

Our Readers Write

Love living at Rockcastle Health & Rehabilitation...

Dear Editor,
I have been a resident at Rockcastle Health & Rehabilitation Center for over 2 years and I love it! A typical day for me starts off with my aides waking me to a hot, delicious breakfast. Then it's time for my shower. I can't say enough about my nurses and nurse aides – they are so good to me.

Then it's off to the Dining Room to spend time with my friends and enjoy activities. We play Bingo, get manicures, enjoy church services and make crafts. We have a good lunch everyday and always have something to do. We had a Bake Sale to raise money for our Bingo Store and it was a big success!

I want to end by saying that I love living here...it's my "home" and the staff are so very good to us!

*Dollie Pillion, Resident
Rockcastle Health & Rehabilitation Center*

Thanks to those who made Bittersweet Pageant a success...

Dear Editor,
We would like to take this opportunity to express my sincere gratitude to the following businesses and individuals who so very willingly provided donations of time and/or money to make the 2013 Miss Bittersweet Festival Pageant a success:

Citizens Bank \$500.00 awarded to Miss Callie Asher, Miss Bittersweet Festival Winner.

Community Trust Bank \$250.00 awarded to Miss Rebekah Ponder, Runner Up Miss Bittersweet Festival.

People's Bank \$100.00 for the Miss Congeniality Award to Callie Asher.

Cummins Sporting Goods \$100.00 for the Afternoon Tea.

A Cut Above \$50.00 for the Best Interview Award to Miss McKenzii Todd.

Rockcastle Kiwanis's Club \$50.00 for the Most Photogenic Award to Carley Childress.

Avery Bradshaw and Ethan Eversole for donating their time and superb talent to entertain the crowd.

Courtney Hale, who graciously shared her beautiful voice with us.

Jamie Lear, who put the DVD together for the Pageant.

And Judy Ponder who created the programs for the evening.

The Pageant was held at Rockcastle County High School and we very much appreciate Principal Jennifer Mattingly for hosting us. Our thanks also goes to Mrs. Tammy Sowder for photographing the event.

*Sincerely,
City of Mt. Vernon
And Joyce Cummins,
Pageant Organizer*

"Points East" (Cont. from A2)

bered him and started to take the NAWWWWW rep out of my pocket, he was gone. I wasn't about to suggest that he might have fallen into the soup

Saturday afternoon as Village Fest was winding down, Morgan Taylor found him crawling around the front porch foundation at Friends. Young adult, Morgan is Friends' founder, the late Dean Cornett's, great granddaughter which means she is just naturally curious about stuff and old enough to be skeptical.

But I still showed her that if this guy was correct, NAWWWWW is saying that central and southeastern Kentucky is going to have a relatively mild winter, temperature wise, but still more snow than we've had in ten years. So I figure that's as good a guess as any.

When I asked him about his white cousins I'd seen, he informed me that didn't mean anything. Seems the white woolies had recently escaped from Wind Gap,

Pennsylvania where a local diner breeds them to use as the secret ingredient in the scrapple they serve for breakfast.

Memories" (Cont. from A2)

four years at MVHS, my class was able to capture the Halloween King and Queen titles. In our freshman year, Joyce Aylette and I won. Darrell Stepp and Jewell Anderkin were crowned in our sophomore year. Finally, our class took the title again in our senior year when Marion Whitehouse and Joann Cummins wore the crowns. Four of our girls were named to the varsity cheerleading squad in our junior year, including Sharon Owens, Carla Baker, Dorcas Woodall, and Jewell Anderkin.

I think it is worthy of note that I was on the yearbook staff in high school, and then when I began my own teaching career, I was the yearbook advisor for a period of 33 years. (Is that long enough to be called an era?) I suppose my own high school advisors, Ethel Owens and "Tuck" Baker, had a greater influence on me than I have ever realized.

Good times – thankfully preserved in photos.

(You can reach me at themtnman@att.net or you can drop me a line at P.O. Box 927 – Stanton, KY 40380. I appreciate your comments and suggestions.)

"On Call" (Cont. from A2)

size to almost its fullest potential, radiant heat becomes prominent. Radiant heat transfer plays a significant factor in fire development and spread. When you have houses close together and one house has a significant fire, you will be able to see evidence of radiant heat. If you have vinyl siding on your house and your neighbor's house is on fire, your siding will begin to melt and sag from the radiant heat. Eventually your house can begin to catch fire if exposed long enough.

I may have spent some time on heat but truly heat and the spread of heat is the basic study of fire behavior. Firefighters must know this in order to apply the proper firefighting techniques to put the fire out. Next week I am going to try to finish up the fire tetrahedron. This week's question is over fuel the next component of the fire tetrahedron. Can gasoline, diesel and fuel oil float on water? The answer and explanation next week.

I mentioned previously that five members of Brodhead Volunteer Fire Department were going to go through a Structural Collapse Technician training course starting on September 30th. I am proud to say that all completed the training although extremely sore and exhausted. This training was both mentally and physically exhausting. We left tired and sore everyday but grateful for the knowledge we gained. This course taught us how to properly support a collapsing building to remove a victim, how to get through ten inches of solid concrete without the slab of concrete doing further damage to the victim, how to maneuver and work together in a confined space so small you have to work from your back to breach a wall above you. It taught us how to move concrete a 50 feet away safely with a crane and safely using only wood and steel piping. I say all of this because we want to gather this knowledge to better protect not only this county but others nearby that may need our help. It has been a grueling and exhausting 80 hours over 8 days, but well worth it. Thank you to our families for their continued support. All of us not only took this class but worked their jobs at night. Our wives took care of our children while we were in training and it was exhausting for them as well, so thank you for taking care of the household. Thank you for being there for you firefighter husband, your support is truly appreciated. Those members that took the course were Assistant Chief John Dyehouse, Captain Rick Branham, Lieutenant Brian Bullock, Sargent Josh Hayes and Firefighter Devon Mason.

Contestants still needed for talent show

The Livingston Community Lions Club is still looking for contestants for the upcoming talent show on November 2, 2013, at the Rockcastle County High School Auditorium. Registration fee is \$10 again this year, and participants must be registered no later than noon of October 28.

Last year's contestants are encouraged to participate again this year. The overall winner will be receiving a trophy and a cash prize of \$100. Please help us help others by participating! The number to call to register is 606-453-2218 or 606-308-1851.

Money Tips for Students

Plan may help repaying federal student loans

Kentuckians who are having trouble repaying their federal student loans may want to check into the Pay As You Earn plan, according to the Kentucky Higher Education Assistance Authority (KHEAA).

The Pay As You Earn plan generally has the lowest monthly payments of all the repayment plans offered by the U.S. Department of Education (ED). It can be used by borrowers who have what ED calls a partial financial hardship. That means that the amount borrowers would pay under the standard 10-year repayment program is higher than what the borrower would pay under the Pay As You Earn plan.

Not everyone will qualify. Only three types of federal student loans are eligible:

- Federal Direct Stafford Loans.

- Federal Direct PLUS Loans made to graduate or professional students.

- Federal Direct Consolidation Loans that do not include a Federal PLUS Loan made to a parent.

In addition, borrowers must have received one of those loans after Sept. 30, 2011. Borrowers who are repaying loans received before Oct. 1, 2007, are not eligible.

Loans received through the Federal Family Education Loan Program cannot be repaid under the Pay As You Earn plan. However, they will be used to decide if borrowers have a partial financial hardship.

Borrowers who make 20 payments under the Pay As You Earn plan will have the rest of their eligible loans forgiven. They may be required to pay taxes on the amount that is forgiven.

For more information about Pay As You Earn, visit www.ed.gov and click on "Student loans, forgiveness" under the "How Do I Find ...?" link in the menu at right.

KHEAA is the state agency that administers Kentucky's grant and scholarship programs. It provides free copies of "It's Money, Baby," a guide to financial literacy, to Kentucky schools and residents upon request at publications@kheaa.com.

To learn how to plan and prepare for higher education, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7372.

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Bookmobile Schedule

Mon., Oct. 21st: Brodhead and Copper Creek. **Tues., Oct. 22nd:** Green Hill, Fairview, Lambert Road and Sweetwater Road. **Wed., Oct. 23rd:** Brindle Ridge.

Halloween on Main/Council Meeting

Halloween on Main will be held in Mt. Vernon on Thursday, Oct. 31st from 6 to 8 p.m. Businesses or organizations can reserve your spot by calling City Hall at 606-256-3437.

Mt. Vernon Council

The Mt. Vernon City Council will hold their regular monthly meeting on Monday, October 21st at 7 p.m.

Halloween in the Park

The Brodhead Homecoming Committee will be sponsoring "Halloween in the Park" at the New Depot Park on Thursday, October 31st from 6 to 8 p.m. Children 12 and under should be accompanied by an adult.

CCFFG Meeting

Concerned Citizens for Fair Government will meet Thursday, Oct. 17th on the third floor of the courthouse at 6 p.m. Please use back door.

Farm Bureau 2013 Fruit and Nut Orders

Orders for fruit and nuts will be taken by the Rockcastle Farm Bureau until October 25th. You may place your order by phone or fax. Call 606-256-2050 Monday thru Thursday from 8 a.m. to 4:30 p.m. and Friday from 8 a.m. to 5:30 p.m. or fax 606-256-9307. Shipments usually arrive the first or second week of December.

Free Fade Out T-Shirt Workshop

A free Fade Out T-Shirt Workshop will be presented by Toodle Langa on Saturday, October 19th, from 1 to 4 p.m. at the Lake Linville Park in Mt. Vernon. Bring your own used or new solid dark or bold color t-shirt. For more information, visit our website at www.tooddelangasummerncamp.weebly.com, email us at toodelanga@gmail.com or call 859-489-2397.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Alcoholics Anonymous

Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at the Renfro Valley Lodge. Everyone is invited.

Historical Society Hours

The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

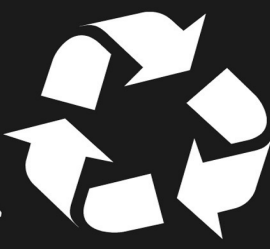
American Legion Post 71

American Legion Post 71 meets the second Thursday at 7 p.m. of each month on the third floor of the courthouse. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

DBCAA Board of Directors Meeting

Daniel Boone Community Action Agency, Inc. will be having a Board of Directors meeting on Tuesday, October 22nd at 5:30 p.m. in Clay County at the central office located at 1535 Shamrock Road in Manchester. The public is invited to attend. DBCAA is an equal housing opportunity provider.

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