



Carter - Tift

Allison Elizabeth Carter and Aaron Christian Tift were married on July 14, 2012 at Church on the Rock in Berea. The reception was held at the Keen Johnson Ballroom at Eastern Kentucky University and the couple spent their honeymoon on St. John, USVI.

Allison is a 2006 graduate of Rockcastle County High School. She earned her Bachelor's degree at Oral Roberts University in Tulsa, Oklahoma in 2010 and her Master's degree at the University of Kentucky in 2011. Aaron is a 2011 graduate of Oral Roberts University. The couple now resides in Kyle, TX, where Aaron works at Nexus Medical Consulting and Allison at Texas State University.

Letters to the Editor Policy

Letters to the editor must be no more than 400 words without prior arrangements having been made. Letters are published in the order in which they are received as space permits. Letters must not contain libelous materials. Letters must be in the *Signal* office before 4 p.m. on Monday to be considered for that week's publication. All letters must include the author's name, signature, address and telephone numbers. Illegible letters will not be considered for publication. Letters not meeting these guidelines will neither be published nor returned to the author. For questions or to make arrangements for a letter exceeding the word limit, contact the editor at 256-2244.



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2006 Dodge Charger RT Local & Nice.....	\$12,980	2006 Hummer Local & Nice.....	\$12,980
2010 Toyota Corolla 4 dr. Sedan.....	\$12,980	2007 Jeep Grand Cherokee Local & Nice.....	\$13,980
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SPECIAL of the WEEK!

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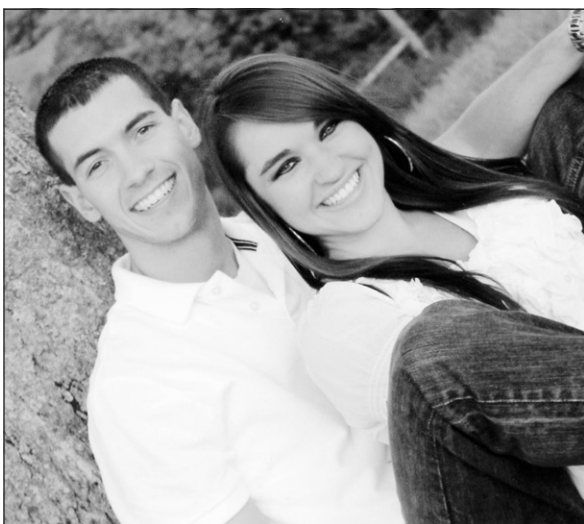
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Cameron - Wiles

David and Diana Overbay, of Mt. Vernon, are proud to announce the engagement and upcoming marriage of Brandon Scott Cameron to Natasha Paige Wiles, daughter of Don and Gina Wiles of Berea. Brandon is the grandson of the late Joyce Baker Everett. Natasha is the granddaughter of Bobby and Marilyn Garrett.

The wedding is set to be held July 20, 2013 at 3:30 p.m. at First Baptist Church in Richmond. Invitations will be sent.

The Family Room

By: Guest Columnist Amy Oakley

Domestic violence is something that affects all of us, even if we may not realize it. It is estimated that every year in the United States, 1.3 million women and 835,000 men are the victim of domestic violence. With numbers this big (and these numbers only account for the cases that are reported), there is an almost definite chance that all of us have met a victim at some point. Maybe we have even had one in our circle of friends or in our family. Numbers like these cannot be ignored.

The movement to end domestic violence is often thought of as a "women's only" movement. Because most reported incidents of domestic violence happen to women with male abusers, most of the language we use refers to victims as "she" and abusers as "he." This can make men feel as though they do not have a place in the movement against domestic violence. Even worse, some men feel as though they are being blamed for domestic violence. That simply isn't so.

Here's the truth: most men will not be abusive toward a spouse. However, most men will know someone who is abused. It is possible that some may even be victims themselves. With this in mind, all men can take a stand against domestic violence. The following

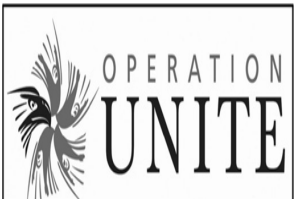
list includes some easy ways to make this happen.

1. Men can work to eliminate gender stereotypes. Traditionally, men have been stereotyped as being powerful and aggressive. A man who shows emotion or backs down from a fight may be pegged as weak, while one who reacts with anger and violence would be seen as strong. This isn't true! Violence should never be seen as a solution to a problem. Instead of getting into a physical fight with someone, talk through the experience. See both sides of the story and work together to find a non-violent resolution.

2. Men can speak up. Have you ever seen a friend or family member become violent toward a wife or girlfriend? What would you do if you saw someone yelling at or talking down to their spouse? If you suspect that someone you know is abusive, speak up. Tell them that what they are doing is wrong, and offer to find help for them. If you suspect that someone you know is being abused, assure them that they're not alone and that they can get help. Never stand silently while abuse is happening.

3. Support Bethany House or another domestic violence program. Do you want to help victims of domestic violence? Shelters like Bethany House rely on our volunteers and donors, both male and female. Call the shelter to learn more about ways to serve. You can also show your support by wearing a purple ribbon (purple is the color for domestic violence awareness).

Domestic violence is everyone's business, and everyone can play a part in ending it. If you want to learn more about how to stop domestic violence, or if you need help with leaving an abusive relationship, please call Family Life Abuse Center at 1-800-755-5348.



OPERATION UNITE

Drug Tip Hotline
1-866-424-4382
(24/7 - your name is not required)

Toll-free Treatment Help Line
1-866-90-UNITE



50th Wedding Anniversary

Come celebrate with William and Ramona Jones (Dock and Cricket) June 29th at 6 p.m. at the Climax Horse Camp. Potluck style. Bring a chair, if possible. All family and friends are invited. No gifts please. *We love you Mom and Dad!*

Our Readers Write

Bowman letter was appreciated..

Dear Editor,

I wanted to say that I was so glad to read the nice letter written recently by James Bowman, regarding the success of our Little League baseball program.

If time and space permitted, I could list hundreds that were key figures in making it all possible.

We'll just say "Thank You!" We live in a wonderful world, don't we?

Gatliff Craig

Thank you Pongo Fire Station...

Dear Editor,

We would like to take this opportunity to thank the Pongo Fire Station for their help at the spray and neuter clinic that they held. They were very caring and helpful. There should be more of these in our county. A lot less poor animals dropped off or left to die. Again thank them very much. Especially

Tony Bullock Betty and Hans Lindblom.

Betty Lindblom
Renfro Valley, KY

Owens' book is informative...

Dear Editor,

I have just finished reviewing the format of the latest work done by David Owens and it is a book that tells it all about basketball in our county before consolidation.

We, in Rockcastle, are very fortunate to have so many of our fine citizens that do so much and yet expect so little.

David Owens is one of these and even though he won't make any money off the sales of this book, he still is excited and wants you to have one.

Application forms are being distributed to many of most of the county's business places. Let's all get one!

Gatliff Craig

Mamaw's Kitchen

By Regina Poynter Hoskins

CORN PUDDING

Most of time we just had the home made creamed corn that we had put in the freezer over the summer. If we ran out of this, we would use store bought whole kernel canned corn and make a pudding out of it to give it more flavor.

2 cans (14 ounces each) whole kernel corn
4 tablespoons flour
2 teaspoons sugar
1 teaspoon salt
2 beaten eggs
2 tablespoons melted butter
2 cups milk
Mix corn, flour, sugar and salt. Combine eggs, melted butter, and milk. Mix with corn mixture. Pour into greased casserole dish. Bake at 350 for one hour. Stir from bottom 2 or 3 times during the first 30 minutes of baking.

CORN PUDDING SQUARES

Our whole family loves this. If you want it a little spicy, just add some jalapeño or green chilies.

1 can (15 ounce) whole kernel corn, undrained
1 can (14 ounce) cream style corn
1 cup sour cream
1/2 cup butter or margarine, melted
1 box (8 ounce) Jiffy cornbread/muffin mix
2 eggs
Preheat oven to 350. In a large mixing bowl, combine all ingredients; stir just until combined. Pour into greased 9 x 13 baking dish. Bake at 350 for 40 to 45 minutes or until wooden toothpick inserted near the center comes out clean. Cool for 15 minutes on wire racks before cutting. Serve warm. Makes 12 servings.

SOUR CREAM CORNBREAD

This next recipe comes from Rhonda's sister-in-law. This is one of Rita's favorites.

1 small can (about 8 ounce) cream style corn
2 eggs
1 container (8 ounce) sour

cream
1 cup self-rising corn meal
1/2 cup oil
Preheat oven to 400. In a large mixing bowl, combine all ingredients; beat just until combined. Pour into greased 8 inch baking dish or iron skillet. Bake at 400 for about 30 minutes or until golden brown.

"Memories"

(Cont. from A2)

we should be able to go to our graves still singing. "Hail, Hail, Rock and Roll!"

(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 suggestions and comments. You can also find out about my new book, *View from the Mountain.*)

"Points East"

(Cont. from A2)

least 6 feet long and big around as my forearm. It had a huge bulge in its middle that I'd bet any amount of money was a rabbit.

I never said a word to Loretta and I don't intend too. I've seen ole Blackie several times since then, in pretty much the same place and I figure he is as happy with his hasenpfeffer diet as I am with the notion that he is keeping the rabbits out of my bean patch.

Deadline for next week's paper is 4 p.m. Monday due to the July 4th holiday!!

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