the group a definitive answer at that meeting but contacted the Department of Local Government's legal counsel, shortly afterwards.

He explained to DOLG that the 50% occupancy requirement would be difficult to meet in this situation since from one-fourth to one-third of all houses built in the subdivision includes one or more adjacent lots. Carloftis's question to the DOLG was if the subdivision plat could be changed in order to reflect the reality of the lots, thus making the 50% requirement more easily met and giving the county the ability to include the roads in the county road maintenance program.

An attorney from the department responded to Carloftis's query in January saying that he believed that changing the plat was a viable solution but that a lot of research (state

laws, attorney general opinions and case law) must be done prior to giving the fiscal court a definitive answer. "As you know, this is the kind of thing we really have to get right," the attorney told Carloftis. The attorney did not give Carloftis a timeline for a decision.

"I explained these things to the residents at the fiscal court meeting when they first asked for assistance. I also explained that a number of county judge/executives in the state have actually been removed from office, faced quarter million dollar fines and up to ten years in prison for their failure to follow state laws in these circumstances. I want to help these residents. They are taxpayers. I can proceed no further however without guidance and consent from the state," Carloftis said.

"Threat"

(Cont. from front)

mined the bomb was a fake. It was made up of six long pillar candles wrapped in duct-tape. The duct-taped package had wires wrapped around it and an old cell phone was connected to obviously portray a detonator device.

The bomb threat is still under investigation by police and no suspects have been named at this time. If you have any information regarding the bomb threat please call the Rockcastle County Sheriff's Department at (606)-256-2043.

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<p>'14 BUICK VERANO</p> <p>ISG Pkg., 4 Cyl., Auto, CD, Wheels #E4116152</p> <p>MSRP Price: \$25,795</p> <p>\$24,048.00</p>	<p>'14 CHEVROLET IMPALA ILT</p> <p>Ecotec 2.5 DOHC FCF convenience Pkg., Remote start, Universal homelink #E9109878</p> <p>MSRP Price: \$31,135</p> <p>\$29,775.00</p>	<p>'14 CHEVROLET SONIC</p> <p>LS Pkg., L-8 Ecotec VVT DOHC 6 Spd. Automatic #E4157976</p> <p>MSRP Price: \$16,940</p> <p>\$15,963.00</p>	<p>'14 CHEVROLET MALIBU LS</p> <p>4 Cyl., Auto, Loaded #EP196225</p> <p>MSRP Price: \$23,455</p> <p>\$20,823.90</p>
<p>'14 GMC TERRAIN SLE-2</p> <p>4 Cyl., Auto, Heated seats, Remote start #E6239313</p> <p>MSRP Price: \$29,330</p> <p>\$26,663.01</p>	<p>'14 GMC ACADIA SLE-2</p> <p>V-6, Auto, Heated seats, Wheels #EJ204301</p> <p>MSRP Price: \$37,400</p> <p>\$34,423.51</p>	<p>'14 CHEVROLET SILVERADO</p> <p>Reg. cab, 4X4, V-6, Auto, Chrome wheels #EZ137155</p> <p>MSRP Price: \$31,540</p> <p>\$27,967.51</p>	<p>'14 GMC SIERRA</p> <p>Double cab, SLE Pkg., V-6, Auto, CD, Loaded #EZ172962</p> <p>MSRP Price: \$33,750</p> <p>\$29,114.95</p>
<p>'14 CHEVROLET SILVERADO</p> <p>Crew cab, 4X4 Z71, V-8, Auto, All Star Pkg., LT, Loaded #EG319225</p> <p>MSRP Price: \$45,165</p> <p>\$38,933.76</p>	<p>'14 CHEVROLET CRUZE</p> <p>LT Pkg., 4 Cyl., Auto, CD, Wheels #E7219691</p> <p>MSRP Price: \$22,175</p> <p>\$19,999.80</p>	<p>Call our credit hotline toll-free!</p> <p>888-678-4141</p>	

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Mount Vernon Signal

Second Section

Thursday, February 20, 2014

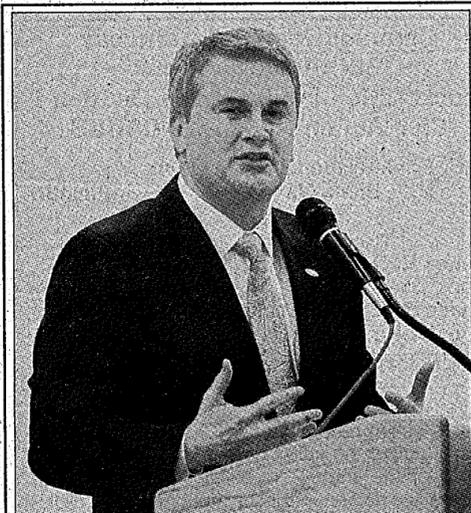
Over 300 attend annual Lincoln Day Banquet



Rockcastle Republican Chairman Travis T. Burton introduced Lincoln Day Banquet keynote speaker, US Senator Rand Paul.



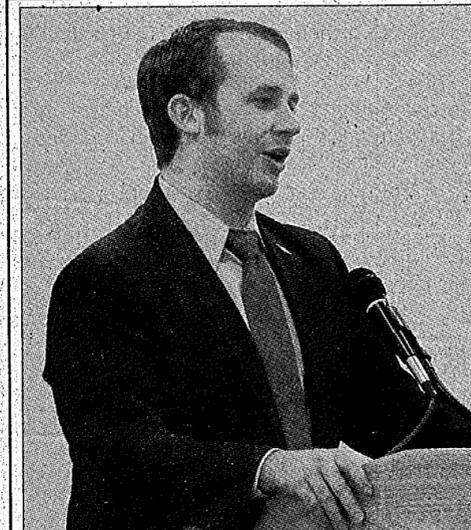
United States Senator Rand Paul and State Representative Jonathan Shell spend time talking to Brodhead Mayor Walter Lee Cash during Monday's Lincoln Day Banquet.



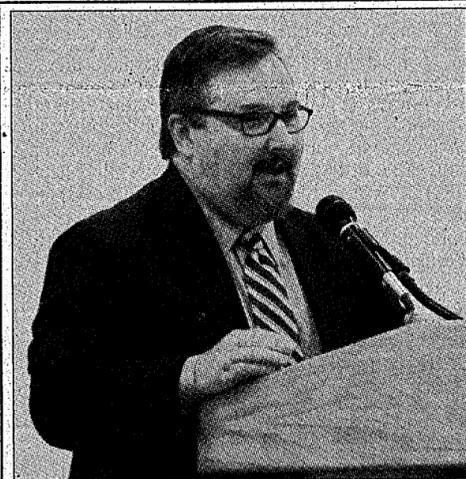
Kentucky Agriculture Commissioner James Comer spoke during the annual Lincoln Day Banquet Monday. County Clerk Danetta Ford Allen also gave a Republican Party update.



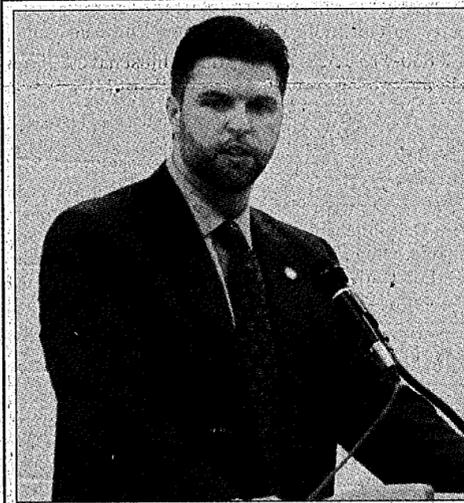
Ethan Eversole and Avery Bradshaw provided entertainment for Monday's annual Lincoln Day Banquet.



State Representative Jonathan Shell made some remarks and introduced Chief Circuit Judge Jeff Burdette during the Lincoln Day Banquet.



Chief Circuit Judge Jeffrey Burdette spoke about the Bill of Rights and amendments to the Constitution during the Lincoln Day Banquet Monday night to over 300 people.



State Senator Jared Carpenter introduced special guests and candidates for the upcoming Primary Election.

Golda Pensol Walbert inducted into KY Teacher Hall of Fame



Shawn Burdette sang "My Old Kentucky Home" during the Lincoln Day Banquet.



Teenage Republican President Jacob Taylor gave the welcoming remarks and Rockcastle Circuit Clerk Eliza York, background, followed with leading the Pledge of Allegiance.

Rockcastle County native Golda Pensol Walbert, along with two other outstanding educators, Debra Burgess of Murray and Cynthia S. Wooden of Florence were inducted Thursday, Feb. 6th into the Gov. Louie B. Nunn Kentucky Teacher Hall of Fame. The three educators have 110 years of combined experience.

Walbert began her teaching career at Rockcastle County Schools in 1943.

Walbert taught at Rockcastle County Schools from 1943 to 1952. She taught in various one-room schools and found herself assuming the roles of custodian, cook, nurse and teacher. From 1952 to 1954 she taught at Harlan County Public School and Barren County Schools from 1954 to 1989.

She received her associate degree from Lees Junior College, bachelor's degree in Education in 1946 from Eastern Kentucky University and master's degree in Educational Administration in 1950 from EKU.

Her awards include the Outstanding Alumnus Award from Eastern Kentucky University, Glasgow-Barren County Chamber of

Commerce Athena Award, Barren County Schools Hall of Distinguished Alumni, and the Kentucky Unbridled Spirit Award in 2007.

In 2012 the WKU-Glasgow Samothrace Club announced the establishment of the Golda Pensol Walbert Scholarship to honor Walbert's love of knowledge and bettering the lives of others.

The members of the Teacher Hall of Fame's seventh class were recognized in Frankfort during a luncheon at Berry Hill Mansion and an induction ceremony at the Capitol Rotunda.

"Our teachers work tirelessly day in and day out to better educate our young people about classroom and life lessons, yet often their efforts are overlooked or un-

acknowledged," Gov. Steve Beshear said. "Today, I am very proud to recognize and honor three outstanding teachers as they are inducted into the Kentucky Teachers Hall of Fame. Congratulations to Golda Pensol Walbert, Debra Burgess and Cynthia S. Wooden, and thank you for

(Cont. to B3)



Rockcastle County native Golda Pensol Walbert was inducted into the Gov. Louie B. Nunn Kentucky Teacher Hall of Fame Thursday, Feb. 6th. Presenting the plaque were Gov. Steve Beshear (right) and Kentucky Education Commissioner Terry Holliday.

News from the Rockcastle Courthouse



Deeds Recorded

Emanuel and Barbara Rader, property in Kirby Hollow, to Michael and Artie Faye Peters. Tax \$40.
 Ramon P. and Barbara A. Cranert, property on east side of Dix River, to Ramon P. Cranert Revocable Living Trust. No tax.
 Ramon P. and Barbara A. Cranert, property in Rockcastle County, to Barbara A. Cranert Revocable Living Trust. No tax.
 Robbin Lee Bishop and Amy L. Yates, property in Mountain View Estates, to Scott and Selena Thompson. Tax \$140.
 Scott and Selena Thompson, property in Chestnut Heights Subdv., to TTT Asso. Tax \$100.
 Timothy L. and Sallie Martin and Carolyn F. Prewitt, property in Rockcastle County, to Ford Bros., Inc. No tax.
 Flora A. LaVigne, property in Rockcastle County, to David and Yolanda Poynter. Tax \$3.
 Kevin Saylor, property on Ky. 1505, to Leslie Saylor Burns. No tax.
 Joseph H. and Tabitha L. Renner, property in Rockcastle County, to Joshua Weaver. Tax \$50.
 Patricia E. Mink, property in Rockcastle County, to Gary Stephen Mink. No tax.
 Julia Ann Hammons, property on Little Negro Creek, to Billy Hammons. No tax.
 Fred and Mayme Barron, property on Old Railroad Way, to Brandon Barron. No tax.

Marriage Licenses

Vera Dell Pritchard, 66, Richmond, retired, to William D. Pritchard, 66, Richmond, retired. 2/10/14

District Civil Suits

Capital One Bank vs. Cathy Shepherd, \$2,955.96 plus claimed due.
 Portfolio Recovery Asso. LLC vs. William Convery, \$1,291.30 plus claimed due.
 Stone Creek Financial, Inc. vs. Barry James, \$1,500 plus claimed due. C-00018

Circuit Civil Suits

Sarah Katelin Hensley vs. Donald James Hensley, petition for dissolution of marriage.
 Eric Dale Shafer vs. Marlena Lynette Shafer, verified petition for dissolution of marriage.
 Jess Franklin Bullock vs. Janet Lee Moore Bullock, petition for dissolution of marriage. CI-00034

District Court

Feb. 5-10, 2015
Hon. Jeffrey S. Lawless
 Bertie E. Abney: fines/fees due (\$438.98), bench warrant (bw) issued for failure to appear (fta).
 Mark A. Barrett: (\$883), bw issued for fta/18 days in jail or payment in full.
 Jerry Cain: fines/fees due (\$723), bw issued for fta/15 days in jail or payment in full.
 Jeremy D. Caldwell: menacing and possession of marijuana, 60 days/conditionally discharged 24 months (each count); costs merged.
 Frankie A. Cope: unauthorized use of motor vehicle, bw issued for fta.
 Nicolase Denny: fines/

fees due (\$133), bw issued for fta/3 days in jail or payment in full.

Duane E. Didonto: fines/fees due (\$133), bw issued for fta/3 days in jail or payment in full.

Julian B. Figure: no operators/moped license, \$100 fine and costs.

Daniel D. Fryer: fines/fees due (\$208), bw issued for fta/5 days in jail or payment in full.

Adam L. Hellard: fines/fees due (\$183), 4 days in jail/credit time served.

Brittany N. Hobbs: fines/fees due (\$158), bw issued for fta/4 days in jail or payment in full.

Loretta Livesay: theft by deception, bw issued for fta.

Antonio P. Lopez: fines/fees due (\$183), bw issued for fta/4 days in jail or payment in full.

Kelsey L. Martin: instructional permit violations and improper display or registration plates, license suspended for fta.

Gregory McGuire: complicity theft by unlawful taking, bw issued for fta.

Donald R. Newcomb: fines/fees due (\$858), bw issued for fta/18 days in jail/concurrent with any state sentence.

Michael Sanchez: operating on suspended/revoked operators license, bw issued for fta.

William M. Smith, Jr.: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Eric L. Hughes: violation of Kentucky EPO/DVO, 60 days/conditionally discharged.

David G. Saylor: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

William Brown: Driving under influence and possession of marijuana, sentencing order entered.

Camilo G. Bautista: one headlight, no operators/moped license, failure to produce insurance card, rear license not illuminated, bw issued for fta.

Whitney B. Bowling: speeding and failure to produce insurance card, license suspended for fta.

Anthony Crain: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Dustin L. Cromer: criminal trespass, 90 days/conditionally discharged 24 months; alcohol intoxication in public place, time served.

Lavina Henry Debord: theft by unlawful taking, bw issued for fta.

Ashley Elliott: no-expired registration plates, failure of non-owner operator to maintain req. insurance, license to be in possession, bw issued for fta.

Ryan Hall: possession of synthetic cannabinoid agonists or piperazines, 30 days/conditionally discharged 24 months plus costs.

Estill C. Ishmeal: public intoxication controlled substance, \$100 fine and costs.

Kelly R. Lees: operating on suspended/revoked operators license, bw issued for fta.

Kelly Rachell Lees: possession controlled substance, bw issued for fta.

Junior A. Masingo: no-expired registration plates - receipt, improper display of registration plates; failure of owner to maintain required insurance/security (two counts), failure to register transfer of motor vehicle, operating motor vehicle under influence of alcohol/drugs, operating on suspended/revoked operators license (two counts), reckless driving, improper registration plate, no-expired registration plates, permit unlicensed operator to operate motor vehicle, leaving scene of accident/failure to render aid or assistance, bw issued for fta.

Darwin D. McGuire: failure to wear seat belts, \$25 fine.

Jeremy J. Miller: disregarding traffic control device, traffic light, \$25 fine and costs.

Teresa D. Slate: leaving scene of accident/failure to render aid or assistance, \$100 fine/suspended 2 years on condition.

James N. Truitt: operating on suspended/revoked operators license, no-expired Kentucky registration

receipt, reg & title requirements veh. not oper. on hwy., failure of owner to maintain required insurance/security, failure to produce insurance card, failure to register transfer of motor vehicle, bw issued for fta.

Cheryl M. Webb: rear license not illuminated, failure of owner to maintain required insurance/security, failure to produce insurance card, bw issued for fta.

Speeding: Chad D. Forshee, Linda K. Hutton, Clint McClellan, Darien Moore, Leigh A. Robinson, James E. Sharpe, Gregory Smith, license suspended

for fta; Jonathan P. Foster, \$40 and costs; Kelly S. France, to enroll in traffic safety program; Kathy L. Rose, \$30 and costs.

Livingston Fire and Rescue's Turkey Shoot Sat., February 22nd 10 a.m. David Mason's Garage North of Livingston on U.S. 25 410-16-20-12 Gauge Shot Guns Only! No Custom Guns!! Judge's Decision Final! \$2.00 A Shot (Shells furnished by Fire Department) Concessions will be sold

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 12-CI-00085 U.S. Bank, National Association a/k/a U.S. Bank, N.A. Plaintiff v. James E. Denham, Amy Denham, Bank One, NA, n/k/a JP Morgan Chase Bank, and Rockcastle County, Kentucky Defendants

NOTICE OF SALE Pursuant to a judgment and order of sale entered in this action on January 17, 2013 and an order rescheduling the sale entered on December 19, 2013 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED EIGHT THOUSAND TWO HUNDRED TWENTY EIGHT DOLLARS AND 86/100 (\$108,228.86) 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 21, 2014 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

3029 Lambert Road, Berea, KY f/k/a 719 Lambert Road, Berea, KY A tract of land on the east side of Copper Creek on the south side of Lambert Road approximately 3 miles west of US Highway #25 in Rockcastle County, Kentucky. The description of said tract begins at a steel pin and survey cap 10 feet south of the centerline of a 12 foot gravel road (Lambert Road), said pin being situated N 28 deg. 08'58" W, 301.62 feet, from a set stone (found); said stone being the original southeast corner to the eight acre parent tract.

The above mentioned tract is more particularly described as follows: From the above described beginning point four calls as follows: Leaving said beginning point a new line S 73 deg. 13'47" W, 420.87 feet, to a new corner in the centerline of Copper Creek, passing at 405.87 feet a steel pin and survey cap reference point; thence with the centerline of Copper Creek N 08 deg. 53'28" W, 168.60 feet to a new corner in the centerline of Copper Creek; thence leaving Copper Creek a new line N 73 deg. 13'47" E, 384.64 feet to a steel pin and survey cap situated 10 feet south of the centerline of Lambert Road, passing at 10.00 feet a steel pin and survey cap reference point; thence along the west side of beginning. The above described tract contains 1.544 acres as surveying by S.W. Waddle, PLS #2234, May 6, 2000.

Being the same property acquired James E. Denham, single, by deed dated July 11, 2000, executed by Charles R. Baker, et al. of record in Deed Book 180, page 391 in the Office of the Rockcastle County Court 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 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.

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 2013 and thereafter 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 risk of loss for the subject real property shall pass to the purchaser on the date of sale.

9. 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 I Civil Action No. 11-CI-00304 Citizens Bank Plaintiff v. Stephen C. Howerton, His Unknown Spouse Rockcastle County, Ky. Citimortgage, Inc., as successor by merger to ABN AMRO Mortgage Group, Inc., and Mary Hedgepeth Defendants

NOTICE OF SALE Pursuant to a judgment and order of sale entered in this action on October 25, 2013 for the purpose of satisfying the judgment against the defendants in the amount of EIGHT THOUSAND SIX HUNDRED ONE DOLLAR AND 94/100 (\$8,601.94) 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 21, 2014 Beginning at the Hour of 12:00 p.m.

Said property being more particularly bounded and described as follows:

First Tract: Beginning on a peach tree and stone in the edge of the coal bank road; thence a northeast course to a double hickory tree in a hollow; thence up the hollow to Fletcher's line; thence with Fletcher's line to a chestnut oak on top of a hill; thence west with Fletcher's line to a set stone in a coal road about 150 feet with the coal opening with Calhoun's corner; thence northwest down the side of the coal bank road to a stone and peach tree the beginning corner and containing about 18 acres, more or less.

Second Tract: Located near Sand Springs, Kentucky, bounded as follows: Beginning at Sand Springs Rural Road; thence an east direction 36 feet wide and extending up the hill to the land purchased by the second parties from Arthur G. Miller, & c.

Third Tract: Beginning at a stone a division corner made by Howard Renner and Lonzo Renner; thence a division line N 45 W 4 poles and 17 links to a stone, thence S 59 W 2 poles and 9 links to a stone; thence N 31 E 4 poles and 22 links to a stone; thence N 53 E 3 poles to the beginning and contains about one-fourth acre, also including a right of way for a road 16 feet wide from Sand Springs Road along where the coal bank road is now located.

Being the same real property the defendant, Stephen C. Howerton, single, obtained by deed dated March 14, 1998, executed by Dwayne S. Blair, et ux, of record in Deed Book 169, Page 416 in the Office of the Rockcastle County Clerk, Mt. Vernon, Kentucky.

The property shall be sold upon 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 bearing interest at the rate of ten percent (10%) per annum.

2. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.

3. The purchaser shall pay the 2013 local, county, state and school taxes on the property.

4. The purchaser shall have possession of the real property upon compliance with the terms of the sale.

5. 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 and the property will be conveyed to the plaintiff in due season upon payment of the expense of sale.

Bobby Amburgey Special Master Commissioner

RES Academic List...

Honor Roll - 2nd - 9 weeks

1st - Atkin
 Jassmine Alcorn, Xander Bloom, Bethany Chasteen, Kyra Crain, Makyla Hester, Isaiah Kirby, Jaziley Lamb, Chloe Morris, Jace Rogers, Ellie Shuler, Nicholas Stevens and Dalton Webb.

1st - Craig
 Sara Abney, Jaylynn Albright, Bailee Brooks, Haley McClure, Ison Newcomb, Conner Nicholas, Dillon Pickle, Cameron Potter, Carter Powell, Bradyn Seaburg and Riley Stewart.

1st - Noe
 Kaleb Alexander, Arabella Baker, Bailey Hensley, Kali Jones, Ayley McClure, Will Miller, Melissa Mullins, Gracie Peavie, Markley Richards, Bryce Vance and Brandon Wright.

2nd - Kelley
 Abby Burdette, Makayla Coffey, Kaliee Collins, Joseph Cope, Alex Damrell, Destiny Eversole, Kamryn Hall, Damien Northern, Hayden Philbeck, Jadon Ramsey and Emily Thacker.

2nd - Pensol
 Ashleigh Abney, Ethan Angell, Sadie Baker, Destiny Bullen, Alison Bullock, Jacob Durham, Kylie Isaacs, Cayla Marcum, Inan

McFarland, Kameryn Medley, Pacey Newcomb, Gracelyn Robinson, Zach Ross, Chloe Stevens and Allie Todd.

3rd - McKinney
 Kassie Coffey, Katie Denham and Jacob Smith.

3rd - Peavie
 Brooke Abney, Natalie Alexander, Avery Bullock, Ethan Chandler, Daunte Northern, Abby Owens, Joe Pickle, Haley Pingleton, Destiny Webb and Daniel Wilson.

4th - Fairchild
 Bryson Atkin, Sophie Begley, Landon Broadus, Laney Bryant, Emma Hackworth, Erin Hoover, Hannah Isaacs and Seth Sizemore.

4th - Woodall
 Garrett Hamilton, Drew Hopkins, Anna McCoy, Taryn Powell, Carlyn Ross and Patrick Webb.

5th - Burdett
 Jacob Anglin, Audrey Childress, Taylor Hall, Jasmine King, Chris McCoy, Madison McIntosh, Kerrigan Medley and Justin Wynn.

5th - Hurst
 Tristen Bullens, Hannah Neeley, Makayla Pash, Zeke Ross, Zach Sadler, Chelsea Stephens and Madison Yates.

has been thinking about retirement, but now may teach a few more years especially as Kentucky continues to improve its education system.

"My love of life is teaching kids and seeing that light when something clicks with them," said Wooden, who teaches reading to middle school students. "Kentucky teachers are dedicated and ready to help each child."

Even in retirement, Walbert has remained dedicated to educating young people and was a driving force to help expand the WKU-Glasgow campus. "Education has been my life," she said.

Sen. Mike Wilson, chair of the Senate Education Committee, said teachers have a lasting impact on lives of their students. "It is very appropriate we honor these teachers in the Hall of Fame. These are our heroes," he said. "We appreciate the work you've done and continue to do and the impact you've had on so many lives."

Rep. Jody Richards, who represented House Speaker Greg Stumbo at the induc-

tion, noted that with the 2014 inductees coming from the Purchase area (Burgess), northern Kentucky (Wooden) and southcentral Kentucky (Walbert) "our state is truly represented by these fine teachers."

Gov. Beshear and Kentucky Education Commissioner Terry Holliday presented each inductee with a plaque.

As part of the induction, each Hall of Fame member received a citation and red glass apple from their legislators. Rep. Kenny Imes of Murray and Sen. Stan Humphries of Cadiz made presentations to Burgess. Sen. David Givens of Greensburg and Rep. Johnny Bell of Glasgow made presentations to Walbert. Sen. John Schickel of Union and Rep. Addia Wuchner of Florence made presentations to Wooden.

Nominations for the 2015 Kentucky Teacher Hall of Fame are being accepted through July 15. The form is available online at http://www.wku.edu/cebs/news_and_events/2013/kythf_call_for_nominations.php.

Subscribe to the Signal

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 08-CI-00304

Farm Credit Services of Mid-America, FLCA Plaintiff

Stella Thompson and Carl Thompson, her husband, deceased, and County of Rockcastle, KY Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 8, 2014 for the purpose of satisfying the judgment against the defendants in the amount of EIGHTY THOUSAND TWO HUNDRED FORTY FIVE DOLLARS AND 16/100 (\$80,245.16) 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 21, 2014 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

Located on the West side of Linville Road in Rockcastle County, Kentucky approximately 0.01 mile from the junction of Flat Gap Road and Linville Road.

Beginning at an iron pin set on the West side of the Linville Road right of way, said pin being a corner to Don Dees (Deed Book 177, Page 029); thence with the West right of way of Linville Road South 02 degrees 03 minutes 07 seconds West for a distance of 31.03 feet to a point on the right of way; thence continuing with the right of way of Linville Road South 04 degrees 24 minutes 11 seconds West for a distance of 60.52 feet to a point on the right of way; thence continuing with the right of way South 06 degrees 46 minutes 52 seconds West for a distance of 40.05 feet to a point on the right of way; thence continuing with the right of way South 08 degrees 50 minutes 18 seconds West for a distance of 77.22 feet to a point on the right of way; thence continuing with the right of way South 06 degrees 01 minutes 44 seconds West for a distance of 30.58 feet to a point on the right of way; thence continuing with the right of way South 00 degrees 57 minutes 54 seconds East for a distance of 18.07 feet to a point on the right of way; thence continuing with the right of way South 04 degrees 13 minutes 34 seconds East for a distance of 19.15 feet to a point on the right of way; thence continuing with the right of way South 09 degrees 09 minutes 10 seconds East for a distance of 24.49 feet to a point on the right of way; thence continuing with the right of way South 13 degrees 47 minutes 09 seconds East for a distance of 46.85 feet to a point on the right of way; thence continuing with the right of way South 13 degrees 05 minutes 48 seconds East for a distance of 83.91 feet to a point on the right of way; thence continuing with the right of way South 10 degrees 14 minutes 00 seconds East for a distance of 56.50 feet to a point on the right of way; thence continuing with the right of way South 06 degrees 56 minutes 06 seconds East for a distance of 36.53 feet to an iron pin set on the West side of the Linville Road right of way, said pin being a new corner to Don Dees (Deed Book 119, page 383); thence with the new line of Don Dees South 85 degrees 34 minutes 23 seconds West for a distance of 165.78 feet to a double chestnut oak tree; thence continuing with the new line of Don Dees North 32 degrees 15 minutes 41 seconds West for a distance of 86.88 feet to a 12 inch pine tree, said tree being a new corner to Don Dees and is in the line of Eddie Wilson (Deed Book 167, Page 372); thence with the line of Eddie Wilson North 02 degrees 16 minutes 43 seconds East for a distance of 358.10 feet to a 10 inch hickory tree; thence continuing with the line of Eddie Wilson North 20 degrees 48 minutes 19 seconds East for a distance of 112.21 feet to a 20 inch chestnut oak tree, said tree being a corner to Don Dees (Deed Book 117, Page 29); thence with the new line of Don Dees South 87 degrees 47 minutes 49 seconds East for a distance of 132.99 feet to an iron pin set on the West side of the Linville Road right of way which is the point of beginning and having an area of 2.0299 acres as surveyed by Bobby Hudson, LPLS 1253 on 10/02/2002.

The real property is improved with a 2003 Patriot UV137D 64' x 28' mobile home, serial number LLP-13025.

Being the same property conveyed to Mortgages by deed dated December 10, 2002 and recorded in Deed Book 192, page 687 in the Office of the Rockcastle County Clerk.

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

- The real property and mobile home shall be sold together as a whole.
- 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 percent (20%) 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 and thereafter 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 successful bidder shall at bidder's own expense, carry fire and extended insurance coverage on any improvements from the date of sale until the purchase price is fully paid, to the extent of the court-appraised value of said improvements or the unpaid balance of the purchase price, whichever is less as a minimum, with a loss payable clause to the Master Commissioner of the Rockcastle Circuit Court.
- 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

"Walbert"

(Cont. from B1)

your lifelong dedication to education."

This year's inductees join previous Hall of Fame members "to represent the very best of their profession in the Commonwealth of Kentucky," WKU President Gary Ransdell said.

"I trust this is a day you will always remember," Dr. Ransdell said.

The Kentucky Teacher Hall of Fame was created in 2000 through a gift by former Gov. Nunn, who hoped to recognize the vital role that primary and secondary teachers in Kentucky play in the education of young people and the positive impact education has on the state's economy. Western Kentucky University was selected as the home of the Kentucky Teacher Hall of Fame because of its more than 100-year history in teacher education.

The 2014 inductees said they were honored yet surprised when notified by Dr. Sam Evans, dean of WKU's College of Education and

Behavioral Sciences, that they had been selected as Kentucky Teacher Hall of Fame members.

"I was dumbfounded," said Walbert, who began her 50-year teaching career in 1943. "It never occurred to me that I'd be in this group."

Wooden and Burgess echoed those sentiments.

"I was really amazed. I never dreamed this would happen," said Wooden, who began her teaching career in 1979 in Amarillo, Texas, and has taught in Kenton County schools since 1987. "I was shocked," Burgess said. "It's a super honor. It's great to do what you love and be acknowledged for it."

From 1980 to 2012, Burgess taught Spanish, French and Latin at Murray High School. Since retiring from the high school classroom, Burgess has continued teaching Spanish as an adjunct instructor at Murray State University.

"I tell kids every day that there's no major that is not strengthened by having Spanish or another foreign language as a minor," she said.

After more than 30 years in the classroom, Wooden

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 12-CI-00284

Wells Fargo Bank, N.A. successor by merger to Wells Fargo Home Mortgage, Inc. Plaintiff

Misty Allyn Barker, Kenneth Matthew Barker and Beneficial Kentucky Inc. dba Beneficial Mortgage Company of Kentucky Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on December 17, 2013 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY THREE THOUSAND FOUR HUNDRED THIRTY DOLLARS AND 91/100 (\$63,430.91) 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 21, 2014 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

854 Wildrose Road, Mt. Vernon, KY 40456

Beginning at a 1/2" conduit with a plastic cap stamped RLS #2773 with a post pointer in the line of Ben Brock and a corner to Gabbard, said point being S 46 36'34" E, 124.66 feet from a post corner between Brock and Gabbard in the East right of way of Thatcher Road; thence going with the line of Brock S 50 22'18" E, 326.21 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 with a post pointer said point being a corner to Brock and in the line of William Abney; thence going with the Abney line the following calls; S 06 50' 43" E, 36.83 feet to a sassafras (sic); S 18 43'45" E, 108.51 feet to a black oak; S 43 47'32" E, 75.55 feet to an oak; S 51 59'04" E, 176.26 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 with a post pointer; S 62 06'59" W, 68.21 feet to a (sic) angle in fence; S 73 26'31" W, 109.74 feet to a chestnut oak; S 80 04'04" W, 213.46 feet to a metal post; N 75 55'37" W, 169.98 feet to a metal post; N 63 04'14" W, 185.51 feet to a dogwood, said point being a corner between Abney and Lloyd B. Saylor; thence going with the line of Saylor N 76 12'21" W, 239.98 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 with a post pointer, said point being in the line of Saylor and a corner to Gabbard; thence going with the Gabbard line N 46 54'36" E, 626.38 feet to the point of beginning and containing 6.60 acres, more or less.

There is also granted and conveyed any (sic) easement twelve (12) feet in width and approximately fifteen hundred (1500) feet in length, for the purpose of ingress and egress, leading through the property of Ben Brock to the above described property.

Being the same property conveyed to Kenneth Matthew Barker and Misty Allyn Barker by deed dated January 25, 2002 and recorded in Deed Book 188, page 93 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 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.
- 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 and thereafter 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".

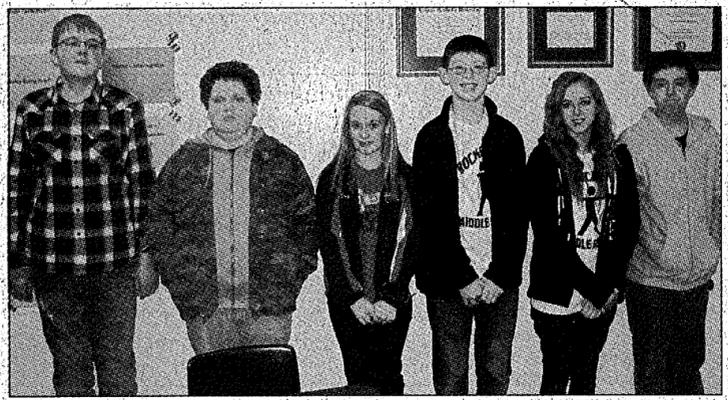
John D. Ford
Master Commissioner
Rockcastle Circuit Court

Kentucky Crossword # 621

www.kentuckycrosswords.com

- ACROSS
- Air bags?
 - Internet journal
 - Close to closed
 - Association of nations
 - Continental coin
 - Tibetan priest
 - Woodford Co.'s historic seat
 - Surrounded by
 - Passions
 - Red ink amount
 - Self-image
 - Pandora's boxful
 - Kentucky county, formed from parts of Allen, Logan, and Warren
 - Factory
 - "Got it!"
 - D.C. bigwigs
 - Musical YoKo
 - Goose eggs
 - Swamp snapper
 - Gull-like bird
 - Downward extent
 - Cairo's river
 - Binding
 - Islam branch
 - Sue Grafton's "for Lawless"
 - Greek portico
 - Bobbie Mason
 - Schedule position
 - Owensboro's county
- DOWN
- Volcanic flow
 - Computer operator
 - Hardly Mr. Cool
 - Petroleum fuel
 - Tangle
 - canto
 - Quiet time
 - Nabisco cookies
 - Chitchat
 - Chef's phrase
 - "River of Earth" author
 - Compadre
 - Atomic number 86
 - KSP's Trooper
 - Urban haze
 - Spooks
 - Arrange
 - The bulk
 - Jet black
30. Kentucky's largest city
32. Top dog
36. Insect bile
38. Mixed bag
39. Relax
41. Voting "no"
43. Lawrence Co. area or Daniel Boone's sister
46. Suffix with theater audience
50. Comments to the
52. Drags one's feet
53. Unskillful paintings
54. Pool problem
55. Gaze
57. Stood up
60. Enthusiasm
62. Smudge
63. Bound along
64. Water carrier
66. "Absolutely!"
68. Ballpark fig.

SOLUTION TO KY620



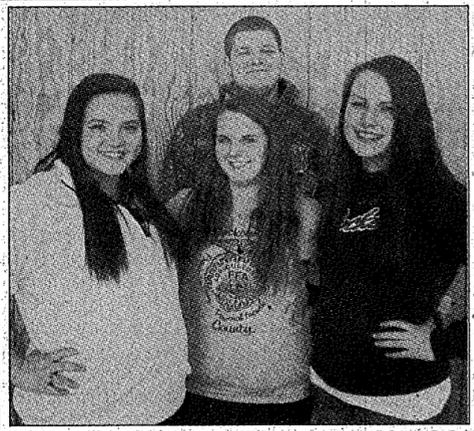
RCMS congratulates their six team spelling bee winners. They are from left: Drew Bullock – Enterprisers; Brexton Cromer – Voyagers; Destiny Brogan – Shooting Stars; Joseph Cowan – Challengers; Megan Taylor – Comets and Chase Shelton – Adventurers. The students did great competing against each other in the school spelling bee with Drew Bullock coming out as the RCMS winner. Drew will compete in the District Spelling Bee.

FFA Winter Field Day

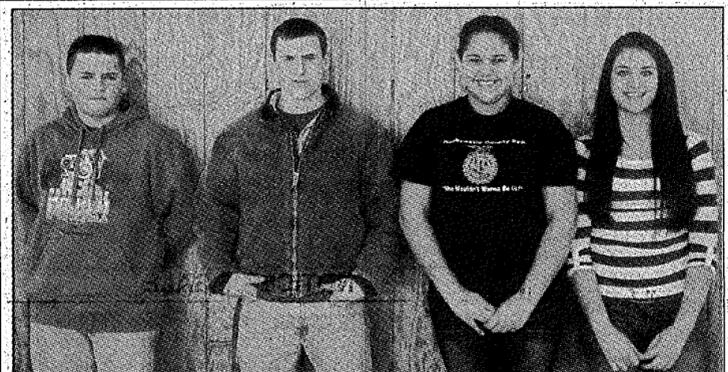
Submitted by Brianna Mink • Assistant Reporter
On December 13th, 2013, the Rockcastle

County FFA Chapter traveled to North Laurel High School to participate in multiple contests. Those

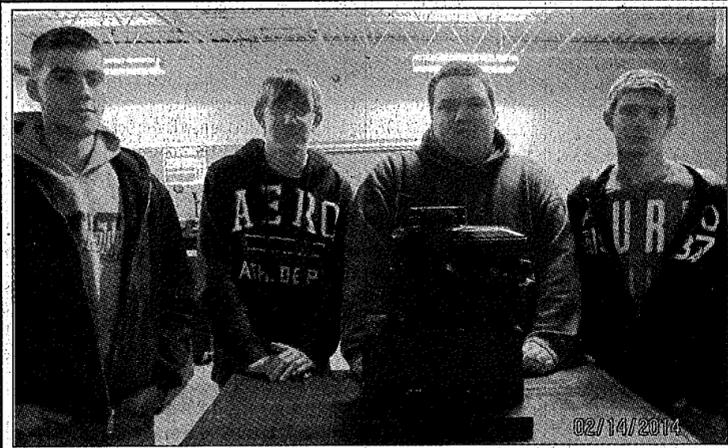
contests were Nursery/Landscape Judging, Small Engines and Ag Sales. This was an all-around good day for our local FFA chapter. They received many awards. The Nursery/Landscape Team placed 1st. Those members consisted of Hannah Prewitt which received regional 1st high individual, Mary Bishop, who receive regional 3rd high individual, Shawn Carpenter, and Faye Saylor. The Small Engines teams received a superior 2nd rating. The members of this team included Avery Bradshaw, Dylan Hillard, Alston Snow who received 2nd high individual, and Tyler Davidson who received 3rd high individual. The Ag Sales team placed 4th in the region. Members of this team were Katie Adams, Eric Bullock, Brittany Long, and Curtis Miller.



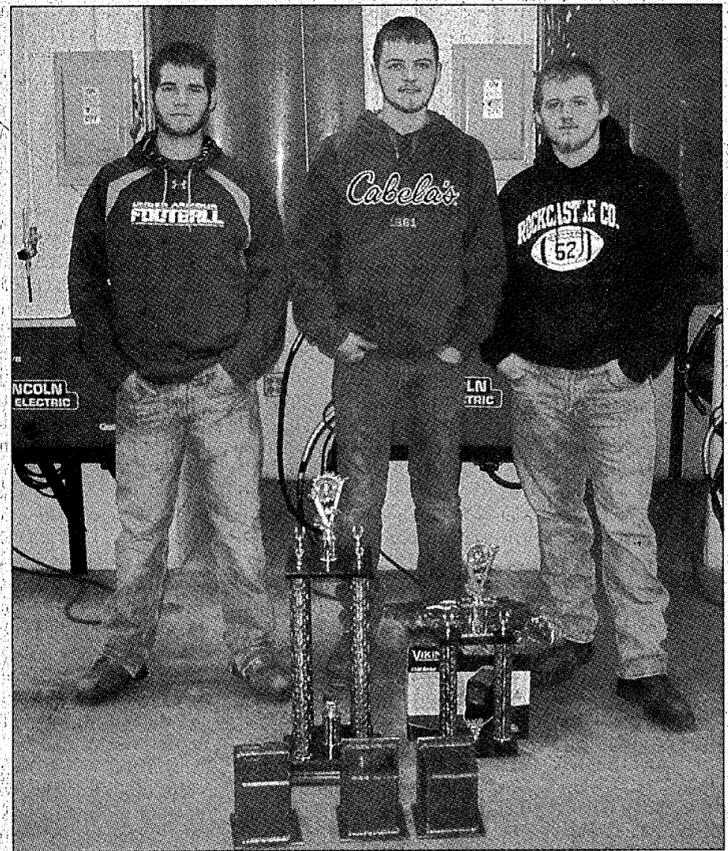
The Nursery/Landscaping Team is pictured from left: Mary Bishop, Faye Saylor, Shawn Carpenter and Hannah Prewitt.



The Ag Sales Team is pictured from left: Eric Bullock, Curtis Miller, Brittany Long and Katie Adams.



The Small Engines Team is pictured from left: Dylan Hillard, Avery Bradshaw, Alston Snow and Tyler Davidson.



On Friday, February 14th, Andrew Burton, Jordan Hemsley, Koty Bengel, and welding instructor Sherman Cook attended the Capital City Welding Classic in Frankfort. The students performed welds using the SMAW, GMAW, and Oxy-fuel processes. Jordan Hemsley received 4th place individual, and they received 4th place team. Congratulations to the Rockcastle ATC Senior Welding Team.

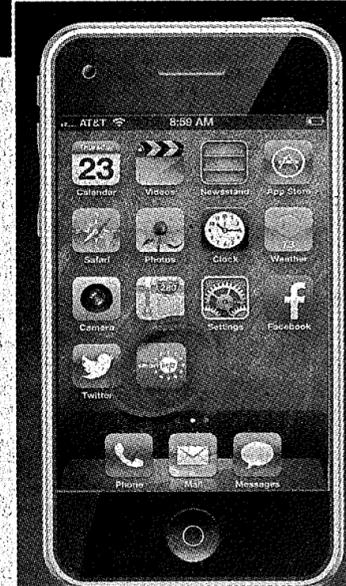
Anthem  *Stop by and see Marlene Lawson for all your life and health insurance needs!*

You can have an **(606) 256-2050** affordable managed care plan with the freedom of choice and the security of Anthem Blue Cross and Blue Shield — Blue Access.

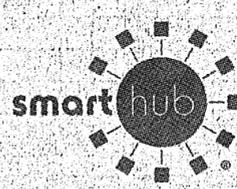
Visit us on the Internet at <https://www.kyfb.com/rockcastle/insurance/>



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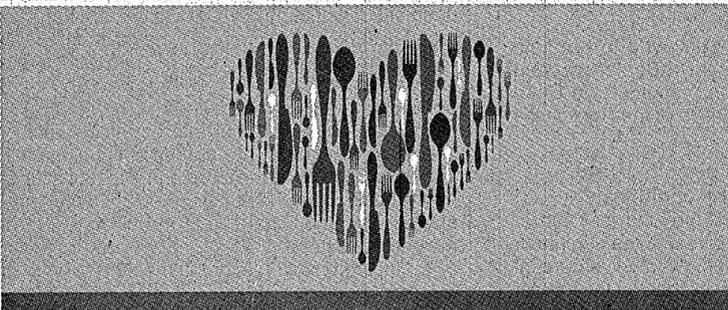
Download the SmartHub app for smartphones and mobile devices for one-touch access to fast, secure account information.

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For more information, visit www.smarthubapp.com, www.jacksonenergy.com.

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Come see what we've got cooking!

A healthy diet can be a woman's first line of defense against heart disease! Join us for an educational and fun-filled FREE event to learn more about heart disease and how to make simple changes in your diet for a heart-healthier YOU! The event features experts on heart health, educational booths, door prizes, and a heart-healthy meal!

Special Guests:
Dr. Rick McClure, Cardiologist
UK Gill Heart Institute
Lindsay Gabbard, Dietitian
Rockcastle Regional Hospital

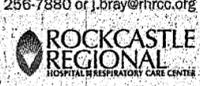
Bring your favorite "Heart Healthy" recipes! Recipes will be compiled into a cookbook for all attendees! (Bring a recipe and earn an extra prize drawing entry!)

All participants will be entered to win a red KitchenAid® Food Processor!

Love your Heart

Thursday, February 27, 2014
Rockcastle Middle School • 5:30 p.m.

Please register by February 21. Contact Jana Bray at (606) 256-7880 or j.bray@rhrcc.org



Rockcastle County 4-H Sewing Projects

The 4-H Sewing Projects will again be offered after school at each of the elementary schools. Sewing projects will be different than past years. We will begin the classes on the appropriate dates listed below. This year the sewing projects will be conducted by local leaders and the Family and Consumer Sciences Agent. Following is the date and location of the first meeting at each school.

NOTE: Middle School and High School students may meet with the elementary school of their choice.

March 3rd - 7th
Mt. Vernon Elementary School

March 10th - 13th
Brodhead Elementary School

March 17th - 20th
Roundstone Elementary School

**Students will stay after school until 5:00pm. Students can be picked up at the front door or in the sewing room. Hazel Jackson and/or volunteers must see the individual who is picking up the student.

**Parents, you will need to provide transportation home after classes at 5:00pm PROMPTLY.

During the classes, your child will learn to use a sewing machine, follow directions and construct a useful item. First year students may make a drawstring tote bag. Second year students may make a zippered tote bag or purse. Third year students may make a gym bag. Fourth year students will make a backpack with lining. Fifth year students will make a 2 or 3 piece luggage set.

1.) Things They Will Need:

- Sewing Equipment
- *6" inch ruler or seam gauge
- *A Sewing box-large shoe box is fine
- *Pencil
- *Straight Pins
- *Tape Measure
- *Dressmaker shears (scissors)
- *Seam Ripper

Underlined items are most important for each child to have. The 4-H Program has some sewing equipment that can be loaned to 4-Her's for the week. Label all items with your name! Put it in some type of small box for easy storage at the school for the week.

2.) Fabric & Notions:

See attached list according to Unit Level.
**Prewashing of all fabrics is recommended! To prewash, simply put the fabric yardage in a regular load of laundry. You may line dry or dry the fabric in the clothes dryer. Iron the fabric if it is wrinkly.

3.) 1 large spool of thread to match the fabric: Cotton or cotton covered polyester thread is preferred-all purpose thread. 100% polyester thread does not sew well on the Extension Service machines. Quilting or upholstery thread will not work for these sewing projects.

**If your child wishes to participate in the 4-H Sewing projects, please complete the permission form given to your child by the Extension Service and return it to their teacher by February 18, 2014. If no permission form is given, your child WILL NOT be able to attend.



Seniors James Michael Brewer and Brian Miller participated in the TTBB KMEA All-State Chorus for 2014.

Two RCHS choir members in All-State

Two seniors of the Rockcastle County High School Honors Choir participated in the TTBB KMEA All-State Chorus for 2014. James Michael Brewer - Tenor 2, and Brian Miller - Bass 1, were two of the eleven students who auditioned for the All-State Chorus. These two students, along with 570 other students across the state of Kentucky, spent three days in Louisville learning songs from different countries and in different languages. Both Seniors were in the All-State Men's Choir, conducted by Mr. Ethan Sperry from Portland, Oregon. Mr. Sperry has directed choirs in seventeen countries including the

United States. The RCHS Honors Choir is directed by Mrs. Tammy Reynolds, who attended the performance as well as Mr. Greg Daugherty, the RCHS Band director. On Thursday evening, the entire choir stood on the balcony of the Hyatt Regency and sang the National Anthem. This was filmed by several people staying at the hotel, and was placed on the internet on YouTube.com for those who wish to hear and see the choir sing. Our two choir members were on the seventh floor.

Congratulations to both Michael and Brian for their performance. Friday evening.

Vote For **Eddie Gabbard**
5th District Constable
"Your Vote & Support Greatly Appreciated."

Sign up now for Federal Crop Insurance



Insuring Corn, Tobacco and Soybeans.
No rotation restrictions on tobacco for 2014.

Deadline is March 15th.

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Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 13-CI-00114

JP Morgan Chase Bank,
National Association Plaintiff

v.

April Couch a/k/a April Michelle Couch, Christopher Couch, Central Kentucky Management Services, Inc. A Kentucky Corporation, assignee of the UK Medical Center & assignee of KY Medical Services Foundation, Inc. and County of Rockcastle Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 15, 2014 for the purpose of satisfying the judgment against the defendants in the amount of FORTY FIVE THOUSAND TWO HUNDRED EIGHTY SEVEN DOLLARS AND 90/100 (\$45,287.90) 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 21, 2014
Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

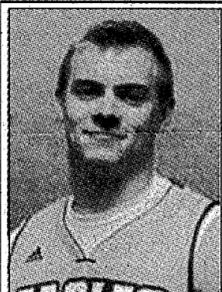
44 Carpenter Road (aka HC 63 Hwy 1004), Orlando, KY 40460
Beginning at a found metal post in the South right of way of the Jim Halcomb Road and being a corner to Edd Falin; thence going with the Falin line S 15 deg. 12'56" E 281.93 feet to a 1/2" conduit with a plastic cap stamped RLS #2773; thence N 52 deg. 13'52" E 90.00 feet to a found metal post in the line of Barbara Bustle and a corner to Falin; thence going with the line of Bustle N 11 deg. 50'11" W 169.11 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 in the South right of way of the Jim Halcomb Road and a corner to Bustle; thence going with said right of way N 70 deg. 21'25" W 33.30 feet; N 62 deg. 36'48" W 90.14 feet to the point of beginning and containing 0.5 acres.

Being the same property conveyed to April Couch, married, from Conner W. and Katie Gilliam, husband and wife, by deed dated September 2, 2005 and recorded on September 14, 2005 in Deed Book 206, page 604 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 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.
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. All 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 2014 and thereafter 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



Jamie Todd, of Mount Vernon, a senior at Asbury University in Wilmore, earned Dean's List Honors for the Fall 2013 Semester. His major is Elementary Education.

Mt. Vernon Message

School News

The Jump Rope Club meets each Tuesday from 3:05 until 4:30. If your child is participating in this after school club, please be here promptly to pick them up.

We will be doing a KPREP Scrimmage on Friday, February 28. Please make sure that your child is at school on time.

Please be sure to write your child's name on the tag of their coat. We have lots of coats that are misplaced and we want to make sure that they get to the appropriate persons!

March is Celebrate Music in Your Schools Month. As part of this celebration, we always have an All School Sing/Musical Dress-Up Day. Students and Staff look forward to this memorable event each year! We also have a lot of parents who attend as well. There has been one change this year....there will be an admission charge to this event. More details will be given as we know them.

Dean's List at Davis & Elkins

Rebecca Martin, a student at Davis & Elkins College in Elkins, W.Va., was named to the Fall 2013 Dean's List. Martin is the daughter of James Martin of Mt. Vernon.

Students on the Davis & Elkins Dean's List must earn a 3.6 GPA on a 4.0 scale while taking a minimum of 12 semester hours. Related to the Presbyte-

rian Church (USA), Davis & Elkins College is located in Elkins, 2 hours east of Charleston, 3 hours south of Pittsburgh and 4 hours west of Washington, DC. For more information about Davis & Elkins College, please call 304-637-1243 or visit www.dewu.edu.

SSC Dean's List

Somerset Community College recently released the Fall 2013 Dean's List. The Fall 2013 semester concluded in December. 668 students were named to the list.

Local students are:
Brodhead: Matthew David Allen, Lyndsey Jordan Boreing, Robert Bennett Crawford, Kristyna Noel McKinney and Christopher Shane Winkler.

Livingston: Billie Jo Tankersley.

Mt. Vernon: Samuel Adam Alcorn, Kayla Renae Barnett, Robert Wayne Lawson, Jamie Lamar McClure, Raj Sitaram Patel, Jonathan Calvin Price, Cassandra Nicole Taylor and Kimberly Dawn Whitt.

Orlando: Khristy Michelle Couch.

To be a member of the Dean's List, a student must maintain a 3.5 grade point average and be a full-time student at Somerset Community College. A full-time student must take 12 credit hours during a semester, excluding developmental classes.

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Pancake Breakfast
Sponsored by the Livingston Police Dept.
Sat. Feb. 22nd
8 - 11 a.m. • \$6
Main St. Diner

Spring Festival at Roundstone Elem.
Date: 3/7/2014
Time: 6:00-9:00 pm
Free Admission
GAMES (tickets 25 cents each)
PRIZES
FOOD
LIVE MUSIC
DESSERT AUCTION
Proceeds go toward purchase of technology for RES students.
Thanks for your support!

Farm Machinery Consignment & Industrial Equipment
Auctions
33rd Annual London Farm Machinery Consignment Auction
Saturday, February 22, 2014 at 9:30 a.m.
Laurel County Fairgrounds
HWY 229, Near Levi Jackson State Park - London, KY
Consignments accepted:
Wednesday, February 19th, Thursday, February 20th and Friday, February 21st
from 8:30 am to 5:00 pm
39th Annual Brodhead Farm Machinery Consignment Auction
Saturday, March 1, 2014 at 9:30 a.m.
Brodhead Fairgrounds
Off of Highway 150, Brodhead, KY
Consignments accepted:
Wednesday, February 26th, Thursday, February 27th and Friday, February 28th from 8:30 am to 5:00 pm
There will be a BUYER'S FEE added to the winning bid on each item to determine its final price.
BUYER'S FEE IS AS FOLLOWS:
5% on any item \$100.00 and over, 10% on any item \$99.99 or less
TERMS: Cash or check in full day of sale.
SELLER'S FEE IS AS FOLLOWS: NO SALES FEES ARE AS FOLLOWS:
Minimum Commission Over \$3,000 = \$25.00
on any item - \$8.00 up to \$40.00 \$2,000 - \$2,999.99 = \$15.00
20% on any item \$40.01 - \$100.00 \$1,000 - \$1,999.99 = \$10.00
10% on any item \$100.01 - \$199.99 \$500 - \$999.99 = \$5.00
6% on any item \$200.00 or over Below \$500 = \$3.00
* 2 or 3 auction lines will be running simultaneously *
Ford Brothers, Inc.
www.fordbrothersinc.com
REALTOR/AUCTIONEER SAM FORD London, KY 606-878-7111 Mt. Vernon, KY 606-256-4545 Somerset, KY 606-679-2212 1-800-526-1637 1-800-433-3434 1-800-526-9430

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

In Mt. Vernon. 3 bedroom, 1 1/2 bath mobile home. No pets. Call 757-4985. 8xntf
Two Bedroom Mobile Home in Mt. Vernon city limits. Private lot. No pets. References required. Asking \$350/month. Call 606-308-1861. 9x4p

Mobile Home, 3 bedrooms, 2 baths at Sunnywide Estates. \$400 month/\$400 deposit. Call 606-256-8603 or 606-308-5459. 8xntf

House Trailer in Livingston. Has central air, KU, city water and sewer. Large yard (over 1000 sq. ft.). No pets. Call 606-453-3111. 7xntf

Trailer on Hwy. 618 on a large lot. Recently remodeled. Hardwood floors throughout and all appliances included. \$350 deposit/\$350 per month. Call 606-308-3847. 50xntf

Duplex in Brodhead. All appliances furnished. Call Patty. 758-9666. 46xntf

House and Trailer in Brodhead. No pets. 758-4729. 46xntf

Trailers and house in Brodhead. No pets. 758-8922. nt

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

Property For Sale

New 3 bedroom home on scenic view lot. Located at 20 Connection St., Mt. Vernon, Ky. \$55,000 or best offer. Call 1-907-460-1037. 9x4p

16 1/2 Acres, m/l, with 24x60 mobile home, 20x20 attached garage, 2 large barns, 2 large outbuildings and carport. Blacktop driveway. \$69,000. Call 606-386-1470. 8x4p

Between Mt. Vernon and Somerset: 5.7 wooded

acres for \$31,500. Near Berea - 10.2 acres \$31,900. Owner financing available. Call Dwight at 859-331-4888. 8xntf

For Sale or Lease: 3 bedroom furnished house on land contract in Brodhead. No pets. 758-4729. 48xntf
Property between Mt. Vernon and Somerset. 6.1 wooded acres for \$34,900 or 4.77 acres for \$29,500 with mountain view. Owner financing available. Call Dwight at 859-331-4888. 30xntf

Lots in Castle Ridge Sub-division. 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

Posted

Posted: No trespassing on property located on Limeplant Hollow Rd. and belonging to Joshua C. Weaver. Violators will be prosecuted. Not responsible for accidents. 8x1p

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

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. (1/15/15)

Posted: No hunting or trespassing on property belonging to Carol Blackburn, 1435 Marler Hollow. Violators will be prosecuted. (3/7/14)

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

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

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

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

Notices

NK Seed Days at Mayhaven Farm, 2000 Ky. Hwy. 643 (Outenheim Rd.), Waynesburg. February 21 and 22 from 9 to 5. Big discount on Certified Kenland Clover. Special pricing on all varieties of farm and lawn seeds. Call Jim at 606-365-9607 or 606-669-1651 to order early or for more info. 9x1

Tutoring Services for English/Composition/Speech/Communications. Over 30 years experience in grades 6 through community college levels. Dual master's degree in English/Counseling. References available. Services by individual contract. Call Carolyn Pennington at 606-364-3881 or 606-493-8919 or e-mail Pennfarm@aol.com 8x2

Notice is hereby given that Kevin Scott Wolfe, 3559 Blue Springs Road, Mt. Vernon, Ky, 40456 has been appointed Administrator w/ will annexed of the estate of Ransom R. Wolfe, Jr. on the 27th day of January, 2014. Any person having claims against said estate shall present them, according to law, to the said Kevin Scott Wolfe or to Hon. John D. Ford, Coffey & Ford, P.S.C., 45 East Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 28, 2014 at 9:30 a.m. 7x3

Notice is hereby given that Virginia Elaine Murphy, 363 Wabd Jones Road, Mt. Vernon, Ky, 40456 has been appointed Executrix of the estate of James H. Murphy on the 27th day of January, 2014. Any person having claims against said estate shall present them according to law to the said Virginia Elaine Murphy or to Hon. Kendall L. Duerson, 117-A Clay Drive, P.O. Box 523, Berea, Ky. 40403 on or before July 28, 2014 at 9:30 a.m. 7x3

Notice is hereby given that Deborah Hopper, 301 Jessica Circle, Richmond, Ky. 40475 has been appointed executrix of the estate of Jason Ellis Thomas on the 15th day of Jan., 2014. Any person having claims against said estate shall

present them according to law to the said Deborah Hopper or to Hon. Bobby Amburgey, P.O. Box 3118, Mt. Vernon, Ky. 40456 on or before July 16, 2014 at 9:30 a.m. 9x3

Miscellaneous For Sale

Furniture For Sale: Matching couch/chair, \$500; oak computer/TV stand, \$175; Recliner, \$75; Couch, \$200; Hutch, \$350. Call 606-308-3874 or 859-694-3700. 8x2

Farm gates, all sizes, all varieties including corral panels, hay rings, bunk feeders. 606-305-7965. 52x16

Pets

Free cats: Great friendly pets. Raised inside. Call 606-308-1249 or 606-308-5016. 9x1

Mountain Top Precious Pups: Yorkies, Maltese, Shih-Tzu, Poodles, Chihuahua, Boxers. 1-606-231-5498 - leave message or text. Join us on fb: mountain top precious pups or e-mail: YUNGERMTPP@YAHOO.CO 46x26

Wanted

Wanted: In Rockcastle County: 5-10 rural acres to buy. Some tillable land, small dwelling optional, reliable water source, electricity available, paved or gravel road, unrestricted. 606-843-0462. 2xntf

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

Help Wanted

Need Tree Trimming work done. Call 453-2200. 9x3p

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. 7x4

EST Tool & Machine, located in Brodhead, is seek-

ing talented, qualified individuals to operate CNC Machining Centers. CNC Machining Center operators must have previous experience with Hurco controls, must be able to do own set-ups and have your own tools, programming experience is a plus. All applicants must be proficient in this field of work and willing to work overtime and Saturdays if needed. Salary commensurate with experience. Send resume with references and salary requirements to: HR Dept. P.O. Box 357, Brodhead, Ky. 40409. 8x2

Rockcastle Health & Rehabilitation Center

371 West Main Street • Brodhead, Ky 40409

Employment Opportunities

SRNA • 2 Positions

Please apply at our facility or call 606-758-8711

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The Terrace Nursing & Rehabilitation Facility

Position Available

RN

13 Hour Shifts

Full-Time Positions - Day Shift - Full Benefit Package
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Make \$1,000 selling your old scrap cars-trucks and farm equipment and machinery.
 Call 24 hours a day. If no answer, leave message and your call will be returned.
 859-358-3560 or 606-256-3841 anytime

NOTICE

NO classifieds can be placed over the phone without paying at time of placing advertisement

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OPEN HOUSE/ HOME FOR SALE

February 22nd • 12:00 p.m. - 2:00 p.m.
 25 Hamlin Street • Mt. Vernon, KY

This is an older home that has been made beautiful again and is close to everything. The home features approximately 2600 square feet of living space and a one car detached garage. The home has 4 bedrooms, 2 full baths, new kitchen with new cabinets and new stainless steel appliances, tile, hardwood and much more. Must see to appreciate!



If interested call (606) 256-9914 or (606) 308-4990 for appointment.

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GUNS -- Lovell's Gun Repair. Mike Lovell -- gunsmith. New and used guns for sale. Ammo. Repairs. Hot bluing. Hours Monday-Friday 5 p.m. to 8 p.m. only. Maple Grove Road. 606-256-3539. 11x52p

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors to roofs and decks - will do it all. Any home, any prob-

lem, we're the one to call. 606-308-3533. 8x4p

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

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

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

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

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

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Classified
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Tuesday

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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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Temperatures increase electric bills, prompt need to conserve

The big chill of 2014 has given home heating units a workout and has increased electric bills, with record-setting cold from a polar vortex stretching further south than normal.

In January, temperatures for Jackson Energy and Kentucky's Touchstone Energy Cooperatives averaged 27 degrees, the coldest in 11 years. On Jan. 6, the United States set a record for the coldest day since 2000 with the average temperature nationwide at 17.9 degrees.

Even a slight degree change in average temperatures below 30 degrees can cause electric bills to increase significantly, according to Jackson Energy's energy advisors. The average January temperature of 2014 dropped 9 degrees below the monthly average just one year ago.

"The bitter cold makes heating equipment run longer and use more electricity," said Karen Combs, Jackson Energy's Director of Public Relations. "And if someone uses a portable heater that increases a monthly bill significantly." For example, most electric space heaters are rated at 1,500 watts. Operating a 1,500-watt heater for 12 hours a day for a month would add \$54 dollars to your bill.

Homeowners who rely on an air source electric heat pump to heat their homes have been among the most impacted by the arctic temperatures. That is because temperatures in the teens and single digits make a heat pump less efficient.

"People who own air-to-air heat pumps need to make sure the units are serviced and maintained regularly or the extreme temperatures will make an inefficient heat

pump operate less effectively," said Combs.

If your heat pump is operating in the emergency heat mode, when the red light is indicated on the thermostat, this will also increase your bill. The heat pump is generally using 5,000 watts when it is operating in the emergency mode. If the heat pump runs on the emergency setting for 12 hours a day, that would add roughly \$6 a day to your bill or \$180 a month.

Also, for a heat pump, energy advisors recommend setting the thermostat at a moderate temperature at the beginning of the season and leaving it there.

Although it has been very cold, the winter of 2014 has not been the most brutal in Kentucky. The record was 1977, when the Ohio River froze and temperatures averaged 18 degrees.

Jackson Energy offers programs that can help members impacted by high bills:

Button-Up shows people how to add insulation and take other energy efficiency measures, which also make homes more comfortable. Qualified homeowners that heat their homes with electricity receive rebates that help pay for the energy efficiency upgrades.

Heat Pump Tune-Up includes a check of your heat pump system and some minor repairs to the ductwork. Ductwork can be a major source of air leaks in the home and lead to higher energy bills.

"Steps taken to increase energy efficiency can help to offset higher bills," Combs said. "The energy savings add up." For more information, call 1 (800) 262-7480.

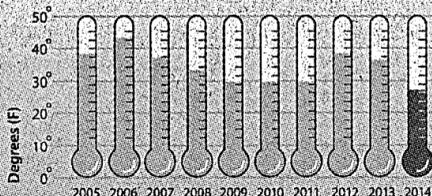
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Average January Temperatures



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HEALTH *signal*



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*Raising the
Standard*

*Dr. George W. Griffith,
Chief of Medical Staff*

February 2014

Vol. 10 • Issue 1

ROCKCASTLE
RESPIRATORY

George Griffith, M.D.



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community health-care system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 93-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. Rockcastle Regional Hospital is a six-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011 and 2012 and a U.S. News & World Report 2013 Best Nursing Home.

Mission

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

Vision

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

Values

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

Accreditation

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

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—Markey Cancer Center
- UK HealthCare Network Affiliate—Comprehensive Stroke Program
- UK HealthCare Partnership—Gill Heart Institute
- UK HealthCare Partnership—Kentucky Neuroscience Institute

Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Anele Estes (606) 256-7880.

Leadership

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

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

Stephen A. Estes, President/CEO
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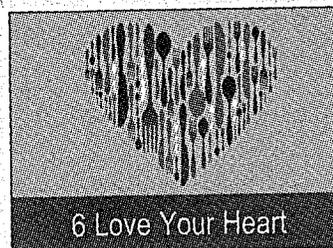
Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Jana Bray, Director
Susan Turley, Designer

FEATURES



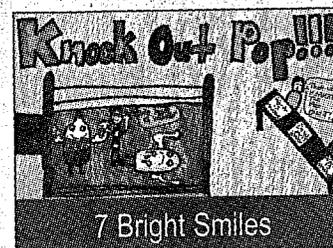
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Growing with *Excellence*

By Jana Bray, Community Relations Director

Last year, Rockcastle Regional Hospital and Respiratory Care Center broke ground for the new Rural Health Clinic. That construction project is indicative of the growth occurring throughout the organization. Since 1956, we have provided excellent healthcare, guided by a foundation of quality, safety, and compassion. Today, 58 years later, we continue to strive for excellence by challenging ourselves to become even greater.

Growth can be seen everywhere at Rockcastle Regional Hospital, not only in our structures. Our workforce is growing and evolving as well.

"The promotions and additions within our team are related to the nature of being a regional hospital," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital and Respiratory Care Center. "We are a destination employer representing a care team that other energized care givers want to join."

More about our recent employee promotions and additions can be found on page 8.

One new appointment is especially noteworthy: Dr. George W. Griffith has been appointed Chief of Medical Staff. Practicing medicine for 40 years, Dr. Griffith brings both administrative and medical experience. He is a well-respected leader in the medical community for his expertise and character. He is also regarded throughout the region for his civic leadership of organizations such as Rockcastle County Board of Health and

Rockcastle County Board of Education. He was recognized for this dedication in 2002 with the Kiwanis Club Everett C. Brown Award.

"Dr. Griffith brings an exceptional level of experience and knowledge as Chief of Medical Staff," Mr. Estes said. "Our patients will be well served under his wisdom and leadership."

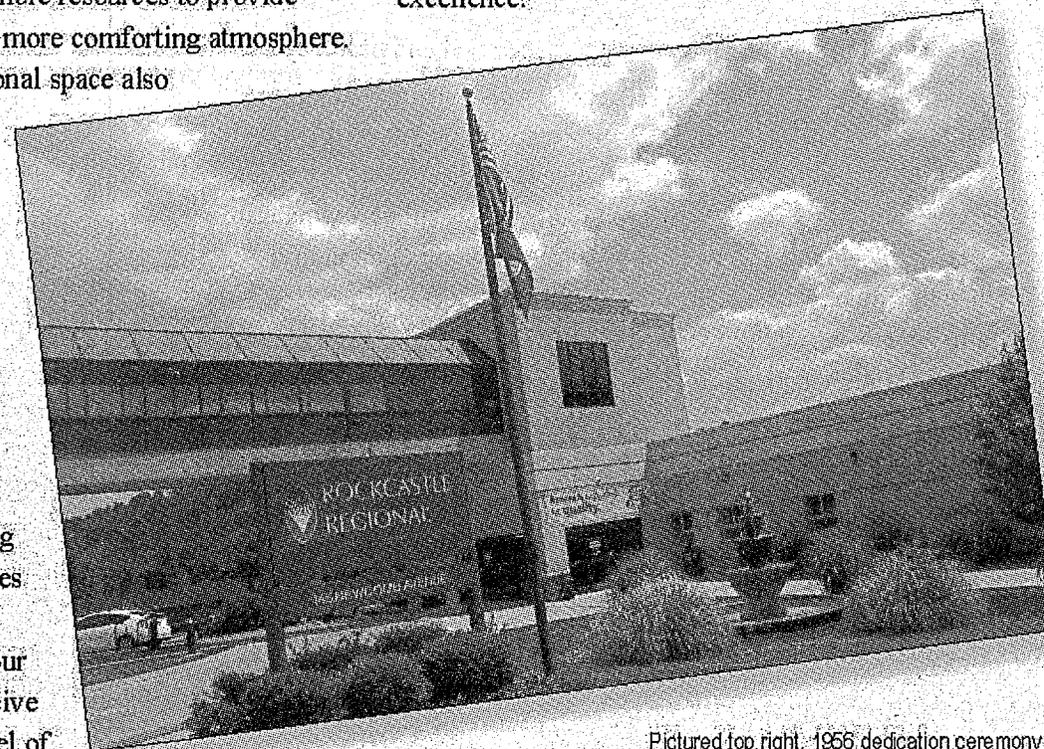
The changes occurring throughout the hospital mean real changes for the community. The growth of the Rural Health Clinic means that every patient's experience will be enhanced with amenities such as separate waiting rooms for well and sick patients, larger waiting areas, additional rooms, and more resources to provide patients with a more comforting atmosphere.

The additional space also means more resources available to allow more specialties.

"We are responding to the needs of the community," Mr. Estes said. "Providing greater resources and more specialties allow our patients to receive the highest level of



care here in Rockcastle County. We are committed to expanding our resources for future physicians who are committed to care for this community, because excellence recruits excellence."



Pictured top right, 1956 dedication ceremony of Rockcastle County Hospital. Above, Rockcastle Regional Hospital and Respiratory Care Center as seen today.

ROCKCASTLE FAMILY WELLNESS



Construction continues despite wintry weather

The new home for Rockcastle Family Wellness continues to make progress with the interior of the addition still being the main focus.

Work has resumed at a constant rate since the holidays, despite the wintry weather. The drywall is complete and the first coat of the finish painting is nearing completion; with plans to apply the final coat near the end of the project to protect from ongoing work. Sinks in the exam rooms are being installed and the flooring has been started in the bathroom. Data cabling has been pulled throughout with the installation of fiber optic cables currently underway. At around 85% complete, the construction progress is running

as scheduled and headway can be seen every day.

We invite you to drive by the construction site to see the new facility that will be a wonderful addition to our community!

Features of the nearly 34,500 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



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Please call **256-2961** to make an appointment during our extended clinic hours.

There's something about a hometown connection

By Dwain Harris, Community Relations Advisor

For years, Tena Mullins lived close to Kevin Rowe's family, and she remembers him when he was a medical student doing his clinical rotations at Rockcastle Regional Hospital. When he completed his residency and returned home to practice, she didn't hesitate to make him her family physician.

"I have always felt comfortable with him," she said. "It's very easy to talk to him," adding that the entire staff at Rockcastle Family Wellness, where Dr. Rowe practices, makes her feel just as comfortable. "I love them," she said. "They're just great."

Tena's experience with Dr. Rowe and Rockcastle Regional Hospital may be one reason Rockcastle Regional Hospital recently received the 2013 Women's Choice Award as an America's 100 Best Hospital for Patient Experience. The award was based on criteria that consider female patient satisfaction and what women say is most important.

One of those crucial elements of good care is that comfort with one's caregivers – not only for its own sake but also because it improves patient outcomes.

"Awards like these make us proud because they're based on important criteria," said Stephen A. Estes, president and CEO of

Rockcastle Regional. "They reflect our singular commitment to patient care, and in this case, to women in particular. Women often play a vital role making healthcare decisions not only for themselves, but for family members as well."

In fact, women make or influence more than 90 percent of health care decisions for themselves and their families, according to a study published by the American Academy of Family Physicians.

Tena is an example of the study's findings. Her son also is a patient of Dr. Rowe's, as was her grandmother. "He was wonderful with my grandmother," she said. Dr. Rowe delivered expert and compassionate care to her as she battled cancer and heart disease, being by her side every step of the way.



Dr. Kevin Rowe, Rockcastle Family Wellness

The Women's Choice Award is the first national award based on the recommendations and preferences of women. Hospitals qualify for this highly selective annual list of America's 100 Best Hospitals for Patient Experience based on a proprietary scoring process that incorporates a national, standardized survey of patients' perspectives of hospital care reported by the U.S.

Department of Health and Human Services (Hospital Consumer Assessment of Healthcare Providers and Systems), as well as an analysis that weighs criteria identified as the most important to women for patient satisfaction.

Rockcastle Regional Hospital, established in 1956, is a not-for-profit healthcare provider that is accredited by the Joint Commission. Located in Mt. Vernon, KY, it serves Rockcastle and surrounding counties. Six hundred employees staff the facility, which has 26 acute care beds and 93 ventilator-dependent beds.



2013
WOMEN'S CHOICE AWARD®
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

Ladies, it's a matter of heart

February is American Heart Month

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Neica Goldberg, M.D.,

Heart disease is the #1 killer of women.

medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center and an American Heart Association volunteer. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure, or extreme fatigue."

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

Even though heart disease is the No. 1

killer of women, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flue, or normal aging.

"They do this because they are scared and because they put their families first," Goldberg said. "There are still many women who are shocked that they could be having a heart attack."

A heart attack strikes someone about every 34 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol, and other substances (plaque). Many women think the signs of a heart attack are unmistakable — the image of an elephant comes to mind — but in fact they can be subtler and sometimes confusing.

"Many women I see take an aspirin if they think they are having a heart attack and never call 9-1-1," Goldberg said.

"But if they think about taking an aspirin for their heart attack, they should also call 9-1-1."

Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

Supporting 'Bright Smiles'

March is Children's Dental Health Awareness Month

By Nancy Keber, Nutritionist
Rockcastle County Health Department

Rockcastle County received a \$10,000 grant from the Kentucky Oral Health Program. The purpose of the grant is to develop an Oral health Coalition and to promote oral health with the community. Bright Smiles Coalition was formed in the spring of 2013. The coalition consists of members from Rockcastle Regional Hospital, Rockcastle Health Department, Rockcastle School System, Rockcastle Development Board, and Southern Kentucky Area Health Education Center (AHEC).

Our focus for this year is Drink More Water, Drink Less Pop.

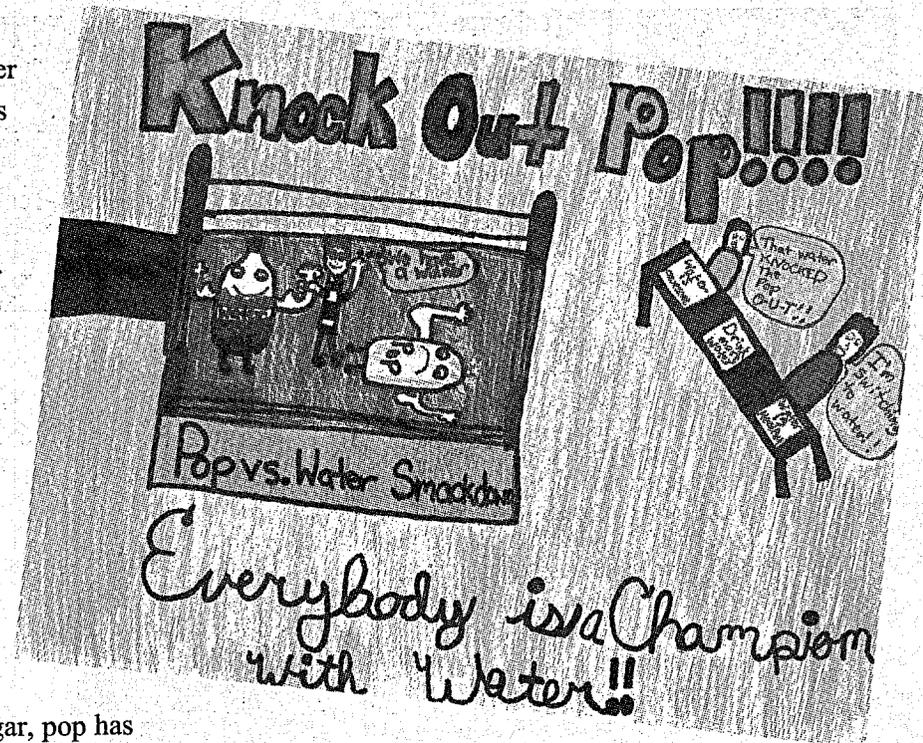
Bright Smiles Coalition has promoted oral health through ads in the Mt. Vernon Signal and public service announcements on WRVK, and a

Rethink Your Drink Display Board.

In September an assembly of 6th grade students at Rockcastle Middle

school learned about the amazing benefits of water and the damaging effects of sweetened beverages. All cells and organs in our bodies depend on water to function. Water serves as a lubricant in digestion and in our joints. Water transports nutrients and regulates body temperature. It also removes toxins from our bodies. Students learned that a 12 ounce pop has over 9 teaspoons of sugar. In addition to sugar, pop has either phosphoric or citric acid. Both the sugar and acid can damage our teeth.

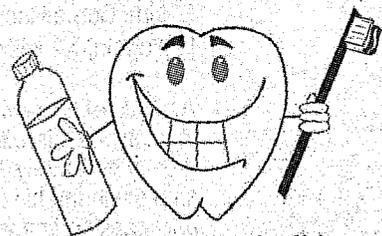
Middle school students participated in a poster contest to help get out the message: Drink More Water. Drink Less Pop. Selicity Broaddus was the first place winner. Her poster "Knock Out Pop" conveys the message that



Everybody is a Champion with Water.

Due to the increased use of bottled water less of our citizens are protected by fluoride provided through community water fluoridation. In October, Rockcastle Health Department hosted Fluoride Your Fangs, a kid friendly Fluoride Dental Varnish Clinic.

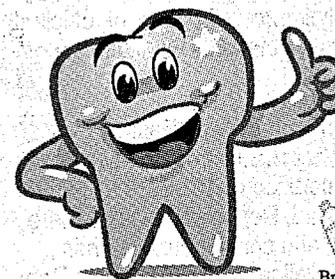
Above, the winning "Bright Smiles" poster by Rockcastle Middle School student Selicity Broaddus.



Bright Smiles Coalition



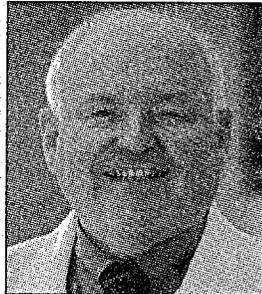
Choose a glass of water
instead of a sugar filled drink.
Your teeth will thank you!



Bright Smiles Coalition

Rockcastle Regional

Griffith appointed Chief of Medical Staff



Dr. George W. Griffith has been appointed Chief of Medical Staff at Rockcastle Regional Hospital, to which he has dedicated 40 years. Dr. Griffith received his B.A. in Chemistry from the University of Kentucky and his M.D. from the University of Louisville School of Medicine. Dr. Griffith completed his residency at Roanoke Memorial Hospital. He started his practice in Rockcastle County in 1974, continuing a

tradition of family medicine. He followed in the footsteps of his father, Dr. George H. Griffith, who began his practice in Rockcastle County in 1945.

Dr. Griffith is a pillar of the community, which he tirelessly serves through his medical practice and numerous civic organizations. Dr. Griffith resides in Rockcastle County with his wife, Charlotte. When not working, he enjoys flying, golfing, fishing, and spending time with his three children and seven grandchildren.

Frakes joins Rockcastle Family Wellness



Chasity Frakes has joined the team at Rockcastle Family Wellness as a Family Nurse Practitioner, and she's right where she wants to be. "I have the opportunity of helping my patients, and their families, with the transition from hospital to home," Chasity said. "My goal is to help patients manage their illness in hopes of avoiding an emergency room visit or

re-hospitalizations."

Chasity earned her B.S.N. from the University of Louisville and her M.S.N., A.P.R.N., and F.N.P. from Frontier Nursing University. She is certified through the American Academy of Nurse Practitioners. Natives of Hardin County, Chasity and her husband of 20 years, Justin, live in Berea. When not visiting and caring for her patients, Chasity enjoys spending time bicycling, running, and working on her photography.

Manuel named Security I



As Rockcastle Regional Hospital's new Security I, Luke Manuel has immersed himself in the role and has a background in Law Enforcement & Security, Government, and Kentucky University.

His experience comes from the Marine Corps. He completed his boot camp at Camp Pendleton, Calif., and served in South Carolina where he then was assigned to the 1st Marine Division Barracks in Washington, D.C. He served as a security guard during ceremonies at the Pentagon, and Arlington National Cemetery. Luke was assigned to Camp Lejeune, North Carolina, and deployed to Fallujah (2005-2006). During these tours, he was a Martial Arts Instructor, and a Security Guard. When Luke returned to the Marine Corps Recruiting Station in Lexington, KY with a recruit

A native of Stoneville, NC, Luke Manuel lives in Lexington with his wife, Amanda, and a baby girl in July. Luke enjoys spending time exploring his outdoor interests, including backpacking and wilderness. "I am excited about his new position," he said. "I am calling to serve, and this job is a great service by giving me the opportunity to serve and around my community."

McClure named Trauma Coordinator



Renee McClure has been named the trauma coordinator of the emergency department at Rockcastle Regional Hospital. "I love emergency nursing and am excited about getting started as the trauma coordinator to help Rockcastle Regional continue to move toward becoming a Level IV Trauma Center," Renee said. "I am very fortunate to work with such a knowledgeable emergency department

team. The trauma designation means we will continue to provide, and constantly improve the level of, efficient and timely trauma care to our patients when time is of the essence."

Renee earned her B.S. in Biology from Eastern Kentucky University and her B.S.N. from the University of Kentucky; she is also certified in ACLS, PALS, and TNCC. A native of Brodhead, Renee still resides there with her husband, Jamie, and son, Dominic. In her spare time, she enjoys traveling, doing crafts with Dominic, cooking, and entertaining for family and friends.

Wesley new to Rockcastle Regional



Megan Wesley says the thing she enjoys most about her job as a speech language pathologist is the privilege of treating such a variety of patients.

Megan earned her B.S. and M.A. Ed. in Communication Disorders from Eastern Kentucky University. She is certified in ASHA/Kentucky Speech Hearing. Megan is originally from Liberty, KY and now resides in Danville. When not helping her patients, she enjoys running, hiking, and spending time with her mother, three siblings, and friends.



**ROCKCASTLE
REGIONAL
HOSPITAL ■ RESPIRATORY CARE CENTER**

al is on the **GROW**

Director

Rockcastle Regional Hospital's Security Director, Luke [Name], has been named. Luke's priority is the safety of employees, and visitors. Luke has experience in this field [Name] S. in Assets Protection with a concentration in Security, from Eastern University.

[Name] has a career in the Marine Corps. [Name] served at Camp in Parris Island, South Carolina, assigned to the Marine Corps, serving on the honor guard at the White House, Pentagon, and Arlington Cemetery. In 2004, Luke was deployed to Iraq (2006) and Baghdad (2007). [Name] was an Infantry Platoon Sergeant, a Classified Custodial Clerk. [Name] has served in the States, he attended the [Name] school and was stationed in the [Name] region of 10 counties.

[Name] and [Name] now reside in [Name] and they are expecting [Name] boys spending his spare time on interests such as minimalist survival. He's excited about his job here. [Name] said, "I've always had a desire to continue that opportunity to protect those in

Bray joins Rockcastle Regional



Jana Bray has joined our team as Director of Community Relations, and she couldn't be more excited. In describing why she chose to work at Rockcastle Regional Hospital she said, "This is my dream job. I have the privilege of having a career where the purpose is to help my community and my neighbors. Rockcastle Regional is such a driving force in the county for

health and wellness, joining this team affords me the opportunity to make a difference in this community. As a mother, it is a great reward for me to know that I am making the community a greater place to raise my son."

Jana earned her B.A. in History & Social Science at Lindsey Wilson College. A native of Ashland, KY, Jana currently lives in Rockcastle County with her husband, Josh, and their son, Trapper. When not at work, Jana enjoys playing piano and any activity that she can help Trapper develop a love for the outdoors, like golfing and gardening.

Kincer new Employee Wellness Coordinator



Morgan Kincer has been appointed the Employee Wellness Coordinator for Rockcastle Regional Hospital. "The opportunity to serve the employees of Rockcastle Regional is such a blessing!" Morgan said. "I love that my job empowers people to become the healthiest versions of themselves. This, in turn, leads to a higher quality of care delivered to our patients and a happier place to work."

Morgan earned her B.S. in Kinesiology & Public Health from Georgetown College, with a minor in Religious Studies. Morgan resides in Mt. Vernon, where she was born and raised by her parents, Mike and Melinda Kincer, along with her brother, Logan. Coordinating employee wellness suits Morgan perfectly because she lives "wellness" every day. In her spare time she enjoys activities like yoga, mountain biking, and scuba diving.

McClure named Business Office Manager



Emily McClure has been named business office manager for Rockcastle Regional Hospital. Emily has been an employee of the hospital for 13 years. "I am really excited for the opportunity to serve Rockcastle Regional Hospital," Emily said. "I am encouraged by all of the support I have received, not only within my department, but also throughout the facility. The teamwork and dedication of the staff make this organization an ideal place to work."

A native of Rockcastle County, Emily and her husband, Matt, live in Brodhead with their daughter, Lauren. When not managing the business office, she enjoys reading and hunting.

Dull named Rural Health Clinic Staffing Manager

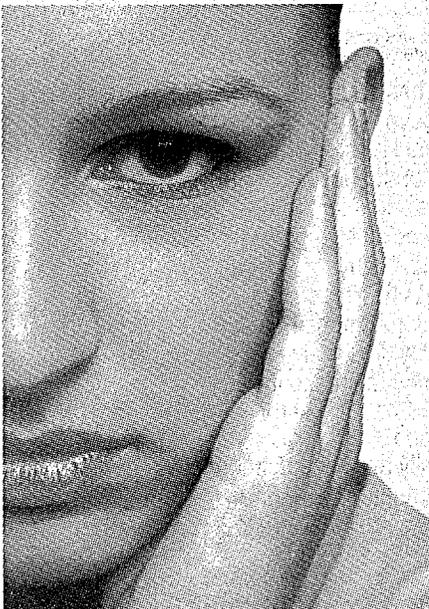


Abby Dull has been named Rural Health Clinic staffing manager and administrative assistant. "I love people and the ability to assist whoever I can, whenever I can," Abby said. "My desire is to have every person leaving this facility knowing they have been noticed, cared about, and that they are appreciated."

Abby has been a part of the team at Rockcastle Regional Hospital for four years and plans to pursue a degree in business administration this fall. She was born in Seoul, South Korea and raised in Brodhead and Berea by her parents, Daniel and Debra Dull. Abby has three siblings named Luke, Nathan, and Hope. She loves to stay busy in her spare time by hiking, cooking, and just enjoying the outdoors. Abby is very active at her church, Bible Baptist in Mt. Vernon, especially in the choir.

[YOUR HEALTH]

Suffering from the 'winter blues'?



Counseling Services

Now available at Rockcastle Regional's Rural Health Clinic

Chelsen Larkey is a Licensed Professional Counselor Associate (LPCA) by the Kentucky Board of Licensed Professional Counselors. She is also certified by the National Board of Certified Counselors. Chelsen earned her B.A. in Human Services and her Masters of Education-Counseling and Human Development, both from Lindsey Wilson College.



For more information on the counseling services or to schedule an appointment at Rockcastle Regional's Rural Health Clinic contact your Rockcastle Family Wellness medical provider. Counseling sessions will be held in conjunction with regular visits to your health care provider.

Some people suffer from symptoms of depression during the winter months, with symptoms subsiding during the spring and summer months. These symptoms may be a sign of seasonal affective disorder (SAD). SAD is a mood disorder associated with depression and related to seasonal variations of light. SAD affects half a million people every winter between September and April, peaking in December, January, and February. The "Winter Blues," a milder form of SAD, may affect even more people.

Prevalence

- Three out of four SAD sufferers are women.
- The main age of onset of SAD is between 18 and 30 years of age.
- SAD occurs in both the northern and southern hemispheres, but is extremely rare in those living within 30 degrees latitude of the equator.
- The severity of SAD depends both on a person's vulnerability to the disorder and his or her geographical location.

Symptoms

A diagnosis of SAD can be made after three consecutive winters of the following symptoms if they are also followed by complete remission of symptoms in the spring and summer months:

- *Depression:* misery, guilt, loss of self-esteem, hopelessness, despair, and apathy

- *Anxiety:* tension and inability to tolerate stress

- *Mood changes:* extremes of mood and, in some, periods of mania in spring and summer

- *Sleep problems:* desire to oversleep and difficulty staying awake or, sometimes, disturbed sleep and early morning waking

- *Lethargy:* feeling of fatigue and inability to carry out normal routine

- *Overeating:* craving for starchy and sweet foods resulting in weight gain

- *Social problems:* irritability and desire to avoid social contact

- *Sexual problems:* loss of libido and decreased interest in physical contact

Causes

- As sunlight has affected the seasonal activities of animals (i.e., reproductive cycles and hibernation), SAD may be an effect of this seasonal light variation in humans. As seasons change, there is a shift in our "biological internal clocks" or circadian rhythm, due partly to these changes in sunlight patterns. This can cause our biological clocks to be out of "step" with our daily schedules.

- Melatonin, a sleep-related hormone secreted by the pineal gland in the brain, has been linked to SAD. This hormone, which may cause symptoms of depression, is produced at increased levels in the

dark. Therefore, when the days are shorter and darker the production of this hormone increases.

Treatments for Seasonal Affective Disorder

- Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin. Although, there have been no research findings to definitely link this therapy with an antidepressant effect, light therapy has been shown to be effective in up to 85 percent of diagnosed cases. Patients remain in light up to ten times the intensity of normal domestic lighting up to four hours a day, but may carry on normal activities such as eating or reading while undergoing treatment. The device most often used today is a bank of white fluorescent lights on a metal reflector and shield with a plastic screen.

- For mild symptoms, spending time outdoors during the day or arranging homes and workplaces to receive more sunlight may be helpful. One study found that an hour's walk in winter sunlight was as effective as two and a half hours under bright artificial light.

- If phototherapy does not work, an antidepressant drug may prove effective in reducing or eliminating SAD symptoms, but there may be unwanted side effects to consider. Discuss your symptoms thoroughly with your family doctor and/or mental health professional.

[YOUR HEALTH]

March is Colorectal Cancer Awareness Month

Five myths about colorectal cancer

In many cases, colorectal cancer can be prevented. Still, it's one of the 5 most common cancers in men and women in the United States. Colorectal cancer is also one of the leading causes of cancer death in the United States. Don't let these 5 common myths stop you from getting the lifesaving tests you need, when you need them.

Myth: Colorectal cancer is a man's disease.

Truth: Colorectal cancer is just as common among women as men. Each year, about 150,000 Americans are diagnosed with colorectal cancer, and more than 50,000 die from it.

Myth: Colorectal cancer cannot be prevented.

Truth: In many cases colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts. These tests can find polyps: double contrast barium enema, flexible sigmoidoscopy, colonoscopy, or CT colonography (virtual colonoscopy). Talk to your doctor about which test is best for you.

Other ways to help lower your chances of getting colorectal cancer:

- Get to and stay at a healthy weight through out life; stay lean without being underweight.
- Be physically active; limit the time you spend sitting, lying down, watching TV, etc.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains over refined grain products.

- Limit the amount of red meat and processed meat you eat.
- If you drink alcohol, limit the amount to 1 drink per day for women, 2 per day for men.
- Don't use tobacco in any form.

Myth: African Americans are not at risk for colorectal cancer.

Truth: African-American men and women are diagnosed with and die from colorectal cancer at higher rates than men and women of any other US racial or ethnic group. The reason for this is not yet understood.

Myth: Age doesn't matter when it comes to getting colorectal cancer.

Truth: More than 90% of all colorectal cancers are found in people who are 50 and older. For this reason, the American Cancer Society recommends you start getting checked for this cancer when you are 50. People who are at a higher risk for colorectal cancer—such as those who have colon or rectal cancer in their families—may need to begin testing when they are younger. Ask your doctor when you should start getting tested and how often you should be tested.

Myth: It's better not to get tested for colorectal cancer because it's deadly anyway.

Truth: Colorectal cancer is often highly treatable. If it's found and treated early (while it's small and before it has spread), the 5-year survival rate is about 90%. But because many people are not getting tested, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

Screening for Colorectal Cancer

It's the Right Choice

Of cancers that affect both men and women, colorectal (colon) cancer is the

#2

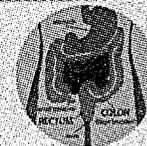
cause of cancer deaths in the U.S.

But it doesn't have to be. Screening tests can find this cancer early, when treatment works best.

23 million Americans are not up-to-date on screening.

About 51,000 people die from colorectal cancer each year.

Recommended screening could prevent at least 60% of these deaths!



Screening can find polyps (abnormal growths) so they can be removed before turning into cancer.



Screening should start at 50 and continue until age 75 for most men and women.

There's More Than One Test. You Have a Choice!

High-sensitivity fecal occult blood test (FOBT): You do this test at home and send stool samples to a doctor's office or lab.

Flexible sigmoidoscopy: The doctor looks for polyps or cancer in the rectum and lower third of the colon.

Colonoscopy: The doctor looks for polyps or cancer in the rectum and the entire colon.

Colon cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get screened!

Talk to your doctor if you or a close relative have:

- inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Lynch syndrome (familial adenomatous polyposis)
- hereditary nonpolyposis colorectal cancer

If you have any of these risks, you may need to start screening before age 50 and be tested earlier and more often than other people.



For more information:
www.cdc.gov/cancer/colorectal/

[UK CONNECTIONS]

UKHealthCare

Melina Aguinaga-Meza, M.D. • Cardiology
 Lauren Anderson-de Moreno, M.D. • Otolaryngology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Paul Anaya, M.D. • Cardiology
 Susanne Arnold, M.D. • Hematology & Oncology
 Louis I. Bezold, M.D. • Pediatric Cardiology
 David C. Booth, M.D. • Cardiology
 Jeffery T. Brumfield, M.D. • Cardiology
 Ketan Buch, M.D. • Pulmonology
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 Lisa Klein, M.D. • Pediatric Cardiology
 Christian Latterman, M.D. • Orthopaedic Surgery
 Steve Leung, M.D. • Cardiology
 Majd Makhoul, M.D. • Pediatric Cardiology
 Jeremiah Martin, M.D. • Cardiothoracic Surgery
 Rick McClure, M.D. • Cardiology
 Amr Mohamed M.D. • Nephrology
 Gustavo Morales, M.D. • Cardiology
 Timothy W. Mullett, M.D. • Cardiothoracic Surgery
 M. Elizabeth Oates, M.D. • Teleradiology
 Navin Rajagopalan, M.D. • Cardiology
 William Robertson, M.D. • Pediatric Neurology
 Edward Romond, M.D. • Hematology & Oncology
 Sarah Rugg, M.D. • Cardiology
 Siby P. Saha, M.D. • Cardiothoracic Surgery
 Douglas Schneider, M.D. • Pediatric Cardiology
 Steven I. Shedlofsky, M.D. • Gastroenterology
 Partha Sinha, M.D. • Teleradiology
 Sean C. Skinner, M.D. • Pediatric Surgery
 Susan Smyth, M.D. • Cardiology
 Vincent L. Sorrell, M.D. • Cardiology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Jonathan Webb, M.D. • Nephrology
 Thomas Wayne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery
 Frederick M. Zachman, M.D. • Gynecology

Gender differences in COPD patients

By Allison Perry • Courtesy of UK HealthCare Public Relations

A new study review authored by the University of Kentucky's Dr. David Mannino examines the gender differences in the prevalence, pathophysiology, and clinical presentation of chronic obstructive pulmonary disease (COPD) and how this information may ultimately be used to identify areas for future work.

COPD is a complex disease that affects patients in both developed and developing countries around the world. Historically considered a men's disease, the prevalence and mortality of COPD has increased more rapidly in women than in men during the past two decades.

The review, published in *Translational Research*, examines potential reasons for this increase. The change has been largely attributed to the changing smoking trends during the last 50 years — for instance, in developing countries, the prevalence of female smokers is predicted to increase to 20 percent by 2025, up from only nine percent in 2000. Other environmental risk factors, such as exposures to occupational dusts or chemicals and air pollution, may be a cause due to women entering into historically male jobs.

Newer evidence also suggests that men and women differ in susceptibility to smoking, possibly because of hormonal mechanisms — female sex hormones have been known to influence airway function, and during childhood,



girls experience a larger reduction in lung function than boys when exposed to either tobacco smoke or environmental air pollution.

Additionally, the clinical presentation, comorbidities and disease perception of COPD may vary between the genders and may ultimately influence treatment decisions and strategies.

"Over my 30 years of treating patients, I've seen the number of women with COPD increase dramatically to where they now outnumber the number of men with COPD in my practice," said Mannino, professor and chair of Preventive Medicine and Environmental Health at the UK College of Public Health. "Women with COPD are particularly at risk for certain complications, such as osteoporosis."

[UK CONNECTIONS]

*Hidden winter danger***UK Experts Warn of Increased Risk of Carbon Monoxide Poisoning**

By Kristi Lopez • Courtesy of UK HealthCare Public Relations

Wintery weather and extremely cold temperatures mean an increased chance of cases involving carbon monoxide poisoning in the workplace. When fuel-burning equipment or tools are used in buildings or in semi-enclosed spaces without ventilation, workers can become ill or die from carbon monoxide poisoning.

The Kentucky Injury Prevention and Research Center (KIPRC), housed at the University of Kentucky College of Public Health, and the Kentucky Labor Cabinet are partnering to warn employers and employees to take precautions. "Carbon monoxide is so dangerous because it doesn't have an odor or a taste," said Kentucky Labor Cabinet Secretary Larry Roberts. "It becomes an increased hazard when workplaces start shutting windows and doors to keep out the cold weather."

The hazard of carbon monoxide (CO) poisoning results from the incomplete burning of natural gas and any other material containing carbon, such as kerosene, oil, propane, wood, coal or gasoline. Carbon monoxide is found in combustion exhaust produced by cars and trucks, small gasoline engines, stoves, lanterns,

and in gas ranges and heating systems. During winter months, the possibility of cases of carbon monoxide poisoning increases among workers due to the use of equipment in indoor spaces that are sealed to block out the cold and wind.

The Center for Disease Control and Prevention reports that each year in the United States, carbon monoxide poisoning is responsible for approximately 450 unintentional deaths and more than 20,000 emergency department visits.

KIPRC reports that from 2008-2012, there were more than 1,130 visits to Kentucky emergency departments because

of carbon monoxide poisoning, and at least 82 of those cases were work-related.

"Carbon monoxide can lead to sickness or even death in a matter of minutes," said Terry Bunn, director of KIPRC and associate professor in the Department of Preventive Medicine and Environmental Health in the UK College of Public Health. "The KIPRC is very glad to work with the Kentucky Labor Cabinet to warn people about the dangers of carbon monoxide poisoning. Everyone should be aware of the causes, risk factors and symptoms, and anyone who suspects carbon monoxide poisoning should seek immediate medical treatment."

**CARBON MONOXIDE HAZARD**

Carbon monoxide fumes can be harmful or fatal.
You cannot see or smell this gas.

Carbon Monoxide Poisoning**Who is at risk?**

- Workers most at risk include welders, garage mechanics, firefighters, diesel engine operators, forklift operators, toll booth or tunnel attendants, police officers and taxi drivers.
- Those who work in or around boiler rooms, breweries, warehouses, petroleum refineries, pulp and paper production, steel production, docks, blast furnaces or coke (bee-hive) ovens may be at risk of CO poisoning.

What is carbon monoxide?

- Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood.
- CO is non-irritating and can overcome persons without warning.
- Many cases of CO poisoning involve victims who were using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation.

What are the effects?

- Severe carbon monoxide poisoning causes neurological damage, illness, coma and death.

What are the symptoms?

- Headaches, dizziness and drowsiness.
- Nausea, vomiting, tightness across the chest.

What should victims do if exposed?

- Victims who experience symptoms of CO poisoning need to get to fresh air right away.
- Seek immediate medical attention.

How can I prevent CO exposure?

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces and basements. Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves, ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air, if available.

Wellness Center instructors can help you *Reach your goals*



REBEKAH ARVIN teaches Trifecta. She is certified in kick-boxing and step. Rebekah has taught classes for years and began in the Wellness Center in January.



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



CHELSEA PAYNE teaches SilverSneakers®. Chelsea is a certified personal trainer and has worked at the wellness center for one year.



JARED BROWN teaches Cross Training. He is an ASA certified personal trainer in individual and group training. Jared began teaching classes in October.



LINDSAY GABBARD teaches PILOXING. Lindsay is a certified PILOXING instructor, certified personal trainer, and registered dietitian. She has been teaching for two years.



ROBBY TAYLOR teaches Yoga. He is certified in Yoga fit levels one and two and is a licensed physical therapist. Robby has been teaching yoga for one year.



ANGELA COFFEY teaches Bokwa. She is certified in Level 1 Bokwa. Angela began teaching in the Wellness Center in October.



BEVERLY LEWGOOD leads the weekly Weight Watchers meetings. She has been a Weight Watchers leader for over 12 years.



ANGIE THOMAS teaches Zumba and BUTI Yoga. Angie is certified in Zumba, Zumba Toning and BUTI Yoga. She has been teaching Zumba for two years and recently began BUTI Yoga.



JAMIE ELLISON teaches Spin and Rockin' Fit Kids. She is certified in aerobics and personal training. She has been teaching spin since 2012.



SUSAN NORTON teaches Zumba. Susan is a certified Zumba instructor. She has taught at the Wellness Center for two years.

For complete class details and schedule visit rockcastleregional.org/wellnesscenter

CLASS DESCRIPTIONS

Bokwa

Bokwa participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants of all ages draw the Bokwa L, 3, J, K and dozens of other steps.

BUTI

BUTI™ focuses on female-empowerment. The signature movements fuse yoga, dance, plyometrics, and functions for its core. The goal of BUTI workouts is to guide women through movement, nutrition, and wellness to support overall wellness.

Cross Training

Give the weight machines and treadmills a break. Put yourself through an explosive exercise routine that will burn more calories and tone your body at the same time!

Karate

Karate incorporates exercises to involve the use of all parts of the body by improving strength, flexibility, balance, coordination, reflexes, and cardiovascular health. Karate works to improve focus and confidence by promoting discipline and respect in a goal-oriented atmosphere.

PILOXING

Piloxing® Piloxing is an exciting fitness program that blends the best of pilates, boxing, and dance into a high-energy interval work-

out. Using the most current science, Piloxing incorporates formats such as interval and barefoot training, to burn maximum calories and increase stamina. Piloxing uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. Piloxing provides an excellent muscle-toning workout.

Rockin' Kids Fitness

Kid's fitness classes works to improve coordination, balance, strength, and posture through aerobic activity, stretching, and strengthening moves.

SilverSneakers® Classic

Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. SilverSneakers® is a registered mark of Healthway, Inc.

SilverSneakers® Stretch

SilverSneakers® Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Spin

Spin is the best low impact cardio fitness available. There's no impact on knees, but after class you will feel like you ran a half-mar-

athon. You can guarantee to burn over 800 calories each workout. This class is non-stop pedaling on a stationary bike.

Trifecta Training

Trifecta Training is a fusion of cardio endurance, strength training, and core work designed for a total body workout. Various equipment will be used to assist with conditioning for a stronger body.

Weight Watchers®

Weight Watchers® meetings are a great way to stay focused with weekly inspiration and the kind of enthusiasm you can only get in person. Share other people's experiences and perspectives to help overcome your own challenges.

Yoga

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

Zumba

Zumba is a fun, energetic way to dance your way into shape. It is for all ages and fitness levels. Try Zumba – ditch the workout and join the Party!!

The Wellness Center is located on the
3rd floor of the Outpatient Services Center

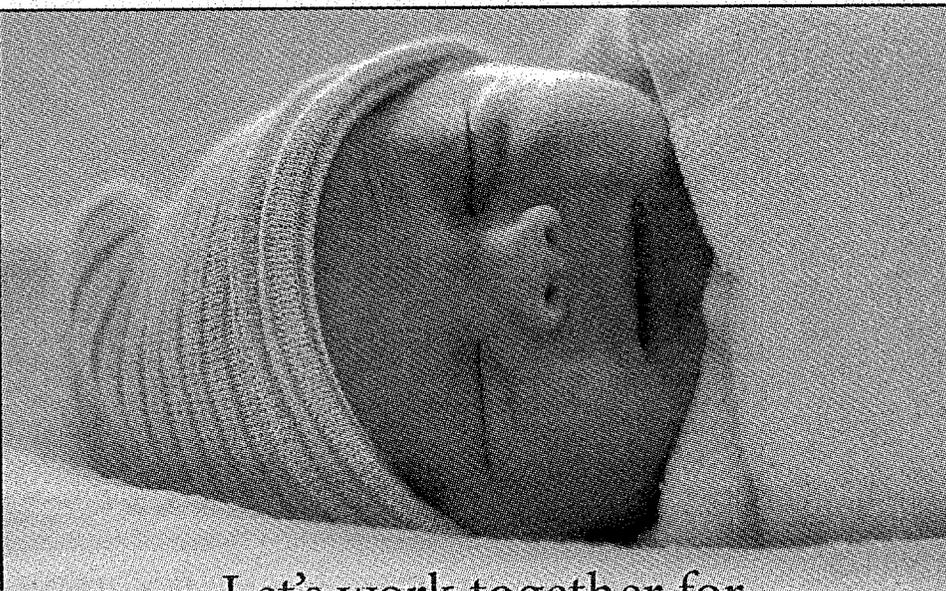


Be a Superhero

Let's save the world from cancer!
Join Rockcastle County's Relay for Life.
April 1, 2014 is registration deadline for teams. For more information contact
Melissa Brock at (606) 256-7703.



Save the Date: 2014 Relay for Life event is Friday, May 16



Let's work together for
stronger, healthier babies

Want to join our team?
Contact Jana Bray
at (606)256-7880
to learn more.

march  of dimes
march for babies™

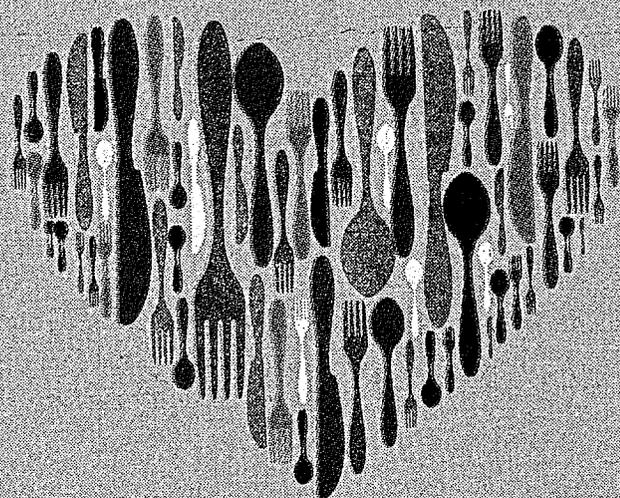
ROCKCASTLE REGIONAL

Physicians Based in Rockcastle County

Jon A. Arvin, M.D.	Family Practice
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gómez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics

Visiting Physicians

Melina Aguinaga-Meza, M.D.	Cardiology
Lauren Anderson-de Moreno, M.D.	Otolaryngology
Michael Anstead, M.D.	Pulmonology
Susanne Arnold, M.D.	Oncology
Azhar Aslam, M.D.	Cardiology
Paul Anaya, M.D.	Cardiology
David C. Booth, M.D.	Cardiology
Jeffrey T. Brumfield	Cardiology
Ketan Buch, M.D.	Pulmonology
Lee Cain, O.D.	Optometry
Charles Campbell, M.D.	Cardiology
Jennifer Chadwell, D.M.D.	Dentistry
Mara C. Chambers, M.D.	Oncology
Aftab Chishtii, M.D.	Pediatric Nephrology
Ernest L. Coburn, M.D.	Radiology
James K. Crager, M.D.	Cardiology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
W. Lisle Dalton, M.D.	Gynecology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Beatriz Y. Hanaoka, M.D.	Rheumatology
Amy Hessler, D.O.	Neurology
Thomas W. Howard, M.D.	Rheumatology
James Huffman, M.D.	Ophthalmology
Mark Huffman, M.D.	Ophthalmology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Dennie V. Jones, M.D.	Hematology/Medical Oncology
Michael Jones, M.D.	Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Lisa Klein, M.D.	Pediatric Cardiology
Christian Knecht, M.D.	General Surgery
Paul K. Krestik, D.P.M.	Podiatry
Christian Lattermann, M.D.	Orthopaedic Surgery
Steve Leung, M.D.	Cardiology
Iraklis Livas, M.D.	Allergy/Immunology
Majd Makhoul, M.D.	Pediatric Cardiology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Jeremiah Martin, M.D.	Cardio/Thoracic Surgery
Rick R. McClure, M.D.	Cardiology
Amr Mohamed, M.D.	Nephrology
Gustavo Morales, M.D.	Cardiology
Timothy Mullett, M.D.	Thoracic Surgery
M. Elizabeth Oates, M.D.	Teleradiology
Douglas G. Owen, M.D.	Ophthalmology
Anthony Parenti, M.D.	Wound Care
Navin Rajagopalan, M.D.	Cardiology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Edward Romond, M.D.	Hematology/Oncology
Sarah Rugg, M.D.	Cardiology
Sibu P. Saha, M.D.	Cardiothoracic Surgery
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Steven Shedlofsky, M.D.	Gastroenterology
Partha Sinha, M.D.	Teleradiology
Sean C. Skinner, M.D.	Pediatric Surgery
Susan Smyth, M.D.	UK Cardiology
Vincent L. Sorrell, M.D.	UK Cardiology
Mark Vranicar, M.D.	Pediatric Cardiology
Jonathan Webb, M.D.	UK Nephrology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas Whyne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
Frederick M. Zachman, M.D.	Gynecology



Come see what we've got cooking!

A healthy diet can be a woman's first line of defense against heart disease! Join us for an educational and fun-filled FREE event to learn more about heart disease and how to make simple changes in your diet for a heart-healthier YOU! The event features experts on heart health, educational booths, door prizes, and a heart-healthy meal!

Special Guests:

Dr. Rick McClure, Cardiologist
UK Gill Heart Institute

Lindsay Gabbard, Dietitian
Rockcastle Regional Hospital

**Bring your favorite "Heart Healthy" recipes!
Recipes will be compiled into a cookbook
for all attendees! (Bring a recipe and earn
an extra prize drawing entry!)**

**All participants will be
entered to win a red
KitchenAid® Food Processor!**

*Love your
Heart*

Thursday, February 27, 2014
Rockcastle Middle School • 5:30 p.m.

Please register by February 21. Contact Jana Bray
at (606) 256-7880 or j.bray@rhrcc.org

 **ROCKCASTLE
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