

Wife and Husband Can
Ask for What
Carla and Woody had come for
marriage counseling. (All characters
are fictitious.) As I listened to the
two of them, I concluded that the
main problem was their lack of communication.

two of them, I concluded that the main problem was their lack of communication.

"He doesn't treat me like a husband should." Carla complaiged. But and she told him how she wanted to be treated." Not really, she admit to be treated." Not really, she admit to the main should." Carla complained. But he admitted that he really hadn't told her woods also complained. But he admitted that he really hadn't told her exactly what he wanted her to do for had. "Woody also complained. But he admitted that he really hadn't told her exactly what he wanted her to do for him. "Mom always just knew what to do for Dad," Woody grumbled. "Carla should know what a wife is supposed to do."

"If you don't ask for what you want," told them, "the odds are that you won't get it. People only know what you want when you call them." Asking is not the same as demanding, amand anything from a spouse. 'Asking means telling the coher person whether he orshe wild do it or. He or she always has the right to say No."

Woody was not happy with this statemen." 'I think the Bible gives

right to say No."

Woody was not happy with this statement. "I think the Bible gives me the right as head of the household to demand that she be a wife to me," Woody argued. "When I tell her to do something, she is supposed to do it."

"And it is your privilege to hold that opinion, Woody," I told him, "I

can pretty well guarantee, though, if you hold on to that way of thinking, you are going to lose your wife. Would you rather be right or married?

Woody was still not pleased, but he agreed to participate in the experiment I suggested. He and Carla would both write down what each wanted the other to do in the marriage. They were to bring these lists to the next counseling session, so that we could talk about them. When the you to go to support the work of th

2. Treat my thoughts and feelings as important.
3. Spend time doing things with

home.

Discuss these lists with your spouse and find out what he or she wants you to do.

I am teaching a seminar "Food, Fat and Addiction: Why-We Can, t Stop Eating" on Monday, August 26, at 7:30 p.m, at the Center for Rural Development in Somerset. You mivited. Call 679-4134 or 1 a877-PASTOR-8 to register. The cost is \$20.

Subscribe to the Signal (606)256-2244

Now Buying Ginseng and Yellow Root

Call 606-877-9681 **Call For Pricing**

Legal Notice

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes the following information and supporting data may be inspected by the general public at the Rockcastle County Conservation District located at Rt. 48 ax 374A, Hwy, 150, Mt. Vernon, KX.40456 between the hours of 8:00 a.m. to 4:00 p.m.

Tommy H. Mink, Chairman Mt: Vernon, KY 40456 Lloyd Cain, Vice-Chairman PO Box 186 Mt. Vernon, Ky. 40456 Jack Dailey, Sec-Treas.

Mt. Vernon, Ky. 40456

Joe Buller Mt. Vernon, Ky. 40456 Jack Martin . 2, Box 416

Mt. Vernon, Ky. 40456 **Garlan Cummins** 14895 Brodhead Rd Crab Orchard, Ky. 40419

Summary Financial Statement Rockcastle County Conservation District For Fiscal Period July 1, 2001 to June 30, 2002

eginning Cash on hand buly 1, 2001)	300,030.32
eceipts	
Fiscal Court	\$23,670.30
State 'Aid	9,000.00
Equipment Usage & Rentals	5.667.70
State Aid (Special Projects)	46,106.03
Interest	3,512.80
PRIDE Homeowner Septic System Project	35,480.95
Geotextile & Banquet Ticket Sales	3,662,32
Reimbursements & Contributions	205.74
Certificate of Deposit	75,000.00
Total Receipts	\$202,305.84
	4000 0/01/

Certificate of Deposit	/5,000.00
Total Receipts	\$202,305.84
Total Available	\$282,362.16
xpenditures	
Salaries	\$20,098.90
Office Operations	7,029.83
Education & Promotion	3,352.22
Supervisors Expenses	4,109.24
Equipment Payments	2,803.35
Dues	580.00
State Cost Share Program	113,841.22
White Goods Drive	10,150.00
PRIDE Homeowner Septic System Project .	19,160,04
Total Expenditures	\$181,124.80
Ending Balance on hand June 30, 2002	\$101,237.36



Nine 4-H'ers participated in the Kentucky State Fair Land Judging Con-test, front row from left: Emily Whitaker (2nd place Junior Division) and elffery Albright Back row from left: coahl from Wills, Andrew Nelson, Matthew Whitaker, Bill Burdett and Brandon Cole. Not pictured were Jameson Cable and Dustin Reynolds.

4-H Land Judging goes to state

Rockeastle County's 4-H Eand Judging Team received special recognition at the 2002 Kentucky-State Fair 4-H Land Judging Contest. Jamison Cable, Mathew Whitaker, Brandon Cole, Andrew Nelson, and Bill Burdett formed Rockeastle's team which won the Senior Division 4-H Land Judging Contest. Winning the senior

Rockastle's team white won the Sciento Puission 4H Land Judging division has earned team members an opportunity to represent Kentucky at the National 4H Land Judging Contest to be held in May 2003 in Oktahoma Civ. Green Contest of the Contest which was to the Contest takes lots of practice and motivation. In the Contest amount of the Contest team member in 1997. Jamison follows a family tradition started by on the 1998 Kentucky 4-H team which competed at the nationals in Oktahoma. Bill Burdett worked his way up, from jumor division following two older brothers, Tim to the national contest. Matthew Whitaker received encouragement in the national contest. Matthew Whitaker received encouragement from his cousin Warren Whitaker, who helped get him started. Warren competed in the national contest in 1998. Audrew Nelson is waren competed in the national contest in 1998. Audrew Nelson is on stranger to winning teams.

contest in 1998. Andrew Nelson is mo stranger to winning teams. Andrew started out in the junior châmpion at two state contests. Brandon Cole may be a newcomer compared to other team members, but previous work in the RCHS Agriculture Department with Mr. Reysolds and Mr. Hayes, along with tools of practice this summer, earned his place on the team.

Email the Signal at mysignal@sun-spot.com



4-H Land Judging is a summer youth activity which allows young people to learn about how to use and protect the soils which make up our farms and homes. This includes looking at how steep slopes are, how much topsoil has eroded away, as well as potential to erode, how deep the soils potential to supply water to plants. Conservation measures and practices to protect the soil are also important factors taught by land induging.

important factors taught by land judging.

A tradition which first started in 1979: has reached over 60 young people with an opportunity to participate in the Kentucky State Fair. Sixteen 4-Hers on 6 different teams have advanced to the national contest, forming once in a lifetime memories.



Rockcastle's Senior 4-H Land Judging Team from left: coach Tom Mills Jameson. Cable, Matthew Whitaker, Brandon Cole, Andrew Nelson and

NOTICE TO CUSTOMERS OF KENTUCKY UTILITIES COMPANY RECOVERY BY ENVIRONMENTAL SURCHARGE OF KU'S 2002 ENVIRONMENTAL SURCHARGE OF KU'S 2002 ENVIRONMENTAL COMPANIANCE PLAN.

PLEASE TAKE NOTICE has on August 12, 2002, Kentucky Utilities Company ("KU") lided with the Kentucky Publice Service Commission ("Commission") in Case No. 2002-0146, an Application pursuant to Northery Perised States 27.8 15 for approved of an operation of the Company ("Commission") in Case No. 2002-0146, an Application pursuant to Northery Perised States 27.8 15 for approved of pose of incovering the capital and operation and maintenancy costs associated with no exposition control lacidities by vary of assessment of an environmental suscitation of continuers of the companiance of the Commission. The lotate Cost of these few facilities is estimated to be \$17.3 million. Compliance with all foorts, state and local environmental regulations requires KU to continually build and upgrade equipment and or facilities required to confirm us operation and recommental suspension of the sum of the commission of the sum of the commission of the sum of the commission of the sum of the sum of the sum of the commission of the sum of

at the Clorel Power Station at Clorel, Station and Clorel, Station at Clorel, Station and Clorel, Station at Clorel, Station and Clorel, Station and Clorel, Station at Clorel, Station and Clorel, Station at Clorel, Station and Clorel, Station at Clorel, Station at Clorel, Station and Clorel, Station at Clorel, Station and Clorel, Station at Cl

Opening Soon

BEREA FURNITURE CENTER



"Every Day Discount Prices"

Richmond Rd. • Next Door to Family Dollar in old Wal-Mart building

NOTICE TO PARENTS, TEACHERS, AND EMPLOYEES

OF THE ROCKCASTLE COUNTY BOARD OF EDUCATION

On October 22, 1986, the Asbestos Hazard Emergency Response Act (AHERA, Public Law 99-519) was signed into law. The law required EPA to develop regulations, which provide a comprehensive framework for addressing asbestos problems in public and private elementary and secondary schools. On October 30, 1987, EPA published the Asbestos-Containing Materials in Schools Rule [40 CFR Part 763] Subpart EJ. This Rule requires all public and private elementary and secondary schools to inspect for friable and non-friable asbestos, develop asbestos management plans that address asbestos hazards in school buildings, and implement response actions in a timely fashion.

To carry out the above activities involving inspections, management plans, and response actions the Rockastle County Board of Education has utilized accredited personnel. On April 30, 1987, EPA published the Model Accreditation Plan [40 CFRPart 763 Appendix C to Subpart E] required by AHERA, which specifies training, examination, and other requirements for persons who inspect, develop management plans and design or conduct response actions in schools. The Model Plan became effective on June 1, 1987.

In 1988, the Rockcastlé County Board of Education retained Barry W. Cooper, Inc., who completed an initial inspection to locate all asbestos-containing building materials (ACBM) and developed and submitted to the State of Kentucky an asbestos Management Plan that includes the results of the inspections. In December of 1988, the Rockcastle County Board of Education began to implement this management plan. The facilities were once again inspected in August of 2002.

Copies of the management plan are always available for review for those interested persons at the Administration Office at 245 Richmond Road, Mt. Vernon, KY and at the Principal's Office at each School any time during normal office hours.

Copies are available for duplication at a cost of 25 cents for each 8-1/2x11 page of the Management

Larry Hammand, Superintendent
Rockcastle County Board of Education

Inspections & Management Plan Performed By: BARRY W. COOPER, INC.

Barry W. Cooper, President Certified Asbestos Inspector #11,070 W. Corga, Pran

Certified Asbestos Management Planner #11,071 Certified Asbestos Project Designer #2,209

A15102