

## Number of physicians continue to grow

Ongoing efforts to attract, train and keep physicians practicing here have enabled Rockcastle County to buck the national trend that has left many areas hurting for good medical care.

At this year's Doctors' Day was celebrated on March 30, more than nearly 40 physicians were practicing full- or part-time in Mt. Vernon.

Growing their physician ranks has been difficult for many other parts of the state and nation, particularly rural areas. And, the prognosis is not favorable. A national study reported in the January/February issue of Health Affairs predicts that, unless there are changes in medical school admissions, there will be a deficit of 200,000 physicians nationwide by 2020.

This community's success in attracting and retaining doctors comes in large part from the long-term plans put in place by Rockcastle Hospital and Respiratory Care Center's board of directors.

"We have concentrated for many years on creating an environment that provides physicians what they need to build and maintain strong practices," said RHRCC board chairman Joe Lambert.

It has sometimes meant taking bold steps.

"We have recruited our bright young people from this community into the field of medicine and helped them with scholarships. We built a state-of-the-art medical complex for physicians' offices and other services, and, very importantly, we have always looked for ways to improve the hospital so we can provide their patients with exceptional care."

For Mt. Vernon native Mike Hamilton, M.D., the scholarship lightened the financial burden he had to assume as he pursued a vocation that was even greater than his original dream.

"I always knew I wanted to do something in the science field, but not even though of being a doctor until I went to college and was exposed to a wider range of professionals," said Hamilton. "At that

time, there were few doctors in Mt. Vernon."

He realized he could help meet a strong community need. Hamilton said he has seen an improvement for patients and physicians.

"The practice climate at Rockcastle Hospital provides is extremely good and the medical community is very strong. Some of the specialists who see patients here have even commented that they believe we have built a stronger medical staff here than many larger cities," he added.

Steve Estes, president and CEO for RHRCC, said he hopes people will continue to show their appreciation to doctors all year.

"We hope our community doesn't take our physicians for granted. They work long hours and often are under tremendous stress," Estes said. "We want them to know that we value them and want them to stay here for many years to come. We invite patients to tell their local doctors they appreciate their efforts."

Estes also noted appreciation for the efforts of Kimberly Cornelius, M.D. and William McEwan, M.D., who attend to the medical needs of more than 60 residents in the long-term, respiratory care center.

"These patients have significant health conditions and Drs. Cornelius and McEwan do an excellent job of addressing their ongoing needs. They are very dedicated," he said.

Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community hospital that operates inpatient and outpatient acute care programs, 60 long-term care beds for ventilator-dependent patients, a home health care service, the Medical Arts Building and Rockcastle Health and Rehabilitation Center, Inc. The hospital was established in 1956, is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), and treats patients from across Kentucky, Tennessee and several other states. For more information, log on to [www.rockcastlehospital.org](http://www.rockcastlehospital.org).

### DANIEL BOONE DEVELOPMENT COUNCIL, INC. Board of Directors - Low Income Representation

The Nominating Committee is soliciting nominations from Rockcastle County Low Income population for representation on the Low Income Section of the Daniel Boone Development Council, Inc. Board of Directors.

Nominations will be accepted until close of business on May 7, 2003. All nominations will be placed on a ballot there at an ELECTION that is to be held in Rockcastle County at the Daniel Boone Dev. Council's Office located on Main Street in Mt. Vernon, Kentucky on May 22, 2003 at 5 p.m. The two winning nominees in this election will serve on the Daniel Boone Development Council Inc. Board for a term of three (3) years.

If you have any questions, call Mike Buckles at 606-598-5127.

All nominations including Name, Address, County and Phone Number must be mailed to Roger Schott, Chairman of the Board at the following address:

Roger Schott, Chairman  
Daniel Boone Dev. Council, Inc.  
1535 Shamrock Road • Manchester, KY 40662

Nominations for Rockcastle County Representative of Low Income Section on the Daniel Boone Development Council, Inc. Board of Directors should include the following information:

## Mt. Vernon Chiropractic and Pain Center

### Automobile and Work Injuries

Symptoms May Indicate

Following an automobile accident or work injury, symptoms may not show up immediately or even within a few hours. Because damaged, injured tissues often degenerate slowly, sometimes symptoms don't develop for several days, months or occasionally years.

#### Typical Automobile Accident Symptoms

Any one or all of these symptoms could be an indication of a serious spinal problem or injury.

**Headache** - Dull or frequent

**Low Back Pain** - Pain between shoulders

**Pain and/or numbness in the head, neck, shoulder, arm**

**Pain between shoulders**

**Fatigue or "weak feeling" spells**

**Hand, cold, tingling hands, feet, arms, legs**

**Heartbeat rapid, irregular, flutter, pronounced**

**Frequent urinary incontinence, urinary lapse,**

**depression, insomnia**

**Whispering in the ears or diminished hearing**

**Difficulty concentrating, mentally "foggy"**

**Restrictive movement**



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Thursday 3 p.m. to 8 p.m. (Late Day) - Thursday 8 a.m. to Noon (Early Day)

Saturday 9 a.m. to Noon

We file all insurance for you. Medicare/Medicaid provider.

All Auto-Accidents & Workmen's Comp Injuries covered at 100%

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606-256-1986



Finger Lick-In & The Goods from London got together with Winford DeBord recently to do a little pickin' and grinnin' at his home in Brodhead. Shown in the photo are Keyon Gilbert, Curtis Wilson, Josh Gilbert and Winford DeBord. Trent White, of Trent White Contracting, got to know Mr. DeBord while he was building a concrete pad at the bottom of a wheelchair ramp, and invited the guys to come and play with Mr. DeBord.

Podiatrist starts seeing patients April 15

## RHRCC brings another specialist to Mt. Vernon

To continue meeting the needs of the community, Rockcastle Hospital and Respiratory Care Center announces a new specialty practice.

Paul Krestik, D.P.M., of Bluegrass Regional Foot and Ankle Association will begin seeing patients at the Rockcastle Medical Arts Building on April 15.

Patients also will see nurse practitioner Daniel Albertson, ARNP. Dr. Krestik's partner in the practice. They will be available the first and third Tuesdays of each month.

Dr. Krestik and Albertson provide complete foot care for common problems such as foot, ankle and heel pain, as well as more complex problems such as those associated with diabetes or arthritis.

Dr. Krestik said even though some conditions require surgery, he typically exhausts all possibilities of non-invasive treatments first. The team also says it puts patient needs at the forefront, right down to the time spent on office visits.

"One of our goals is getting patients in and out of the office quickly," Albertson said. "We try to stick very closely to our schedule because we know that our patients' time is valuable, and they don't want to spend their day in our waiting room."

Tony Arvin, M.D., medical chief of staff for the hospital said bringing podiatry services to the community

has several benefits. "The medical staff is pleased to have this service available for our long-term care patients at the Rehabilitation Center and for our outpatients," Dr. Arvin said. "It's very important for people to be able to receive their health care close to home and the medical staff supports bringing specialty services to the community."

Steve Estes, Rockcastle Hospital and Respiratory Care Center CEO, said serving the community is part of the hospital's mission.

"We are always pleased to bring services and specialty practices to Rockcastle County to improve the quality of life for our patients and residents," Estes said. "We will continue to listen to the people of our community and make services available to meet their needs."

Dr. Krestik graduated from the Scholl College of Podiatry in Chicago and served his residency at St. Vincent Hospital in Worcester, Mass. He earned an undergraduate degree from Valparaiso University.

Albertson has an undergraduate degree from Ashbury College as well as bachelor's and master's degrees in nursing from the University of Kentucky.

To schedule an appointment, or to learn more about the types of treatment offered, call 1-866-602-9900.

## Quail Homemakers meet

The Quail Homemakers Club members met March 19th at the home of Charlene Gentry with seven members present.

After a delicious meal the meeting was called to order by Teet Stevens. The lesson, Aging Gracefully, was presented by Geraldine Robbins. One thing we learned and all the members agree, to age gracefully a person has to think positive and stay active.

One of the members, Millie Eaton, has been selected to serve as International Chairwoman of the Wilderness Trail Homemakers Clubs.

The Quail Homemakers Club members will participate in the International area by buying an article of clothing for a baby or a toddler to be sent to the Lame Deer Indian Reservation in Nebraska.

Subject matter chairwomen were chosen in our club for the following year: 1. Family and Individual Development, Lorene Lawrence.

2. Management and Safety, Betty Lou Whitaker. 3. Foods, Nutrition and Health, Carol Ann Vanhook. 4. Housing, Energy and Environment, Barbara Thompson. 5. Cultural Arts and Heritage, Charlene Gentry. 6. Leadership, Citizenship and Community Outreach, Shirley Martin. 7. 4-H and Youth, Sue Adams. 8. International, Lisa Hopkins.

The next meeting will be April 14th, 7:PM, at the home of Lorene Lawrence. The lesson, Soup and Sandwiches, will be presented by Shirley Martin.

Visitors are always welcome to visit the club meetings.

(606) 256-3293 (606) 308-3149 or (606) 256-8989

### MOBILE PRESSURE WASHING

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## PRIDE

Spring Clean Up

April 12 - April 26

For more information:

Call Wayne Bullock or Jeanette Robinson,  
your PRIDE Coordinators,  
at Mt. Vernon City Hall  
at 606/256-3437

Or call 1-888-K-PRIDE-Y

Or visit [www.kvpride.org](http://www.kvpride.org)

## Words of Hope

Do you ever find that the cares of your life overwhelm you?  
Would you call the president to share your troubles? No, he is not available for individual needs. Amazingly, however, Jesus, the great ruler over all, wants us to come to Him with our troubles. In Matthew 11:28 Jesus says, "Come to me all you who are weary and burdened and I will give you rest." Take time today to give your burden to the One who really cares.

—A message of hope from your friends at  
Mt. Vernon Pentecostal Church

## Opening Sat., April 12 Taylor's Fruit Stand

Open Saturday, 8 a.m. to 5 p.m.

Cello Lettuce - 60¢ head



Tomatoes - 75¢ lb.



Jumbo Idaho Baked Potatoes



15 Lb. for \$3.50

Bananas - 25¢ lb.



Large Onion Sets - 39¢ lb. (Yellow or White)

10" Asst. Potted Plants - \$10  
Flats of Bedding Plants  
Ferns • Bradford Pear Trees

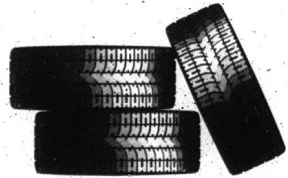
Open Thursday, Friday and Saturdays  
8 a.m. to 5 p.m.

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## Waste Tire Amnesty Program

Now's Your Chance  
and It's Free!



Get Rid Of Your Waste Tires  
May 1st, 2nd and 3rd  
at the  
State Highway Garage from  
8 a.m. to 5 p.m.

For more info, contact James Renner,  
Solid Waste Coordinator at 606-256-1902

This is your opportunity to bring your old waste tires and dispose of them at no charge. All tires including those on rims will be accepted. Tires that will NOT be accepted are foam filled tires, off road construction equipment tires, and solid tires with pressed on rims. TIRE RETAILERS AND AGRICULTURAL TIRE RETAILERS are NOT ELIGIBLE to participate.

If you have a large number of tires or cannot deliver your tires to the collection site, please call James Renner, Solid Waste Coordinator at 606-256-1902 to make special arrangements.