



Mt. Vernon Fire and Rescue and Rockcastle EMS responded to a two vehicle accident Monday morning around 7:50on Hwy 25 in Mt. Vernon near Sam’s Furniture. Authorites say a 1999 white Nissan Frontier, driven by Timothy S. Milburn, 42, of Mt. Vernon was traveling southbound on Hwy 25 when he dropped off the right shoulder of the roadway and overcorrected causing him to cross the center line and striking a 2000 blue Chevrolet Silverado, driven by Hollis Marcum, 67, of Mt. Vernon head-on. Milburn and his passenger Timothy S. Milburn Jr., 20, of Mt. Vernon were flown to the UK Medical Center where they are both currently being treated for non-life threatening injuries and are listed in stable condition. Marcum was transported to to the Rockcastle Regional Hospital where he was treated and released. Drugs and alcohol are not suspected to be a factor in the accident.



The Rockcastle County Kiwanis Club held their 18th annual charity radio auction last Friday and Saturday. The auction was broadcast live on WRVK 1460 radio station and bidders placed their bids on several different items of their interest. The Kiwanis Club raised \$5,500 during the auction and all proceeds will be used for the children of Rockcastle County.

Mamaw’s Kitchen

By Regina Poynter Hoskins

SWEET POTATO CASSEROLE

I made this for church pot luck several times while in California. Brother LeCroix, a visiting preacher, and his wife happened to be there oneday. As I had come to expect, several people did ask for the recipe. One of them was Mrs. LeCroix. She said they loved the taste, had never tasted anything like it, and wanted to make it for Thanksgiving.

Two Thanksgivings later I got a nice note from Mrs. LeCroix thanking me for the recipe. She said she had decided not to make the casserole two Thanksgivings in a row, but her son had insisted he would not come to dinner unless she made it. She concluded that she had been fixing the dish for every occasion since I had given her the recipe, and she would probably have to fix it from now on. I wasn’t sure if she was upset with me for getting that tradition started or really thanking me. 3 cups cooked sweet potatoes, mashed
1/2 cup butter, melted
1/2 cup milk
1 cup sugar

2 eggs, slightly beaten
1 teaspoon vanilla
Mix all of the above and pour into buttered 2-quart ovenproof dish.

TOPPING:
1 and 1/2 cups brown sugar, packed
2/3 cup flour
1 cup chopped nuts
1 stick butter, softened
Mix with fork and sprinkle on top of sweet potato mixture. Bake at 350° for 30 minutes.

PUMPKIN PIE CAKE

1 can (14 ounce) pure pumpkin
3 eggs
1/2 teaspoon salt

1 can (13 ounce) evaporated milk
1 and 1/2 cups sugar
4 teaspoons pumpkin pie spice
1 box Jiffy one-layer yellow cake mix
1 stick butter or margarine, melted
1 cup chopped pecans or walnuts
Preheat oven to 350°. Spray 9 x 13 baking pan with non-stick spray. Mix the pumpkin, eggs, salt, evaporated milk, sugar and spices; pour into prepared baking pan. Sprinkle with dry cake mix; pour melted butter over dry cake mix. Top with

chopped nuts. Bake at 350° for 45 minutes or until knife inserted in center comes out clean. Serve warm or chilled.

Heritage Banquet is Saturday

The Rockcastle Longbeards Chapter of the National Wild Turkey Federation has announced the Annual Hunting Heritage Membership Banquet. The event will be held Saturday, March 9th at the Rockcastle County Middle School.

Doors will open at 6 p.m. with dinner at 7:30 p.m. There will be an auction, si-

lent auction, guns, games, door prizes and family fun for all.

For more information or to purchase tickets in advance contact one of the following committee members: Gerald Alexander at 606 256-5606, Joan Garrison 606758-8030, Curtis Cash 606 758-9514, or Tony Mahaffey 606 256-9955.



Operation UNITE partnered with the City of Mt. Vernon and Mt. Vernon Police Department in providing a drug collection bin for Rockcastle County. Rockcastle citizens can drop off their old prescription medications, patches, ointments, lotions, liquids and vitamins. The bin can also be used to dispose of over-the-counter medications and medications for pets. Citizens will not be allowed to drop their old inhalers, thermometers, aerosol cans, needles, blood test kits, or any other medication from businesses or clinics. The bin will be placed in the Mt. Vernon Police Department and citizens are asked to call 606-256-3437 or 606-256-5372 ahead of time before they bring items for disposal. City office hours are Monday through Friday from 8 a.m. to 5 p.m.Shown above during the drug collection bin’s installation at City Hall were Unite Coalition member Vaughn Razor, Unite Coalition Vice President Dan Smoot, Mt. Vernon Assistant Police Chief Barry Adams, Mt. Vernon Project Administrator Jill Medley and Mt. Vernon Mayor Mike Bryant.

Hospital event focuses on patient safety

As a part of recognizing National Patient Safety Awareness week, Rockcastle Regional Hospital is sponsoring a Patient Safety Workshop that will focus on preventing hospital re-admissions. The workshop is Monday, March 18th at 5:30 p.m. in the Wellness Center (3rd place Outpatient Services Center).

“Staying home is important to patients and according to the Centers for Medicare and Medicaid Services, nearly 20% of all patients who are admitted to a U.S. hospital make a repeat visit within 30 days of discharge,” said Traci Bullens, RN, Infection Control Coordinator. “Patients who have a clear understanding of their after-hospital care instructions, including how to take their medications and when to make follow up appointments, are 30% less likely to be re-admitted or visit an emergency department than patients who lack that information.”

The goal of the workshop is to provide patients with the information they need to be cared for safely at home following a hospital stay. Dr. Karen Saylor will be the featured speaker and will discuss the important role patients play in their

healthcare team and also ways to prevent re-admission.

Educational booths from an interdisciplinary team of Rockcastle Regional Hospital healthcare providers will be available to discuss how to follow through with your discharge plan. They will demonstrate oxygen use, incentive spirometry and use of assistive devices such as walkers and canes. Pharmacists will discuss how to best follow medication regimens. Dieticians will discuss how to avoid foods that may compromise your recovery and what foods can improve your recovery. Clinic staff will discuss the importance of follow up with your primary care physician and specialists when needed. Hospital nurses will discuss when to ask for advice and help from your health care providers.

Make plans to join us for a fun, informative evening and make your recovery long lasting. This event was planned with both patients and caregivers in mind. Please call Amanda Bradley at 606-256-7780 to sign up for the event. A free meal will be provides and every registered guest will be entered in a drawing for a door prize.

Archery state championship is March 18-19 in Kentucky

The 2013 National Archery in the Schools (NASP) state championship will be held March 18-19 at Louisville's International Convention Center.

It's the 12th state tournament in Kentucky since the program began in 2001. Competition begins daily at 9 a.m. Eastern time. Admission is \$5 for those 12 years of age and older.

Tournament participants may be eligible to receive a free youth sportsman's hunting license from the Kentucky Department of Fish

and Wildlife Resources, as part of their ongoing efforts to recruit new hunters. Boys and girls who are 11 to 15 years of age and can show proof that they have completed their hunter education certification and are first time license holders will receive the free license. Pre-registration is encouraged prior to the tournament. Visit the Kentucky Fish and Wildlife website at fw.ky.gov for details.

For more information e-mail Brenda Hill at: Brenda.Hill@ky.gov.



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