

Adoptable Shelter Dogs



Hello. My name is Dan and I am a Pyrenees mix. I am a male approx. 1 1/2 years old. I was picked up and brought into RCAS as a drop-out in the Rose Hill section of our county. I am friendly but sometimes I am also a little on the shy side as well. I would make a great watch dog because I like to bark at the vehicals when they start up the hill to the shelter. If your family has room for a large dog like me then contact the shelter @ 606-256-1833. (kennel 9)



Hi Everybody! My name is Rocky and this is my story. I was abandoned by my people on the banks of the Rockcastle River a couple of weeks ago and I was very scared. Just when I was about to give up, a nice fisherman happened by and took me home with him and cared for me really good! But, the nice fisherman had another big dog that didn't like me too good and now I am being cared for at RCAS. I am a male Chocolate Lab about 8-9 weeks old and am very playful and loving. I am also VERY excited about getting my new family. If you can give me a home then contact the shelter @ 606-256-1833. (kennel 14)

Email the Signal office at mvsignal@windstream.net

Mamaw's Kitchen

By Regina Poynter Hoskins

BANANA BREAD

3 ripe bananas
1/4 cup sugar
1 tablespoon vegetable oil
2 eggs, beaten
2 cups self-rising flour
1/3 cup chopped nuts, your choice

Preheat oven to 350°.

Mash the ripe bananas in a large bowl. Add sugar and oil; stirring to mix with bananas. Add beaten egg; stirring to mix with banana mixture. Add flour and mix well. Finally add nuts. (All the stirring and mixing is done by hand with a large spoon or spatula. No need for an electric mixer.) Pour into a loaf pan sprayed with nonstick spray. Bake at 350° for 35-40 minutes or until toothpick inserted in center comes out clean. Let cool.

RHONDA'S BANANA PUDDING

2 cups cold milk
1 small box instant French vanilla pudding
1 can Eagle Brand® condensed milk
1 container (8 ounce) sour cream
1 container (8 ounce) Cool Whip®
4 or 5 bananas
Box of vanilla wafers
Mix cold milk and pudding;

Stamp Out Hunger Food Drive

The 21st annual Stamp Out Hunger Food Drive is this Saturday.

The event is sponsored annually by the United States Postal Service whose mail carriers, across the nation, will pick up donated food items from beside homeowner's mailboxes.

Mail carriers will place a sturdy plastic bag in mailboxes before the event, scheduled for Saturday, May 11th. Participants are asked to fill the bag with non-perishable food items and leave it by their mailbox on the 11th.

If you are interested in participating in the event but can't leave your donation by your mailbox, you are asked to take it to the nearest post office.

add Eagle Brand®. Chill for 10 minutes. Stir sour cream and Cool Whip® into pudding mixture with a spoon. Layer bananas and wafers; pour pudding over each layer. Chill.

TOM'S FRIED BANANAS

Tom was from Berea, and although he was not attending college when we were there, he hung around campus a lot. He spent as much time as we did in the Snack Bar playing bridge and drinking Cokes or coffee. Tom was a jewelry designer and maker, as well as a gourmet cook and phenomenal gardener. He had a collection of orchids that defied nature. He could get anything to grow that he set his mind to, and he could name every plant that he saw. He served this dish for breakfast or for a dessert.

Bananas
1/2 teaspoon butter per banana
Melt butter in a non-stick skillet over medium heat. Peel banana and slice in half horizontally. Place cut side down in skillet. Cook for about a minute on one side and turn over to let other get warmed. Cook for another minute.



Davis receives Ann Phipps Award

The National Head Start Association, Inc. created the Ann Phipps Memorial Award to recognize and honor those parents and/or organizations, who, by record of dedicated services to Head Start families, exemplifies the life of Ann Phipps. Ann Phipps was a Head Start Director from Akron, OH who made considerable contributions to the Head Start Community. To carry on the memory of Ann Phipps, the Kentucky Head Start awards the Ann Phipps Memorial Award and a \$250.00 Ann Phipps Memorial Scholarship to two parents who show significant accomplishments in their lives.

Cozette Davis, a current Head Start Parent, was selected as one of the recipients this year and was invited to attend the annual Kentucky Head Start Training Conference to receive her award. Cozette has completed her Associates of Arts Degree and is currently taking leadership and Organizational Behavior classes that will transfer for her Bachelor's Degree. The award and scholarship was presented to her on April 24th during the banquet.



Ray Osbourne was recently awarded the Regional Operator and the Earl T. Mitchell, Water Operator of the Year for the State of Kentucky, by the Kentucky Water & Wastewater Operator's Association. Osbourne has been employed with the City of Mt. Vernon for 3 1/2 years. Pictured are, from left: Rodney Trowbridge, Mt. Vernon Mayor Mike Bryant, Ray Osbourne and Frank Baker.

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Saint Joseph Berea Celebrates National Nurses' Week • May 6-12, 2013

Saint Joseph Berea honors our nurses this week for their tireless efforts and crucial role they play in the health and well-being of our patients and the communities served. Today's nurses make sacrifices on a daily basis to provide expert care during times of disaster and crisis, while making a difference in the lives of their patients and in the nursing community.

As we move forward in our journey to offer the state's best care with KentuckyOne Health, our nurses provide a critical role toward the building of the highest quality system in Kentucky.

Melissa K. Agee, RN	Deborah D. Clark, RN	April E. Harris, RN	Victor R. McCane, RN/	Katie Sexton, RN
Mitzi M. Alexander, RN	Carrie E. Cornett, RN	Phyllis A. Hendricks, RN	Surgical Services	Emily S. Shaw, RN
Charolette K. Anglin, LPN	Kevin H. Cosby, RN	Erin C. Holbrook, RN	Director	Elizabeth A. Sheffer, RN
Charity A. Arthur, RN	Melissa K. Cosby, RN	Danyelle J. Hornbeck, NA	Frances E. McKeenan, RN	Kristy R. Slone, RN
Adrianne M. Ashburn, Tech	Brandy M. Coyle, RN	Kimberly D. Howard, NA	Bonnie A. McQueen, Charge	Diane M. Snyder, RN
Juliana M. Atkins, RN	Laura E. Damm, Tech	Kristina M. Howard, US	Specialist	Brenda K. Sowder, RN
Bernice Baird, RN	Betty R. Durham, SEC	Lisa G. Johnson, NA	Brenda S. Merritt, US	Ashley R. Spurlock, CNA
Kristina L. Barron, RN	Robin A. Ennis, US	Mary K. Johnson, RN	Barbara E. Mills, NA	Debby L. Stout, NT
Leslie M. Behm, RN	Marsha C. Erwin, NA	Stephaine D. Kauer, RN	James M. Morcrist, NA	Greta P. Thompson, RN
Jami L. Belcher, RN	Patricia S. Estep, RN	Lesa A. Kilbourn, Central	Nancy S. Mowbray, RN	Lori J. Vickers, RN
Lindsay L. Blair, RN	Laurie M. Faught, RN/Acute	Scheduler	Kay B. Mullins, RN	Ruth S. Walker, RN
Robin Blanton, RN	Care Clinical Manager	Robert C. Kilbourn ORT/SA	Jamie B. Neeley, NA	Paul B. Willis, RN
Mildred M. Bolkins, RN	Amber B. Field, RN	Teresa L. King, RN	Ann L. Panciera, RN	Sherry L. Wilson, RN
Carri A. Bray, RN	Holly R. Fort, RN	Karla J. Lake, RN	Gwen D. Perch, RN	Homer P. Worley, RN
Denise D. Browning, NA	Mary J. Frazier, US	Stephanie D. Koher, RN	Ruth A. Prewitt, RN	Amanda N. Young, RN
Elizabeth D. Bryant, RN	Brooke Gabbard, RN	Kathy W. Lakes, NA	Summer R. Price, RN	Leslie N. Crawford, RN
Paula J. Bullock, ORT	Jessica E. Grant, US	Sharlene W. Lamb, RN	Theodora H. Przybys, US	Quality Assurance/Risk
Kimberly D. Campbell, NA	Julie L. Ham, RN	Brenda R. Mahoney, RN	Clarissa Ramsay, RN	Management
Tammy L. Carter, RN	Craig S. Hamilton, RN	Brenda J. Marcum, RN	Diane J. Robinson, RN	Debra Hamilton, RN, Case
Crystal M. Catron, RN/	Rebekah E. Hamilton, RN	Wilma J. Masters, CCST	Calleen S. Rogers, RN	Management
Acute Care Clinical	Vicki J. Hamilton, RN	Darlene Matekovich, RN/	Patricia F. Rutherford, RN	Jeanie Hogg, RN
Manager	RN/Emergency	Acute Care Manager	Sarah N. Saylor, RN	Physician's Office
Johnna D. Caudill, RN	Manager	Darcy D. Maupin, RN/	Kelsey M. Scenters, RN	Betsy Reynolds, RN,
Susan G. Centers, RN	Emergency Department	Manager	Chris Schweighardt, RN,	Physician's Office
Sheila M. Chasteen, RN	Manager		CNO/COO	
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