

Yards to Paradise

By: Max Phelps

Naturalistic Landscaping

In any natural setting of native plants, unbordered by mankind, there is a great canopy layer of big trees. Under these are small trees and shrubs. Then the garden plants such as perennial flowers and grass clumps. Lastly there's the carpet layer, maybe mulch, but often more desirable are groundcover plants, things that cover and creep in masses.

The idea of concept we are covering is really about looking in nature and attempting to duplicate that "forest edge" look. Another term for this is layering.

Large trees create the skyline. These should be trees that do well in the area in which you live. Native plants you can be sure will grow. Massed plantings of other carefully selected trees may work fine too.

Plants such as dogwoods, laurel, rhododendrons, buckhorn, hemlock, and many others are understory plants. They do better partly shaded than in the open.

Perennials, both native and not, might include hosta, ferns, hel-

bores, wild ginger, bleeding hearts, columbine and so many more. Plus grasses. (And we don't mean the kind you have to mow weekly!)

Completing this snapshot of paradise is a groundcover layer. Perhaps bulbs in clumps, wintercreeper, ivy, vinca, creeping jenny, ajuga, moss, even liriopis or daylilies in mass plantings can serve a carpeting function. Leaf mulch, pine bark, wood chips, ground hardwood bark mulch, and many other materials can facilitate a naturalistic look and serve as carpeting.

Apply these ideas to a corner or place in your yard. Or go all out! Create a native paradise in place of a yard.

The only thing more natural than this type landscaping is building a custom home in the woods and removing only what has to go to make room for the house.

The author is a freelance writer and landscaper. Your suggestions are welcome. Contact by visiting www.rockcastle.com and leaving a message.

educate our community about health and wellness, but also to ultimately improve the quality of life of our citizens. The Council includes representation from health, education and social service agencies.

If you are interested in joining in the efforts of the Community Health Council, the next meeting is scheduled for September 10, from 12:00-1:00, at Rockcastle County Health Department Home Health. The Council meets every second Tuesday of the month to discuss health issues and to plan programs and activities that might mobilize community resources to address problems identified.

Rockcastle County Community Health Survey Results

Top Ten Most Important Health Problems of 2002: 1. Cancer 2. Heart disease and stroke 3. Child Abuse/

Teen Pregnancy 4. High Blood Pressure 5. Aging 6. Diabetes 7. Respiratory/Lung disease 8. Domestic Violence 9. Dental 10. Spouse Abuse.

Top Ten Most Important Risky Behaviors of 2002: 1. Drug Abuse 2. Alcohol Abuse 3. Tobacco Abuse 4. Unsafe Sex 5. Being Overweight 6. Dropping Out of School 7. Not Using Birth Control 8. Poor Eating Habits 9. Lack of Exercise 10. Not Using Seatbelts/Child Safety

• Methamphetamine use was ranked as the #1 most serious abuse problem in Rockcastle County.

• 63% have concerns about their weight or eating habits.

• 31% are exercising a minimum of three times a week for 30 minutes.

• 25% eat out one to two times a week.

• 45% rate their personal health as "healthy."

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Health Department conducts survey

The Rockcastle County Community Health Council recently conducted a survey with Rockcastle County residents to determine local health needs and concerns. Residents were surveyed throughout the county via Rockcastle County schools, local health care facilities, business and industry, churches, human service agencies and civic and community groups. A total of 726 residents completed the survey.

Many of the health concerns and problems identified reflected the 1999 Kentucky Annual Vital Statistics that showed the leading cause of death in Rockcastle County to be heart disease, cancer and cerebrovascular diseases (such as stroke). The leading cause of death for adolescents and young adults remains unintentional injuries.

Each of these conditions that takes the lives of our family and friends might be preventable by adopting a healthy diet and lifestyle. There are many programs already established to help meet the needs that have been identified in the Health Survey. If you are interested in finding out more about what educational and health programs that are available in the county, please contact the Rockcastle County Health Department at 256-2242.

The Rockcastle County Community Health Council has been meeting each month to identify and discuss health issues in the community. The primary goals of the Council are to keep key members of the community apprised of the many programs each agency has and to help plan prevention programs that will not only



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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 01-CI-00058

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

Plaintiff

v.

Aden Brown Thomason,
Glenn Edith Thomason and
Rockcastle County

Defendants

NOTICE OF SALE

Pursuant to an amended judgment and order of sale entered in this action on July 26, 2002, for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED THIRTY SEVEN THOUSAND SEVEN HUNDRED THIRTY ONE DOLLARS AND 13/100 (\$137,371.13), 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 Monday, August 26, 2002

Beginning at the Hour of 2:00 p.m.

Said property being more particularly bounded and described as follows:

Lot Numbers 7, 8, 9, 10, 11, 12 and 13 which is known as Cedar Heights Subdivision near the city of Mt. Vernon, Kentucky, a plat of said subdivision is of record in the office of the clerk of the Rockcastle County Court, in Plat Book 1, page 39, to which reference is made for a more full and complete description. Each of the above lots fronts on Ford Drive for a distance of 70 feet.

There is also included the one foot strip of ground which former grantors retained in the plat of record in Plat Book 1, page 39 in the Rockcastle County Clerk's office. Said one foot strip begins at the northeast corner of Garland Singleton's line and Payne Street and thence in a southerly direction, south 86 degrees, west a distance of 193.0 feet to the Tome Whitaker property line.

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 sixty (60) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional 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. 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

Play is a Child's Work

By: Hazel Jackson
County Extension Agent for Family and Consumer Sciences



Play is an essential part of a child's overall development. It has been described as a child's work. Play is as important to a young child as your job is to you. It gives children a fun way to learn skills that will prepare them for adulthood.

Play motivates children and teaches cooperation and trust. It builds a child's self-esteem, independence, and self-sufficiency. It also gives children the chance to get to know themselves and their world.

Play continues to be important as children grow into the teenage years and beyond.

Before you decide you cannot play

with your child, think about how important playtime is to your child's development. Consider the fun and valuable communication that you will share during this time together.

Play can be a wonderful tool for building relationships with your children. When you play with them, you are putting yourself into your children's world, and they like to have you there!

For more information on parenting, pick up a free copy of "The Little Book of Parenting" at the Rockcastle Cooperative Extension Service at 1050 West Main Street.

"What Saith the Scriptures"

In 1 Timothy 2:11-12 Paul says, "Let the woman learn in silence with all subjection. But I suffer not (permit not) ASU a woman to teach, nor to usurp authority over the man, but to be in silence." Women are in a role of subjection in relationship to men, both in the home and in the church. God has ordained this functional subordination. Paul spoke of this principle of headship in 1 Corinthians 11:3 "But I would have you know, that the head of every man is Christ, and the head of the woman is the man, and the head of Christ is God." Women's role of subjection does not mean that she is sub-human any more than God being the head of Christ; that this somehow would make Christ sub-Divine. Women can teach other women, Titus 2:3-4, women can teach children, 2 Timothy 1:5, 3:15, women can teach men, Acts 18:26, women can teach in the church, Col 3:16, Eph 5:19. Yes, she can teach anyone, anytime, anywhere as long as she is in her role of subjection, and is not usurping authority over the man. It's rather shocking that you will hear of various churches of men to have women who are preaching to congregations, leading in prayers at the assemblies, leading the singing, being appointed as elders and deacons. Such actions are a clear violation of what Paul was teaching.

Providence church of Christ

Dan McKibben-758-9316 • E-mail: Dan.McKibben@Juno.com

Web Site: www.WhatSaithTheScriptures.com

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7:00pm, Wednesday 7:30pm. Radio program, Sunday 8am, 1460 AM

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 01-CI-00327

Merrill Lynch Mortgage
Capital c/o Fairbanks
Capital Corp.

Plaintiff

v.

John R. Sandlin, Lena West,
Lena Pear West, Unknown Defendant,
Spouse of John R. Sandlin, Unknown
Defendant, Spouse of Lena West a/k/a
Lena Pearl West and The Bank of Mt.
Vernon

Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 12, 2002, for the purpose of satisfying the judgment against the defendants in the amount of FORTY TWO THOUSAND FIVE HUNDRED FIFTY NINE DOLLARS AND 57/100 (\$42,559.57), 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 Thursday, August 8, 2002

Beginning at the Hour of 2:00 p.m.

Said property being more particularly bounded and described as follows:

Tract No. 1 in Broadview, Kentucky, as being Lots 20 and 21 in Block B, and for a more complete description, reference is made to Deed Book 39, page 137, in the Office of the Clerk of the Rockcastle County Court.

Tract No. 2: Lots No. 7 and 8 in Block B, and a part of Lots 5 and 6 in Block B purchased from Ollie Sturgeon; also a part of lots No. 9, 10, 11, 12 and 13, and reference is made to "plat of record in Deed Book 42, page 342, in the Office of the Clerk of the Rockcastle County Court.

Being the same real property which John R. Sandlin and Lena Pearl West obtained by deed dated March 16, 2001 of record in Deed Book 183, page 536 in the Office of the Rockcastle County Clerk.

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 twenty-five (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of 11.5% 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. 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