



The Family Room

By: Dr. Roy Don Whitehead

Walking Is the Best Exercise

I am a walker. I have joined the fraternity of those who walk regularly. I have been at it for about eight months now, and I highly recommend it. I walk at Rocky Hollow Recreation Center. I cannot say enough good things about the Somerset Parks and Recreation Department and the indoor walking/jogging track at Rocky Hollow. One good thing is that the cost is only \$12 a year.

The track is one-eighth of a mile in length. This is large for an indoor track. I know of one in another central Kentucky town where it takes twenty laps to make a mile.

The Rocky Hollow track is a treat. I much prefer indoor walking to the outdoor version. Indoors there are no bugs, no cars, no dogs, no hills and no heat. The indoor track is perfectly level and makes for easier walking. The track is made of a composition material that is softer than asphalt or concrete and easier on the feet and legs.

Walking in general is less stressful to the body than running. Running jolts the joints of the ankle, knee and hip and can cause damage. Walking is much easier on the joints. The least stressful form of exercise for the joints is water aerobics. If this appeals to you, then you need to check out the Blakely Family YMCA. This facility has three pools: one outdoors and two indoors, a lap pool and a warm water pool for exercise and therapy.

Since April I have walked over 300 miles. Am I bragging? You better believe it. However, I am not where near the top of the heap of walkers at Rocky Hollow. While I walk three to four miles a day, one gentleman walks three miles in the morning and then comes back for another three in the afternoon. One woman walks ten miles a day! That is correct: ten miles in one twenty-

four hour period. She walks five miles then goes home for a rest and comes back for another five miles. As far as I know she is the long distance champion at Rocky Hollow.

I am not the fastest walker on the track, so I get passed regularly by the faster walkers. That can be a bit embarrassing sometimes. One day several little gray-haired ladies whizzed by me. Next came a woman with his cane. I decided it was time to rest for awhile.

Walking can be a solitary or a group activity. Many walk with a partner.

The advantage of this is that you have someone to encourage you. If you are scheduled to meet your partner at 6:30 at the gym, that is an incentive to show up. I am usually a solitary walker. When I start, I put my mind in neutral and let my body take over. My mind roams all over the world while walking those four miles. I can be in Somerset one minute and Atlanta the next. One minute I am planning my schedule for tomorrow, while the next I am going over yesterday in my mind. There is a camaraderie that develops among the walkers. Greeting, encouraging and kidding each other becomes a part of the walking experience.

Generally the same people walk at about the same time each day, so you get to know the faces.

The walkers I admire the most are those who walk in spite of handicaps. Cane is not an unusual sight on the track. One man walks a mile each morning with the aid of his cane.

There are other walkers who carry oxygen bottles with them as they walk. You heard me correctly: they walk with oxygen flowing. Another lady "walks" in her wheelchair. These folks have my admiration.

Walking helps me deal with the stress of life plus it is good for my health. That is a hard combination to beat. I recommend it.



Reunions

The McHargue Family Reunion will be held Aug. 10th at Levi Jackson State Park in London. Please come and bring a covered dish.

Dillon Asher Reunion & Hendrickson Reunion
October 4, 5 & 6th

Fri., Oct. 4th: Buffet dinner available at 5 p.m. Social hour to follow at 6:45 p.m. Pine Mountain State Report Park, Pineville.
Sat., Oct. 5th: Picnic - Cardinal Inn, Red Bird (Quendale) near Dillon Asher's original homestead. Bring covered dish and arrive early! We will begin eating at noon!
Genecology exchange after picnic - Pine Mountain State Report Park. Genecology material available at all functions.

Sun., Oct. 6th: Hendrickson Reunion at 2 p.m. Pine Mountain State Report Park in Pineville.

The Dillon Asher Family is one of the oldest and largest families in Kentucky. So come, meet with family and friends, and have a grand time!

If making reservations at the state park, inform them it is for the Asher or Hendrickson Reunion. For more info, contact Janice Carole Simpson by phone at (606) 337-5062 or by email at missy@knh.net

Cameron
The Cameron Reunion will be at the William Whiteley House in Crab Orchard on Aug. 10th at 12:30.

Nieley
The Nieley family reunion will be held on Aug. 10th at Quail Community Park. All relatives and friends are invited to join us for a covered dish dinner beginning around 11:30 a.m.

Leger
Leger Family Reunion will be Aug. 18th at the Family Life Center on the hill. Come and bring a covered dish and lawn chair.

Hayes
Goebel and Pearl Clark Hayes Family Reunion will be Sun., Aug. 11th at the home of Marie Hayes and the late Chan Hayes. All day event.

Lunch at 1 p.m.
Pine Hill School Reunion

The 7th Annual Pine Hill School Reunion will be Sat., Aug. 31st at 11 a.m. at the Pine Hill Missionary Baptist Church. All former students, teachers and their families are invited. Bring a covered dish and any old photos. Hope to see you there.

I, Myrtle Kidwell, would like to thank everyone at the Rockcastle Courthouse for allowing me to work for the county courthouse for the last 12 years. I have enjoyed working there and was treated very well. I will miss everyone since I have retired.

"District Court"

Cont. from B2

July 29, 2002

Juan C. Amador: Speeding and other charges, bench warrant issued for failure to appear.

Butler, L. Blair: Fines due (\$176.85), bench warrant issued for failure to appear.

Joshua Brummett: Reckless driving, \$100 fine and costs; Failure to wear seatbelt, \$25 fine.

Michelle Cromer: Fines due (\$350.59), bench warrant issued for failure to appear.

Gary L. Demas: License not in possession, \$50 fine and costs.

Sandra L. Gadd: Fines due (\$126.85), bench warrant issued for failure to appear.

Larry Wayne Grant: Failure to wear seatbelt, \$25 fine and costs; No insurance, \$500 fine and costs/suspend \$450.

Paul Victory Grundy: Operating

on suspended license and other charges, license suspended for failure to appear.

Shawn H. Gunn: Criminal mischief, 90 days to serve 4 balance conditional discharged plus payment of costs and restitution.

Melissa Kirby: No Ky. Reg. Plates and other charges, license suspended for failure to appear.

Johnny McClure: Criminal trespass, \$200 fine and costs/suspend \$150 fine.

Alice M. Irizarry: Speeding, state traffic school authorized on payment of costs.

Tracy D. Isaacs: No Exp. Reg. Receipt, \$25 fine and costs/suspend fine; No operators license, \$100 fine.

Not the one...

Josh Thompson, listed in last week's Signal for possession of marijuana is not the Josh Thompson of David's Tire.

Classified Deadline is Noon Tuesday

202 1/2 Acres - Four Bedroom Home - Timber - 1,378 lbs. Tobacco Base

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AUCTION

SATURDAY AUGUST 17th 10:00 A.M. EDT. 2002

Location: Approximately 1 mile from Broadway, Ky. Off the Chestnut Ridge Road. Watch for Auction Signs.

Selling For Johnny & Ruth Baker
Selling 1/2 Acres, more or less, by Deeds Offered in Two Tracts

Parcel #1
20.49 Acres and Four Bedroom Field Stone Home. Home contains four bedrooms, kitchen, livingroom, bath, and attached garage and city water.

Parcel No. 1 20.49 Acres, more or less (by Deed) consisting of Tract Number 3 of the Roscoe Byrider property deed as recorded in the Rockcastle County Court Office Plat Book 2, Page 93. FSA Office shows 10.7 Acres cleared.

20.49 Acres m/l
By Deed

TOBACCO 1378 lbs. 2002 Basic Quota Tobacco to be sold separately.

Parcel #2
20.49 Acres and Four Bedroom Field Stone Home. Home contains four bedrooms, kitchen, livingroom, bath, and attached garage and city water.

Parcel No. 2 20.49 Acres, more or less (by Deed) consisting of Tract Number 2 of 41 1/2 Acres, more or less as recorded in Deed Book 87, Page 204 in Rockcastle County Court Clerk's Office. FSA Office shows 40.4 Acres cleared.

Both Parcels are watered by Long Branch.

Parcel #2 Contains a 5 Room Farm House

Timber consist of a good boundary of Appalachian hardwood timber. Containing several thousand feet of Red Oak, White Oak, Poplar, Walnut, Beech, etc. Timber buyer's are encouraged to cruise the timber before the sale. The entire Timber boundary will be offered separately. Timber Buyer shall have clean cut and remove timber within one year from date of auction with right of ingress and egress.

7% Buyer's Premium Added to Final Bid

TERMS: Buyer's Premium added to final bid to determine the sale price on cash, credit, and interest. REAL ESTATE 10% Down day of sale. Balance with the passing of the deed. Cash to be delivered within 30 days. Tobacco and Tobacco Cash on gold check, day of sale.

All assumptions made day of sale made provided on all prior advertising. All information herein was obtained from records before the sale. Prospective bidders are advised to inspect the land before the sale. Prospective bidders are advised to inspect the land before the sale. Prospective bidders are advised to inspect the land before the sale.

Selling Agent Reserves the Right to Group Parcels 1 and 2 and Timber

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Commonwealth of Kentucky

28th Judicial Circuit

Rockcastle Circuit Court - Division I

Civil Action No. 02-CI-00023

Mt. Vernon Financial Holdings
f/k/a The Bank of Mt. Vernon

Plaintiff

V.

Lydon Charles Coffey, Kristie
L. Coffey, Carrie Bernice Pyles
and Raymond Eugene Pyles

Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 27, 2002, for the purpose of satisfying the judgment against the defendants in the amount of FIFTY TWO THOUSAND FIVE HUNDRED SEVENTY TWO DOLLARS AND 73/100 (\$52,572.73), plus interest, costs and attorney's fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the premises located in Mt. Vernon, Rockcastle County, Kentucky on Monday, August 26, 2002 Beginning at the Hour of 1:00 p.m.

Said property being more particularly bounded and described as follows:

Lots No. 190 and 191 on the plat of the C.L. "Lafe" Owens Subdivision in Mt. Vernon, Rockcastle County, Kentucky, and plat being of record in the Office of the Clerk of the Rockcastle County Court in Plat Book 1, Page 1. Reference is made to said plat for a more complete description of said lots.

ALSO a 1997 16x80 mobile home Serial #219252120 which will be sold with the property.

THE PROPERTY SHALL BE SOLD UPON THE FOLLOWING TERMS AND 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 (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 security for the payment of the purchase price.

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

4. The purchaser shall pay the 2002 local, county and state property taxes.

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

6. 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.

7. Risk of loss on the improvements of the real property shall pass to the purchaser or purchasers at time of sale.

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.

Willis G. Coffey, Master Commissioner

Rockcastle Circuit Court



BAKER'S WILBULL SALE

MOHAWK BERBERS

\$4.99 sq. yd.

KIDPROOF PLUSH

\$6.99 sq. yd.

TARKETT 10 MIL VINYL

\$3.99 sq. yd.

SNAP LOCK LAMINATE

Starting At \$1.69 sq. ft.

STICKY TILES

39¢ sq. ft.

HEAVY PAT-TERN BERBERS

\$5.99 sq. yd.

COMMERCIAL VCT TILE

\$23.99 ctn.

CERAMIC TILE

79¢ sq. ft.

PURCHASE CASH AND CARRY CARPET OR VINYL AND RECEIVE AN EXTRA \$1.00 OFF (OR MORE) A SQUARE YARD!

Largest In-Stock Inventory
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