

## Hensley named National Award Winner

The United States Achievement Academy announced that Derrick Hensley of Orlando, has been named a United States National Award Winner in Leadership & Science and History & Government.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognized fewer than 10% of all American high school students.

Derrick, who attends RCMS, was nominated for the national award by Melissa Singleton, a teacher at the school.

Derrick, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winners should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy Selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The criteria

for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.

Derrick is the son of Larry and Kathy Hensley of Orlando and the grandson of Steve and Yvonne Riley of Richmond and Owen and Lillie Hensley of Orlando.



Derrick Hensley



Rita Dawn Taylor and Michelle Marie Taylor graduated from Somerset Technical College on May 4, 2001. Rita received an Associate of Applied Technology - Medical Technology degree in Medical Administration. Michelle received an Associate of Applied Technology - Medical Technology degree in Medical Transcription. She also received a diploma in Accounting. Rita and Michelle are the daughters of Garry and Janet Taylor of Crab Orchard.

## Health Department news

The Rockcastle Community Health Council was formed in 1998 for the purpose of assessing the health status of Rockcastle County. Since that time the community health council has met regularly to network and coordinate health strategies in the community.

Recently, the council has determined that a reassessment is necessary to address the current health needs of our community. This month the council will meet to discuss assessment tools available for this purpose.

The Rockcastle County Health Department has been conducting a three-month Child Safety Campaign. The program began with a three-hour visual survey conducted at the Mt. Vernon, Main Street intersection to assess how many citizens aged 21 and younger were properly restrained

with seatbelts or car seats. Of the 232 people viewed, 63% were not properly restrained. A one-hour visual survey was also conducted at the Rockcastle High School. 76% were not wearing seatbelts.

Since March, safety information has been distributed to all day care and head start centers and the high school. Additional safety information was released through the newspaper and on the radio. KREPS, a drama group, will be presenting a safety skit during the month of May. The public has also been made aware of the importance of safety restraints through an initiative by the State Police called Click it or Ticket.

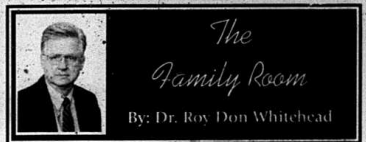
Drive Smart, in coordination with the health department, Department of Transportation and the State Police conducted a safety seat check on April 17, 2001. Five car seats were inspected with a misuse rate of 10.0%. Three seats were found to be in need of replacement and new seats were issued to the families.

On May 14, repeat visual surveys were taken in town and at the high school. We were pleased to note an improvement in seatbelt and car seat compliance. There was a 3% improvement in town and an 18% improvement rate at the high school.

May is Hypertension Awareness Month. The American Heart Association estimates that one in four U.S. adults has high blood pressure, but nearly one-third of these people don't even know they have it. Research shows that high blood pressure is a disease that often is a symptomatic adult should have regular blood pressure checks. The Rockcastle Health Department is offering a free health

packet to adults who come in for a blood pressure check during the month of May.

Coming Up... June 22 is Headache Awareness Day. An information display and self-directed test will be made available by the health department at a location to be announced.



## The Family Room

By: Dr. Roy Don Whitehead

### Can You Solve It Alone?

You have to do it yourself. And you can't do it alone.

Martin Ruttie

Floves statements like this one that appear to be contradictory and yet are true. I do not know Mr. Ruttie, but I am glad he put this thought on paper. If you do not understand what Mr. Ruttie means, then consider the following two examples. (All characters are fictitious.)

George's family was very concerned about him. He had been acting strangely for more than two months. Usually a happy, outgoing sort, George now spent most of his time watching TV and talking to no one. When a family member would try to talk with him, George would answer in grunts that said unmistakably that he did not want to be bothered.

George would also become angry with the slightest provocation. When the lawnmower would not start, he cursed it soundly and put a few dents in it with a hammer. When his neighbor came home from a date, George exploded at her and his boyfriend. His wife learned to tiptoe carefully around George so as not to provoke his wrath.

Finally, his wife had a talk with George. She pointed out how his behavior had changed and said, "George, you need some help. Something is wrong with you, and I don't know what it is. Please go see the doctor."

George flatly refused. "I am fine and I don't need any help," he shouted at his wife. "Any problems I have I can work out all by myself. I'm just tired from working too much. No!"

George was very familiar with the first part of Mr. Ruttie's statement. "You have to do it yourself," but George did not believe the second part. "And you can't do it alone." George considered it a weakness to seek help for the problems that he was having and so condemned himself and his family to many more months of misery, when help was as close as his doctor.

Dorothy had a different kind of problem than George did and a different approach to solving it. Dorothy was in an abusive relationship. Her boyfriend of one year began abusing her six months ago. At first the abuse was subtle, as he tried to control where she went and to whom she talked.

Soon he began accusing her of seeing other men and now was pushing her around physically.

Dorothy told her boyfriend to stay away from her house, but he would get drunk and come over. She would let him in to "try to talk some sense into him," and he would stay. Dorothy asked everyone she could think of for help. She talked to family, friends and even went to see her doctor. All of them told her the same thing, "Get away from him before he hurts you!"

Dorothy tried but she could not say no to him and make it stick. She kept on talking to people, looking for someone who could give her the answer.

She kept hoping that someone could help her out of her situation. Dorothy knew that she could not do it alone, but she did not know that she had to do it herself.

Thank you, Mr. Ruttie, for stating the truth so succinctly.

## Dobbs spends summer in the mission field

Every summer students from Cumberland College forgo their summer vacations and get involved in missions. Students have spent summers working on every continent, including the United States. This summer is no different. Cumberland is pleased to have several of their students involved in projects ranging from construction work to reading Bible stories to children of all ages.

Stephanie Dobbs, daughter of Bentley and Leola Cromer, of Mt. Vernon will be spending the summer serving in Maryland.

Cumberland College, located in Williamsburg, is a private liberal arts college in its 112th year of operation. Cumberland offers four undergraduate degrees in 37 major fields of study, 30 minors and nine pre-professional programs.

Absolute Estate

# Auction

of the late Mr. Ray Bullock's

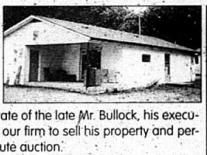
## Store Building & Inventory House & Personal Property

### Fri., May 25, 2001 at 1:30 p.m.

Bee Lick section of Pulaski County

**Location:** Take Highway 39 north from Somerset approximately 16.6 miles to the auction. Auction signs are posted.

In order to settle the estate of the late Mr. Bullock, his executor has contracted with our firm to sell his property and personal property at absolute auction.



**Tract 1** has 127 feet of frontage along Highway 39 and is 223 feet deep. This tract is improved with the above-pictured frame house. The house has living room, kitchen, two bedrooms and bath on the main floor and two bedrooms upstairs. There is a rear porch with utility room. It has baseboard electric heat and propane wall units as a supplement. It has aluminum siding, storm doors and windows, water is furnished by a well and city water is available.

**Tract 2** measures 63 feet along Hwy. 39 and is 187 feet deep. It is improved with the above pictured concrete block store building. The store has concrete flooring, central air, ceiling cable heat, vinyl trim, paneled and nipped.

**Tract 3** measures 70' x 183' deep. City water is available. This would make an excellent commercial or residential lot.

**Auctioneers Note:** Each of the tracts will be offered separately and then combined selling in whatever manner reflects the best returns for the seller. If you are in the market for your own business then look this over. The Bullock family has enjoyed this successful business location for many years!

### Personal Property, Inventory & Knives to be Sold

The inventory and equipment will be offered separately and then combined with the store property.

**Equipment includes:** Husman ice cream cooler \* Whirlpool upright freezer \* sharp cash register \* Globe slicer \* Hobart digital scales \* Double door cooler \* single door cooler \* wood shelves \* Bunin coffee maker \* Panasonic microwave \* Check out.

**Personal property includes:** Jennings J22 automatic pistol, long rifle \* 22 Ruger rifle \* air gun \* ammunition \* 2 pc. upholstered living room sofa, like new \* Philips Magnavox portable color tv \* antique sevens mantle clock \* Kenmore automatic washer and dryer \* White Westinghouse refrigerator \* Oak dinette table and chairs \* Mahogany buffet \* several small hand appliances \* window air conditioner \* Pair of George and Martha Washington linens \* full bed \* odd chest of drawers \* odd dresser \* several fans \* vinyl recliner \* U.S. Military toy tin car \* Southern Belle clock \* rechargeable drill \* antique Singer treadle sewing machine \* watches \* wallets \* microwave \* toaster oven \* pots and pans \* odd chalk pig and bull dog \* linens \* cedar pedestal hall tree \* cedar jewelry chest \* plus many other items.

**Knives include:** Case UK 1998 NCAA Champion \* Case Wildcat Fever Rick Pitino \* Pitino Kentucky Wildcats, stag handle \* 3 blade Case choker and Weston golf knife \* Case John Deere collector edition \* 1 of 1,000 \* 2 blade Wester \* 2 Kissing Cranes, new \* UK collector knives \* Hunting knife and sheath \* plus much more.

**Auctioneer/Broker/Seller Disclaimer:** The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished to bidders for the bidder's convenience and it is the responsibility of the bidder to determine the information contained herein is accurate and complete.

**Note:** The purchaser of a single family residence, built before 1978, has a maximum of 10 days to inspect the property for the presence of lead base paint. The period for inspection begins May 15th through May 24th, 2001. The successful bidder must sign a waiver of the 10 day post sale inspection period.

**Terms:** 20% down day of auction with balance due in 30 days with delivery of the deed. Cash or check day of the auction for the equipment and all personal property items.

For additional information, plot or appointment to see the property contact Ford Brothers, Inc. Auctioneers & Realtors. Announcements day of sale take precedence over printed matter.

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packet to adults who come in for a blood pressure check during the month of May.

Coming Up...

June 22 is Headache Awareness Day. An information display and self-directed test will be made available by the health department at a location to be announced.

To the brave men and women  
who served and sacrificed  
for our freedom,  
thank you.

Teresa Jackson Ins Agency Inc.  
912 W. Main Street  
Mt. Vernon, KY  
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## PUBLIC NOTICE

### LOCAL STATE BOARD PUBLIC HEARING AMENDMENT

The Kentucky Board of Education has scheduled a local State Board public hearing on the proposed AMENDMENT to the current District Facility Plan for Tuesday, May 29, 2001 at the Rockcastle County Schools Central Office at 6:00 p.m. The District Facility Plan lists the capital construction and/or renovation projects that the school district may undertake, and the priority order, if applicable, that projects will be initiated.

Copies of the proposed AMENDMENT will be available for examination by interested individuals at the Board Office, 245 Richmond Street, Mt. Vernon, Kentucky between 8:00 a.m. and 4:00 p.m. Questions may be directed to Mr. Larry Hammond, Superintendent, or Mr. Doug Mullins, Facilities Director at 606-256-2125. Those individuals wishing to comment on the proposed AMENDMENT may present oral or written comments at the local State Board public hearing.

The local Board of Education, after due process, will forward to approved AMENDMENT to the Kentucky Department of Education for ultimate approval by the Kentucky Board of Education.

The local State Board public hearing is being scheduled in accordance with KRS 157.620, and regulated by 702 KAR 1:001.