



On January 4, 2002, representatives of Sowder Nursing Home and Rockcastle Hospital and Respiratory Care Center, Inc. (RHRCC) finalized the transfer of Sowder Nursing Home to the hospital. Shown in attendance are RHRCC President and CEO Lee D. Keene, RHRCC Chairman of the Board Joe Lambert, Sowder Nursing Home Administrator and owner Linda Whitl, Sowder Nursing Home owner Diane Masters and RHRCC Assistant President and CEO Steve Estes. The hospital began management of the nursing facility immediately following the signing ceremony and will be called Rockcastle Health and Rehabilitation Center.



Teacher Doris Grant is shown leaving for the School on Wheels program at the CAP-Adult Learning Center.

The Family Room
By: Dr. Roy Don Whitehead

Teachers' Need to Teach About Religion
Much controversy currently surrounds the topic of religion in public schools. Arguments about prayer, the Ten Commandments and other issues are generating more heat than light. Some clarity is needed when it comes to the topic of religion and schools.



Mt. Vernon Mayor Karen K. King presented Officer Barry Adams with a plaque of recognition for the Governor's Impaired Drivers Award. Officer Adams has received this award for the past six years. The award honors the officer that has the fewest arrests for drunk impairment due to alcohol and/or drugs within his agency. All police agencies throughout the state of Kentucky participate yearly in the detection and arrest of impaired drivers. Also in the photo is Mt. Vernon Police Chief Bill Mink, right.

Mount Vernon Signal
Publication Number 366-000
Periodical Postage Paid in Mt. Vernon, Ky. 40456
606-256-2244
Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.
James Anderton, Jr., Publisher Emeritus; Richard F. Anderton, Editor
Patricia M. Anderton, Managing Editor
Peggy Berger, Advertising Manager; Jessica Lawrence, Circulation Manager
SUBSCRIPTION RATES
In County - \$16.75 Yr. Out of County In State - \$21.75 Yr.
Out of State \$30.00 Yr.
e-mail address - mvsignal@aun-epoc.com



The Expanded Foods & Nutrition Assistants, Brenda Saylor and Patsy Morgan, from the Cooperative Extension Service, did two special holiday programs with the Job Start participants and CAP Preschool Child Development parents. In the month of November they presented a program on Holiday Food Safety, demonstrating ways to use leftover food. The December program was a Christmas Tea Party and included a program on making holiday food gifts. Shown are some of the participants of the program.

Reasons not to try a low-carb diet

By: Hazel Jackson,
County Agent for Family & Consumer Sciences

During the months of January and February many people attempt to lose unwanted pounds. If you are considering a low-carbohydrate, high-protein diet for weight loss, here are some possible effects:

- **Heart Disease Risk Increases.** Risk of heart disease is increased greatly on a low carbohydrate (CHO), low fiber diet that is high in animal proteins, cholesterol and saturated fat. All three raise blood cholesterol, particularly LDL or "bad" cholesterol. Elimination of high-CHO, high fiber plant foods, that help lower cholesterol, compounds this problem.
- **Cancer Risk Increases.** Risk of many cancers is likely to increase when most fruits, vegetables, whole grains and beans are eliminated from the diet.
- **Poor Long Term Weight Control.** There is no metabolic magic in low-CHO diets. Those who continue to lose weight after the first week do so because they decrease calorie intake. This can occur because of decreased dietary variety. Greatly limiting the number of foods that people are allowed to eat, reduces their food and calorie intake. But a reduction in variety most often leads to boredom and cravings over the long run.
- **Rising Blood Pressure With Age.** Blood pressure will likely increase

with age on a typical low-CHO diet. In fact, because a high-CHO, high-fiber diet includes more fruits, vegetables, whole grains and nonfat dairy products, this diet was shown to lower blood pressure most likely due to its higher content of electrolytes such as potassium, calcium and magnesium. Also low-CHO diets do not restrict salt intake, one reason why blood pressure rises with age.

• **Kidney Stones.** Kidney stones are more likely to form on a high protein diet than on a higher carbohydrate diet with more fruits and vegetables.

• **Osteoporosis.** Over time, excess protein intake, especially from animal sources, increases the loss of calcium in the urine - which may contribute to osteoporosis.

Your best bet for permanent weight loss and control, as well as

good health, is twofold: 1) increase the amount of fruits, vegetables, nonfat dairy products, whole grains and beans that you eat and 2) eliminate calorie-dense foods such as cookies, sugary desserts, bagels, crackers, chips, fries, pizza, candies, etc. Research on people who have successfully lost a lot of weight and kept it off long term, shows that the vast majority succeeded by consuming a low-fat diet high in fiber coupled with regular exercise.

For more information on sensible weight loss, contact Hazel Jackson, Rockcastle Extension Service, at 256-2403.

"School"

(Cont. from Front)

Project is an interdenominational, nonprofit Christian service organization, committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through education, crisis intervention and community development. With more than seventy programs and services, CAP's efforts reach people through the thirteen Appalachian states. CAP has a presence in Rockcastle since 1976.

"Primary"

(Cont. from Front)

trict one. He is a republican.

Also filing for magistrate in district one on the Republican ticket was Arnold McGuire, 46, of Holman Lane, in Rockcastle County.

Paul "Buster" Rowe, 35, of Mt. Vernon has also filed for magistrate in district one. He, too, is a Republican.

A patient at the Rockcastle Hospital has also filed his papers for political office.

Jody Adams, 26, a long time ventilator patient in the respiratory care unit at the hospital will seek the office of Mayor of Mt. Vernon.

Adam's jolts council members Clarence Kirby and Jackie Renner, who have already filed.

Current Mayor Karen King has said that she may file her papers next week. Those wishing to run for city offices have until August 13th.

Also filing this week were Livingston Mayor Charles Newcomb, who filed for constable in district two.

Incumbent constable in district three, Randall Stevens has filed for re-election.

Incumbent constable in district four, Leonard D. Miller, has also filed.

Richard Dean has filed for constable in district four and Steven Griffin has filed in district two for constable. They are also Republicans.

To date 42 Republicans and two Democrats have filed for the May primary. Three non-partisans have also filed for the November General Election.

Those wishing to file for the Primary have until January 29th and those wishing to file for the General Election have until August 13th.

All filings must take place in the county clerk's office.

Iron Man Can
• House Framing
• Additions • Siding
• Window Replacement
• Barns • Concrete
• Roofs
INSURED
859-986-2536
Ask for Roy

"Raises"

(Cont. from Front)

Mayor or council members in any year, except an election year, which means any action towards a raise must take place before the General Election in November.

To date, council members Clarence Kirby and Jackie Renner have filed for Mayor in the November General Election.

Incumbent Mayor Karen King has said that she is still considering whether or not to file.

"Whether I file or not, a lot of important decisions have to be made where the city is concerned and I plan on working hard to see that the residents of Mt. Vernon have a good solid government while I am in office," she said.

Home of the Sweet Deal!

If you don't see it, we can get it!

Kick Into Overdrive!!

'2002 Bonus Cash and 5.9% on All New 2002 Vehicles

YES '2002 Off and a Low Rate of 5.9% on 2002 New Models

HURRY WHILE THEY LAST!

MIKE BERRY	JOE TAYLOR
01 CORVETTE CONVERTIBLE 2,700 Miles SAVE THOUSANDS! 00 CHEVY METRO LSI Auto, Air, 30,000 miles \$5,980	95 PRISM 4 Door, Auto, One Owner Trade In \$5,980 97 TOYOTA RAV 4 \$5,980 93 CADILLAC SEDAN DEVILLE Trade In, 48,000 Miles \$8,980
JOHN ALDAMER	

LARGE SELECTION OF NEW & USED
BRITTON
"A Tradition Since 1955"
US 25 NORTH BEREA • 1-800-677-3562
Only 10 Minutes From Richmond
Hours Mon.-Fri. 8-7
Sat. 9-6 • Closed Sun. **986-3169**
E-mail brittonchevrolet@bri.com