

Mount Vernon Signal

Serving Rockcastle County Since 1887

Second Section

Thursday, February 7, 2013

Fitness Fair will focus on women's heart health

It is American Heart Month and Valentine's Day is drawing near. Rockcastle Regional Hospital & Respiratory Care Center wants to keep hearts in the minds of women in Rockcastle County all month long.

The hospital will sponsor an event called, Love Your Heart, for mothers and daughters, grandmothers and granddaughters and all women in the community to come out for a fun night of fitness to raise awareness about heart health.

The fitness and education fair, will take place on Thursday, February 28 at 5:30 p.m. in the Wellness Center at Rockcastle Regional Hospital (3rd floor Outpatient Services Center).

Highlights of the free event include a sampling of group fitness classes, heart health education and heart healthy food samples. A variety of classes including Body Recall, indoor cycling (spin), ZUMBA and more will be offered for participants to try. A detailed schedule of events is coming soon.

All women who attend will receive a free gift and opportunities to win door prizes. The main item on the agenda is to increase awareness in the community of heart disease, the number one killer of women.

"It's very important for women to learn about heart disease and ways to prevent it. Recognizing potential warning signs and symptoms can also be life-saving," said Community Relations Director Arielle Estes. "We need to teach the young ladies in our community the importance of a healthy lifestyle. Heart health is important...at any age!"

Please sign up for Love Your Heart by Friday, February 22. Contact Arielle Estes at 256-7880 or a.estes@rhrcc.org.

Current version of GED test to expire

Kentucky Adult Education has announced that the current version of the GED test will expire at the end of 2013. The current version, known as the 2002 Series GED test, will be replaced with the new 2014 GED test on January 2, 2014.

The important point that Kentuckians need to know is this – people who have taken the 2002 Series GED test, but have not passed all five parts, have only until December 18, 2013, to take the current test. If they do not pass all five parts by December 18, 2013, they will need to start over again in 2014 with the new GED test. More than 100 residents of Rockcastle County have passed parts, but not all, of the current GED test version.

"The GED test opens doors to the future by helping adults prepare for college and job training and get better jobs," said Jenny Sweet, Director, Rockcastle County Adult Education. "We want to be sure everyone is aware of this deadline. We strongly encourage GED test-takers to act now to finish and pass before the current test expires."

"Even if you haven't already started testing, but getting your GED is something you need to do, this is your year," she said. "Get started now."

Rockcastle County Adult Education offers free classes to help adults earn their GED. The adult education center is located at 955 West Main Street, next to Rockcastle County Middle School. The program can be reached by calling 256-0218, on Facebook at Rockcastle Adult Education or clicking www.rockcastleadulthoodeducation.com. GED testing information is also available at www.finishtheGED.com.

A couple of important tips you should know about GED testing in Kentucky before the end of 2013:

The last day to take the current version of the GED test is December 18, 2013.

All GED test-takers must first pass the Official GED Practice Test™, which is available at all local adult education programs.

MAL and LDP continued for the 2013 crop year

The marketing assistance loan (MAL) and loan deficiency payment (LDP) provisions in the Food, Conservation and Energy Act of 2008 (the 2008 Farm Bill) have been extended for the 2013 crop year with the passage of the American Taxpayer Relief Act of 2012.

MALs and LDPs provide financing and marketing assistance for peanuts, rice, feed grains, soybeans and other oilseeds, peanuts, pulse crops, cotton, honey and wool. Assistance is available to eligible producers beginning with harvest or shearing season and extending through the program year. The 2013 mohair crop is not eligible for MALs or LDPs because mohair provisions were suspended by the Consolidated and Further Continuing Appropriations Act of 2012 and the Continuing Appropriations Resolution, 2013.

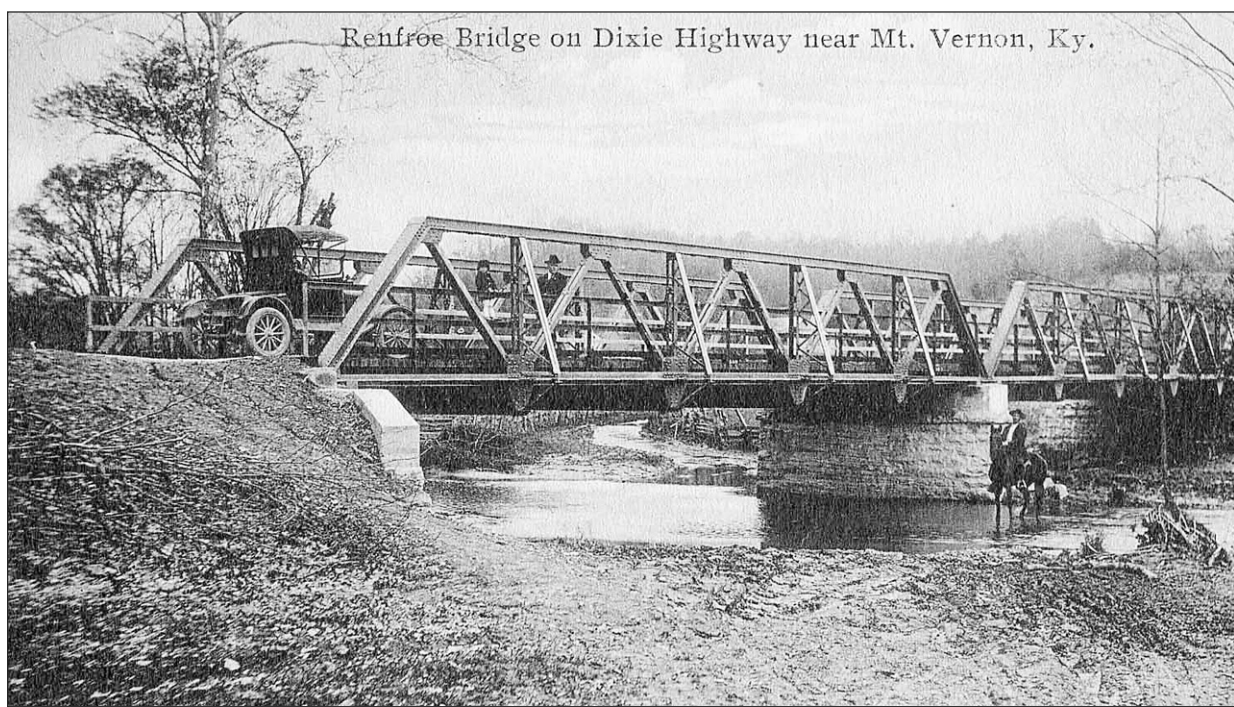
MALs provide producers interim financing at or after harvest to help them meet cash flow needs without having to sell their commodities when market prices are typically at their lowest. A producer who is eligible to obtain a loan, but agrees to forgo the loan, may obtain an LDP if such payments are available.

For more information about marketing assistance loan and loan deficiency payments, please visit your FSA county office or FSA's website at <http://www.fsa.usda.gov/pricesupport>.



Blast from the Past!!!

This week's photographs show L&N passenger train #22 at the Mt. Vernon Depot in 1914. The row of men in the background were the first recruits from Rockcastle County during WWI (1914-18). The second photograph year unknown is of the old U.S. 25 bridge at Renfro Valley. If you have a photograph for Blast From The Past contact David Owens at scoopowens24@yahoo.com or (606)256-9870.



PRIDE liaison serving Rockcastle Co. Schools

Teachers in Rockcastle County have an aid in environmental education this year.

Their PRIDE Environmental Education Liaison finds hands-on activities that complement teachers' lesson plans on environmental topics, such as plants and the water cycle. The liaison visits classrooms to lead the special activities and to discuss how the lessons apply to the environment of southern and eastern Kentucky. She also encourages students to find ways to care for the environment, such as volunteering to pick up litter or turning off lights when they leave a room.

From September to December, Carla Gabbard was the liaison. She spent 11 hours in local classrooms, instructing a total of 251 students.

Wonda Hammons will serve as liaison for the remainder of the school year.

The liaison service is made possible through a partnership between the Rockcastle County Fiscal Court, Rockcastle County School System and Eastern Kentucky PRIDE, Inc., which is a nonprofit organization.

PRIDE offers liaisons to all schools in its 42-county service area through its PRIDE Environmental Education Outreach Program. Local partners, such as county and city governments, enroll their schools in the program and pay an annual fee, which is based on

student population.

The program aims to help students prepare for state science tests and develop life-long environmental stewardship skills. Liaisons work primarily with third, fourth and fifth-grade classes, but they also work with all grade levels involved in PRIDE Clubs, which explore environmental issues and perform community service. They tailor lessons to the local environment based on PRIDE's success with promoting environmental education in the region since 1997.

The PRIDE web site is www.kypride.org.



Kevin Fletcher was recently presented with a plaque from Mt. Vernon Mayor Mike Bryant for his service as Chief of Police.

Notice of Vacant Rockcastle County Board of Education Seat

The Kentucky Commissioner of Education is seeking applications to be considered for appointment to the Rockcastle County Schools Board of Education. You are invited to nominate yourself or someone you know who is qualified to serve on the Board of Education representing Educational Division 4 of Rockcastle County Schools. The vacancy was created by resignation of the prior member.

Under the provisions of KRS 160.190(2) this appointment is effective until the November 2014 regular election.

This is a public service position and the person appointed will not be employed by the Rockcastle County Public Schools.

REQUIREMENTS

Board members must be:

- At least 24 years old.
- A Kentucky citizen for the last three years.
- A registered voter in Rockcastle County and in the Climax/Orlando voter precincts.
- Have a high school diploma or GED certificate.
- Must be in compliance with anti-nepotism state laws.
- Cannot provide contract services for the school district.

RESPONSIBILITIES

School board members are involved primarily in the following areas:

- Developing policy that governs the operation of schools.
- Providing visionary leadership that establishes long-range plans and programs for the district.
- Hiring the district superintendent and issuing annual evaluation reports.
- Setting local tax rates and practicing vigorous stewardship to ensure that all school district funds are spent wisely.

Applications must be postmarked by February 12, 2013.

Applications for this position are available from:

- Rockcastle County Board of Education – 245 Richmond Street, Mt. Vernon, KY 40456
- The Kentucky Department of Education, address below.

All applications must be mailed directly to: Commissioner of Education
1st Floor, Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601

The Kentucky Department of Education does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.



Wonda Hammons visits Rockcastle County classrooms to lead hands-on environmental education projects.

Replacement Windows

Any Size White Vinyl Double Hung Insulated

\$189

COMPARE AT \$600

Installed

Maximum size 4ft. x 6ft. Ask for details.

FREE IN-HOME ESTIMATES

606-258-1774 • 1-800-353-4313

www.WindowWorld.com

0% FINANCING AVAILABLE

Window World

"Simply the Best for Less"

WINDOWS • SIDING • GUTTERS • DOORS

BBB

ACCREDITED

"Not only do we stand behind our windows... we stand on them!"

Local Owner, J.J. Hart