

Southern Kentucky

# Health & Family

FREE

Vol. 9 Issue 3 March 2013

JOURNAL

A PUBLICATION OF THE COMMONWEALTH JOURNAL

Information for Parents

## Stop School Bullying!

by Brenda Popplewell

## Colorectal Cancer Awareness

by Tricia Neal

## School Suppers

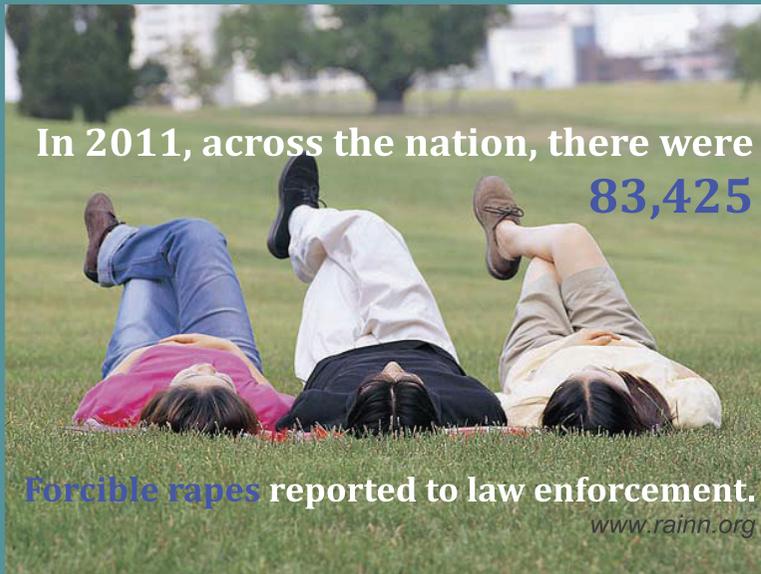
by Bill Mardis

### Also in this issue...

- Missionary Rev. John Wilson
- Lucille Brassfield
- Habitat for Humanity: Miracle on Columbia St.

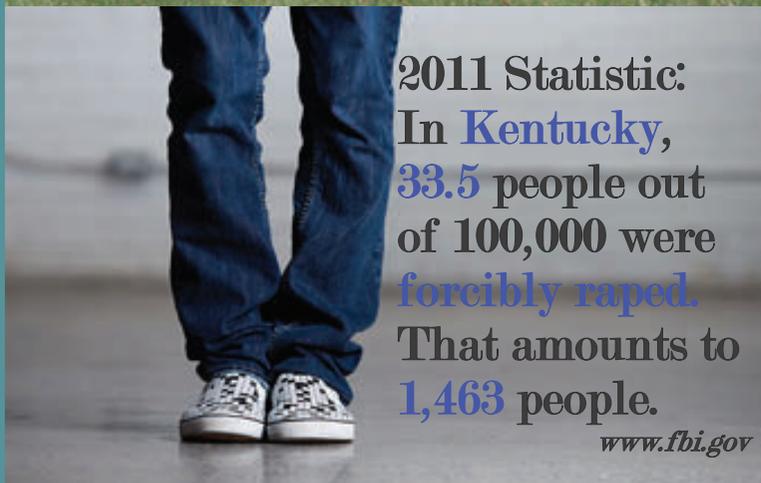
- The Fighter: Ian Lawler
- Dr. Ben Bryson
- Barns of Pulaski County

and Much  
More!



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**Forcible rapes** reported to law enforcement.  
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**forcibly raped**.  
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*www.fbi.gov*



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from **depression**.

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from **post-traumatic  
stress disorder**.

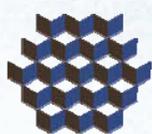
**13 times** more likely to  
**abuse alcohol**.

**26 times** more likely to  
**abuse drugs**.

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**contemplate suicide**.

*World Health Organization-2002*

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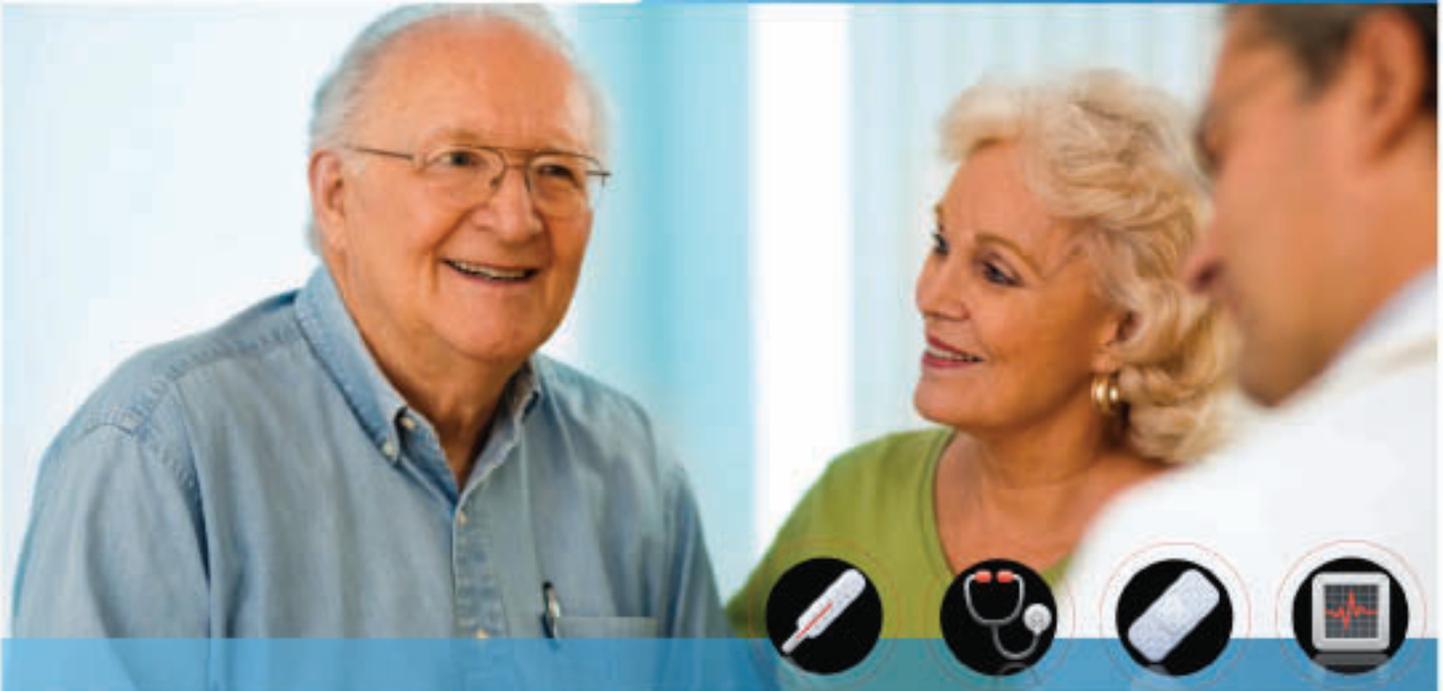
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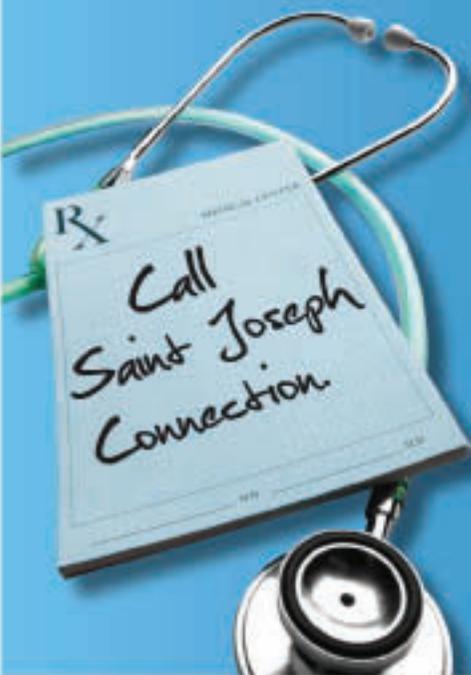


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**Stop School Bullying!**

BY BRENDA POPPLEWELL  
 ATTORNEY AT LAW

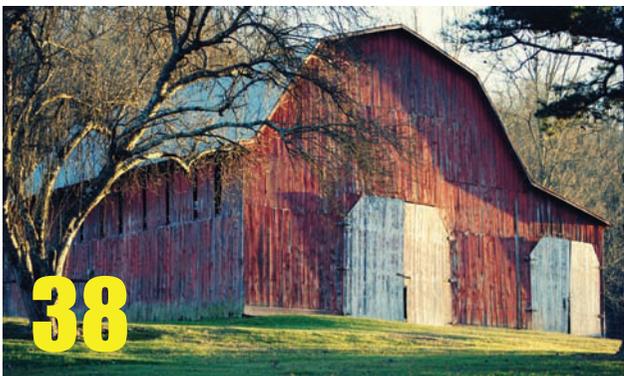


Habitat for Humanity  
**Miracle on Columbia Street**

BY BJ KRUG



**The Fighter:  
 Ian Lawler**



Barns of  
 Pulaski County

**Structured  
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BY DON WHITE

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# School Bullying!

BY **BRENDA POPPLEWELL**  
ATTORNEY AT LAW

*They punch me, strangle me, take things from me, and sit on me.*

The above statement was made by 12-year-old Alex Libby of Sioux City, Iowa, a target of school bullies, and one of the school children included in documentary film “Bully”(2011).

The documentary “Bully” is hard to watch. Indeed, it is simply heartbreaking.

A heartbreak all too familiar to children who are bullied and their parents.

However, the film also provides hope, because it recognizes as society we have evolved to the point that bullying, long tolerated as a fact of life, is being redefined as a social problem. Platitudes such as “kids will be cruel,” “boys will be boys,” “you are such a pretty girl, they are jealous,

so you should expect to be bullied,” or “you need to toughen up” are no longer acceptable responses to the kind of physical and emotional abuse that damages the lives of young people whom appear weak or different to their



bullying. Specifically, 25 percent of school staff reported witnessing bullying once per month, 21 percent reported witnessing bullying 2 to 3 times per month, 16 percent reported witnessing bullying once per week; 15 percent reported witnessing bullying several times per week; and 9 percent reported witnessing bullying on a daily basis. Of the staff surveyed, 43 percent perceived bullying to be a moderate or major problem. For the target, bullying is a major problem, and school can become a frightening place.

## **FORMS OF BULLYING**

Bullying can take many forms,

peers.

The United States Commission on Civil Rights reported that acts of bullying, violence, and harassment are widespread in K-12 schools. A 2011 study by the National Education Association found that 87 percent of school staff reported witnessing

including:

- Teasing and excluding
- Name calling and profanity
- Shaming and perpetuating rumors
- Damaging or stealing belongings
- Demanding money
- Physically pushing, hitting, kicking, or otherwise attacking



- Hazing
- Threats of physical violence
- Sexual harassment and touching
- Bullying based on race, religion, disability, gender, sexual orientation or perceived sexual orientation.

### **THE CONSEQUENCES OF SCHOOL BULLYING**

#### ***Consequences for the target***

Students who are the target of a bully lose their sense of security and begin to fear going to school because of possible contact with the bully. Targets of bullies may be afraid to go the bathroom at school or fear riding the bus to and from school because of the possibility they may encounter bullies.

Targets of bullies can experience a diminished ability to learn, and anxiety so great they suffer physical symptoms of illness such as nausea and heart palpitations. The target may feel frustration, and anxiety, which can lead to mood swings, withdrawal from friends and family, an inability to concentrate, and loss of interest

in school. The targeted student may develop attendance problems, fail classes, and in the worst cases, become suicidal.

#### ***Consequences for the bully***

Students who are permitted to bully other students fail to learn empathy for others, and may engage in other types of antisocial behavior including criminal acts. A bully who learns he or she will be permitted to emotionally or physically harm other students, gains power over others, and may find the behavior a difficult habit to break when adults do not intervene.

#### ***Consequences for the bystander***

Students who passively participate in bullying by watching may also fail to learn empathy for others, come to believe that the behavior is acceptable, and that the adults at school either do not care enough or are powerless to stop it. Student bystanders who share common traits with the target may join in the bullying because they fear will become the next target. Research

indicates that witnesses to bullying also develop a loss of their sense of security, which can reduce learning.

#### ***Consequences for the school***

Bullying behavior permeates a school and can create a culture in which bullying is accepted through the inaction of the adults. Adults who overlook bullying are, in essence, condoning the bullying by allowing the bullying to continue.

Adults condone bullying when they:

- Fail to stop physical and mental abuse of students.
- Allow derogatory names or labels for groups of students.
- Overlook casual cruelty, profanity, sexual harassment, hate or bias-based behavior, or hazing activities by students.

A school that permits bullying risks gaining a reputation for being dangerous and unsafe. It also risks failing its academic mission, losing enrollment of students, or being the subject of litigation.

#### **ACTION PARENTS CAN TAKE**

•Calling the bully's parents. This may not work. Because the bully's parents were not present at school where the bullying occurred, parents of bullies often deny their child's involvement or respond that they cannot supervise their children while they are at school.

• Talk to teachers and the school principal immediately, as soon as you find out your child has been bullied. It's important to carefully document times, places and witnesses, so that you can provide detailed information to school authorities. Take photos of any injuries. Obtain medical records if medical treatment was needed for the injury.

•If the same bully also harasses other



students, encourage their parents to also speak up to school officials.

•If talking to teachers and your principal doesn't bring results, write a letter to the principal and school district superintendent. Outline the facts and request an immediate response to the problem and a safety plan to keep your child safe.

•If there is a threat of physical violence or a physical assault call the Police.

•Talk to a Lawyer. Because the bullying occurs while children are under the supervision of the school district, parents of targets of bullies can hold schools, teachers, staff, and administrators, civilly accountable for failing to supervise students and stop school bullying.

No parent should find himself or herself all alone when trying to address school bullying. We need all adults -- parents, teachers, staff, administrators, law enforcement, lawyers and anyone else with a heart -- to work together as champions for children.

All children deserve dignity, respect, and a safe place to learn.

*Brenda Popplewell focuses her practice on student rights, criminal defense, civil rights, and appeals. Her office is located in Somerset, Ky., and she represents clients throughout the state.*

*For more information on bullying and student safety visit <http://www.brendapopplewell.com>. This is an advertisement.*

*The documentary film "Bully" was released on Blu-ray and DVD on February 12, 2013. ■*



**Brenda Popplewell,  
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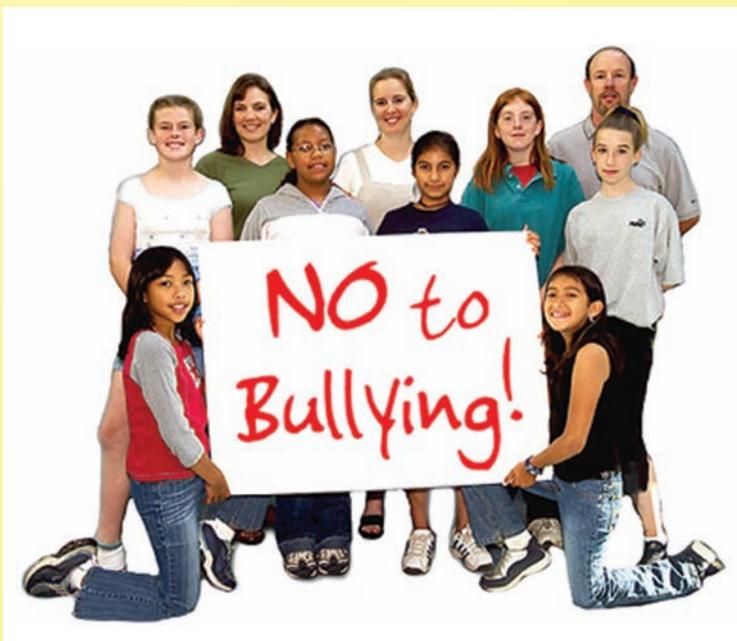
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## **FINANCIAL FOCUS**

# *Get Ready for Some (Financial) Spring Cleaning*

Spring is in the air — or, at the very least, it's on the calendar this week. And if you're like many people, you may be looking forward to doing some spring cleaning around your house and yard. But this year, why not go beyond your physical environment and do some "sprucing up" of your financial situation?

Here are a few possibilities to consider:

- Clean your portfolio of "clutter."

When you go through your house, you may find some clutter in closets, storage areas, on top of desks, under beds or just about any other place. Your investment portfolio also may contain clutter, in the form of investments that no longer meet your needs. Consequently, it's a good idea to "de-clutter" your portfolio periodically by selling those extraneous investments and using the proceeds to help purchase others that may be more effective in helping you make progress toward your financial goals.

- Consolidate your investments in one place. As you clean your house, you may find that you have many common items, such as brooms, hammers, duct tape and so on, scattered among various rooms. It might be more efficient to keep all such objects in one central location; this can help prevent you from needlessly replacing or duplicating them.

As an investor, you may have an IRA with one financial services provider, an old 401(k) with a different one, and some other investments with yet another institution. If you consolidated all these investment vehicles with one provider, you might be able to save some fees and expenses. Perhaps even more importantly, by uniting all your investments in one place, you may find

it easier to follow a central, unified investment strategy.

- Check for "gaps" in your financial strategy. Every spring, it's a good idea to check your gutters for leaks, your sidewalks for cracks and your paint for chips. By doing so, you'll help protect your home and surroundings. To help protect your family's future, it's important to have adequate life and disability insurance.

- Plant seeds for growth. When spring arrives, it's time to plant the seeds for your flowers and vegetables. As an investor, you also have to be concerned about growth.

Specifically, you'll want to consider investments that have the potential to grow enough to help provide the financial resources to meet your long-term goals, such as a comfortable retirement. Consequently, you should review your portfolio to determine if it contains an appropriate amount of growth-oriented vehicles for your individual objectives, time horizon and risk tolerance.

- Seek professional assistance. When you're tidying up for spring, you may find some jobs that you can't do alone, such as cleaning a heavily stained carpet, unclogging a blocked drain or trimming the highest branches on a tree. For these tasks, you might need to call in trained professionals. It's the same with investing: You can do some things on your own, but for complex tasks such as creating and maintaining an appropriate investment strategy, you may need to work with a financial professional.

Consider putting these spring-cleaning tips to work soon. They may just help put some sparkle and shine into your financial "house."■

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

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Cathy will be available to co-op members; open, honest and straight forward with her answers.

*Cathy Crew Epperson is a leader that is dependable and committed, experienced and knowledgeable.*



### **Dependable and Committed**

- Worked 28 ½ years at The Adanta Group Mental Health Center that covers the Lake Cumberland Region
- Working with the AWANA Youth Program at Langdon Street Baptist Church for 8 years
- Married to Greg Epperson for 31 years and have three children

### **Experienced**

- Managed a \$24 million dollar budget
- Held various positions with The Adanta Group such as Switchboard Operator, Secretary, Administrative Assistant, Administrator, Assistant Chief Operating Officer to Chief Executive Officer; Cross trained in key administrative functions - Human Resources, Business Office and Administration.
- Served on the Somerset-Pulaski Chamber of Commerce Board for 6 years and as Chamber President in 2010.



### **Knowledgeable**

- Masters of Science in Vocational Education Degree from the University of Kentucky
- Chief Executive Officer of The Adanta Group Mental Health Center for 11 years
- Working as Executive Director of the National Alliance on Mental Illness (NAMI) for 3 ½ years

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## SOUTH KY RECC BOARD

# DISTRICT 1

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# RAISING AWARENESS & MONEY

## *COLORECTAL CANCER AWARENESS 5K*



Colon cancer survivor Joe Altman and his wife, Lisa, have their picture taken by Shelley Bruce as Shelley's husband, Mike, looks on, during a previous 5K awareness event.

BY TRICIA NEAL

*If you love to run, or even just love to walk, participating in the upcoming “Raising Awareness, Saving Lives Colorectal Cancer Awareness 5K” on April 13 can help you save lives - maybe even your own life or that of someone you know.*

Money raised during the 5K helps pay for colon screenings for community members who don't have the funds to undergo the test themselves. Those colon screenings can help with the early detection of colorectal cancer - and the earlier the disease is caught, the easier it is to beat.

Now in its fifth year, the 5K sees close to 200 participants annually. At a cost of approximately \$20 per participant, around \$4,000 has been raised each year to help pay for colon screenings for patients who would not otherwise be able to pay for the procedure.

For at least one 5K participant, the event is an opportunity to encourage others and to hopefully prevent them from experiencing what he's endured in the last few years.

"I am living proof that you can survive colon cancer," says Joe Altman, the former minister of First Christian Church in Somerset who is now continuing his ministry from his home.

In 2008, after a check-up with a

local doctor, Altman was referred to a specialist who diagnosed him with colon cancer. After two surgeries, two types of chemotherapy, and then another surgery to remove part of his liver, Altman is now cancer-free.

But instead of cursing his ordeal, he says he believes it was a blessing.



"I now have a way of trying to help people with colon cancer," he said.

As a Christian, Altman took a peaceful and unselfish approach to his cancer diagnosis.

"When I got this, I was walking with God," he said. "Whenever my life is terminated, I'll still be walking with God. ... It helped me be stronger in my

faith. I was at peace through everything that I went through."

Altman said when he first learned that he had cancer, "I asked God to take care of my wife and children. That's all I asked of God."

The first year that Altman participated in the Colorectal Cancer Awareness 5K, he was undergoing chemotherapy.

"I had to be pushed in a wheelchair for part of it, but I walked about half of it," he said.

"As a colon cancer survivor, the 5K is important to me. I try to be active as much as I can in the community, and I wouldn't miss participating in this 5K. ... I've been given the opportunity to survive, and now I try to help others.

... When I walk, I want to show others who may be diagnosed that I'm still standing for them and praying for them."

Altman especially wants to help spread the word about the importance of early colon cancer detection through screenings.

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With Michael E. Pope, DMD

he said.

“I don’t want people to be scared, but I want them to understand that this is something that’s very serious, but that can be overcome with patience and proper treatment.”

Joe Altman says he would be glad to talk to anyone in the community who

might be dealing with a colon cancer diagnosis. To be put in touch with Mr. Altman, contact Susan Ramsey Wilson at Lake Cumberland Regional Hospital, (606) 678-3264.

The 5K is sponsored by Lake Cumberland Regional Hospital and is planned yearly by the staff at the Lake

Cumberland Surgery Center.

The April 13 event begins at Meece Middle School on Barnett Street. Runners and walkers follow a marked route through the streets of Somerset. The race is USATF sanctioned for those who run competitively, and is timed by John’s Run/Walk of Lexington.

Preregistering at least two weeks in advance costs \$20 and guarantees a T-shirt. Participants can also register the day of the race for \$25. Registration begins at 7:15 a.m., and the race begins at 8:30 a.m.

Registration forms are available at the Lake Cumberland Surgery Center, in the Commonwealth Journal, or online at [www.raisingawareness5K.com](http://www.raisingawareness5K.com).

A waffle breakfast will be served and door prizes will be given. ■



Runners at the start of the 5K



Tricia Neal is a freelance writer

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# What is Colorectal Cancer?

*This information partially compiled from Centers for Disease Control and Prevention and the National Cancer Institute*

**Information located at [www.ccalliance.org](http://www.ccalliance.org)**

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colon cancer, when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly successful. In the most difficult cases — when the cancer has metastasized to the liver, lungs or other sites — treatment can prolong and add to the quality of life.

Most colorectal cancers develop first as colorectal polyps, which are growths inside the colon or rectum that may later become cancerous.

Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often

found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer after prostate and lung cancers. For women, colorectal cancer is the third most common cancer after breast and lung cancers.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older has regular screening test, as many as 80% of deaths from colorectal cancer could be prevented.

Colorectal cancer screening saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

Call Dr. Brenda Jobson for your screening today. It may save your life. 606-678-8883.



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The Sneed Family

# *The* Miracle on Columbia Street

BY BJ KRUG

In a corner of Somerset not far from downtown a building project is underway. Described as the “miracle on Columbia street”, a Habitat for Humanity House is currently being built for the Sneed family of six. Habitat for Humanity International is a non-profit organization dedicated to providing good housing for everyone. Founded in 1976 in Americus Georgia by Millard and Linda Fullmer, the organization

has spread around the globe, resulting in over six hundred thousand homes built or repaired. Now the organization has found its way into Pulaski County, thanks to the hard work of a number of local Pulaski County residents, including Glenn Proudfoot, current president of Pulaski KY Habitat for Humanity.

Proudfoot, a physician working at St. Joseph Hospital in London, began volunteering to increase housing for

people in need in 2005, when he went to India to help with Tsunami relief. Shortly thereafter, he became involved with Hurricane Katrina relief efforts in Biloxi Mississippi,

Covington Louisiana, and Gulfport Mississippi. He worked with other groups, including the Presbyterian Church, to build walls for houses and then ship them to the gulf coast to be assembled on location. Due to these

experiences, he became convinced that Pulaski County needed its own local affiliate. “Every time we put a house together and took it south we said, ‘why don’t we do this here?’ Well, because there’s no organization.” In 2010 Proudfoot began working with several local people and Habitat for Humanity to begin an affiliate here in Pulaski County, which was formally founded in September 2011.

In September 2012, construction began on the “Genesis House” the first project created by Pulaski KY Habitat for Humanity so far. A number of local businesses, organizations, and individuals--including American Woodmark, the Wallis family from United Methodist Church, and Alton Blakley--have donated time, money, property, materials, and building expertise to help begin the house. The mission statement of Habitat for Humanity is that everybody deserves decent housing. To that end, to be chosen for the project requires people with both a financial need and currently inadequate housing--whether too crowded, poorly constructed, or other poor housing conditions. Proudfoot says, “people have to have the willingness to work. They have to provide 350 hours of sweat equity. 200 of those hours will be working on this house.”

The Sneed family was chosen by the planning committee in August of 2012 after applying earlier that year. Jessica Sneed, wife and mother for the family, says the waiting period was difficult. “We started to get a little worried that they weren’t going to get enough funds, or we wouldn’t be picked. We’d almost given up.” Fortunately, in the last week of August,

Proudfoot knocked on their door and delivered the good news: They were going to have a house. Jessica Sneed says, “My knees got weak and I thought I was going to pass out” on hearing the news.

Since then, the family has been hard at work on the house, along with the many volunteers. Even the Sneed children have jumped in to help. Due to the family’s particular needs, the house is designed to be very handicap accessible. Overall, the Sneeds feel that it has been a life-changing and an incredible blessing. Jessica Sneed says, “it’s been an awesome experience, and I think we’re still a little shocked. I think we’re going to have to be moved in before it really sinks in.”

Although a great deal of help and work has been done so far, there is always more need for both the current build and for the organization itself. There are a number of ways to stay informed on the project at this point, including a Facebook page



Genesis House in January 2013



Genesis House in February 2013



Genesis house is nearing completion

with lots of information and pictures. For people interested in volunteering either time or finances, Proudfoot says they can contact him through information listed on that page or on the website, [www.pulaskikyhabitat.org/](http://www.pulaskikyhabitat.org/). Proudfoot is also quick to say that people of all abilities can help. In

addition to physical labor, Habitat has several fund-raising and administrative tasks, including an upcoming golf scramble in May. Proudfoot says, "So if you're not into building houses and you don't want to deal with nails but you know something about a golf course, you can help us with our golf event. If

you have an interest then we'll figure out how to use it and put it to work....we can find some way for you to help."

Proudfoot is very pleased with production so far, and looks forward to the future. Habitat for Humanity requires that local affiliates complete at least one project per year, whether remodeling projects or completely new houses and Proudfoot anticipates that one project is what local group will be able to handle at this point. "My goal is to help people get out of poverty. When you can get people to the point where they're not struggling all the time and look to the future more, they will have the opportunity to be more successful. That's my goal, to try and make life a little better for everybody else." ■



Glenn Proudfoot, Albert Polston, Rick Saffin, and Nick Garrett



Benjamin "BJ" Krug is a freelance writer

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# What to Eat

## to Keep Your Body and Mind Strong

Falls are the leading cause of fatal and non-fatal injuries among people 65 and older. A fall can cause injuries that keep you from being as independent as you would like. Falling can be scary, but there are things you can do to prevent falls. One of the easiest things you can do to prevent falling is to eat!

Foods rich in calcium, vitamin D, C, B and E and magnesium can keep your body and mind stronger so that you are less prone to falls and other injuries.

The absorption rate of calcium by your body decreases as you age, so it is important to increase the amount of calcium you consume in a day. If you don't get enough calcium you have an increased risk for bone fractures and osteoporosis. Calcium keeps your bones dense and strong. Up to 70% of older women currently use some sort of calcium supplement to help achieve recommended daily levels. For men 51 to 70 years of age, 1000mg is the daily recommended amount, increasing to 1200mg at 71 years. Women 51 and older are always recommended to take 1200mg of calcium each day. Many of you probably already take a calcium supplement and that is good. Great sources of calcium are plain yogurt, cheddar cheese,

milk, orange juice, salmon, and fortified cereals.

Vitamin D is necessary for your body to be able to absorb calcium. Even if you are taking the proper amount of calcium, your body may not be fully absorbing it if you are not taking enough vitamin D. Proper vitamin D intake also helps reduce inflammation, prevent rickets and improve your brain's ability to send signals to your muscles. Many older Americans take vitamin D supplements; your doctor can help you find the right supplement for you. Taking a vitamin D supplement and eating foods rich in vitamin D may be able to reduce your risk of falling by 17%! Calcium and vitamin C are not only great tools for fall prevention, but also help you keep from breaking bones if you do fall. One good way to get vitamin D is to get a few minutes of sunshine every day. Be sure to wear a good sunscreen while you are out there. Foods rich in vitamin D include fish like cod, salmon, mackerel and tuna, orange juice, milk and yogurt.

Vitamin C, B and E and magnesium can help prevent falls by keeping your body healthy and your brain sharp. To get these nutrients eat fruits, vegetables and nuts. Carrots, for example, are recognized for their ability to

**See EAT, page 43**



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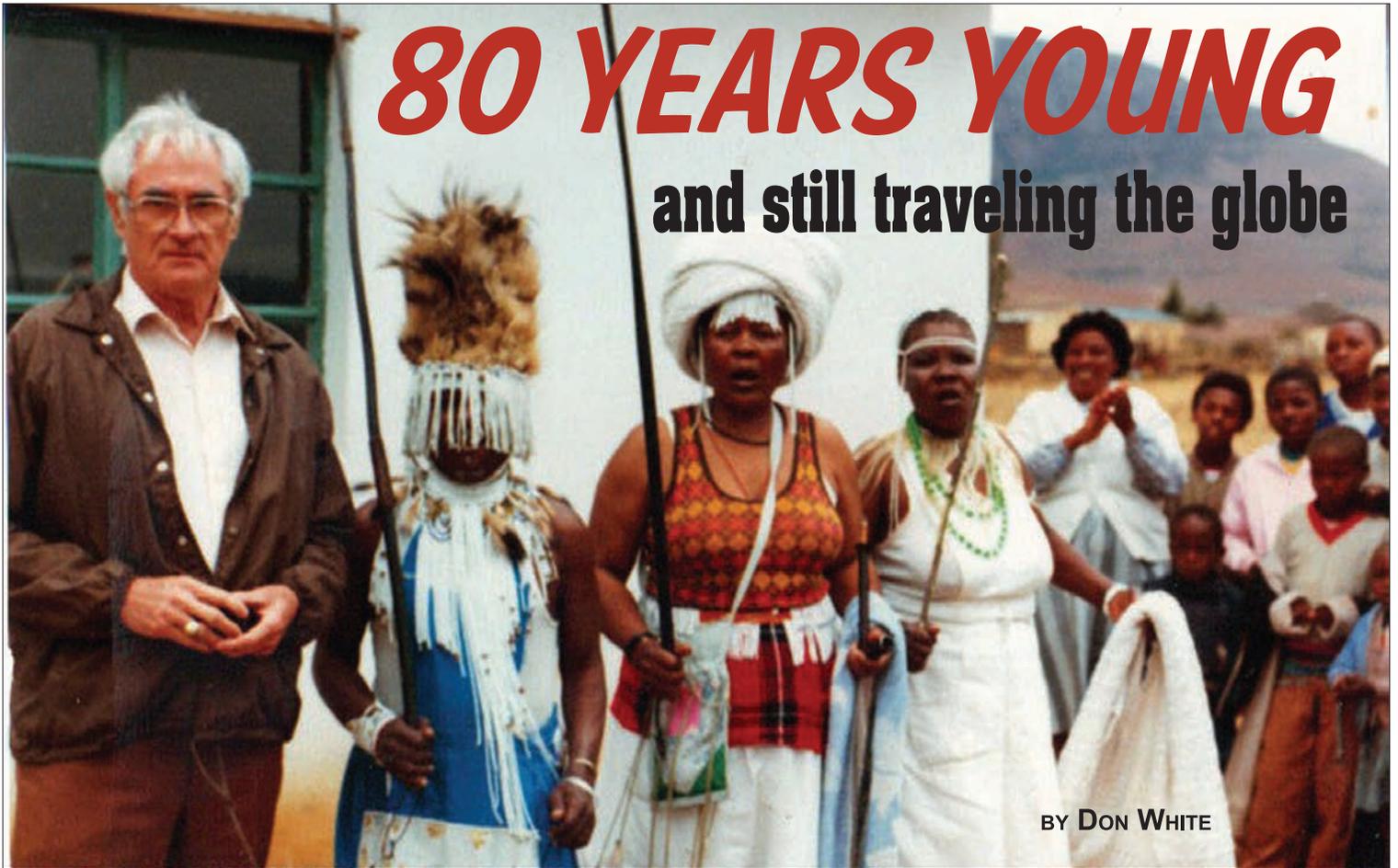


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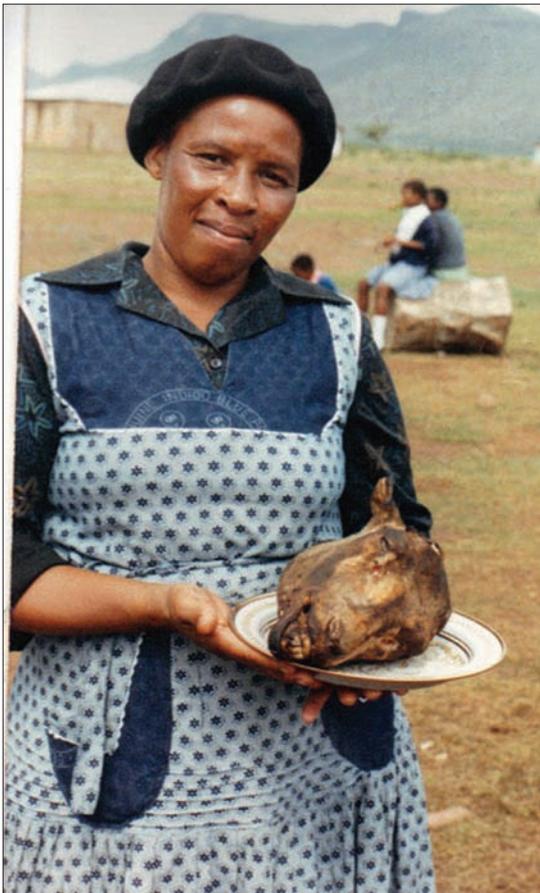
# 80 YEARS YOUNG

## and still traveling the globe



BY DON WHITE

The Rev. John Wilson with natives in Africa. Immediately to his left is the village witch doctor.



A tribal cook serves up calf head

His travels as a minister have taken John Wilson to locales as nearby as Russell County and as far flung as the remote corners of Africa.

Today, the Pleasant Hill native, who will mark his 80th birthday in August, is in Namibia, Africa.

The latest visit is his 11th, and this time he's being accompanied by his daughter, Janet Rutherford, owner/operator of Heritage Christian Book Store on Sallee Street in Somerset.

The business was founded by Wilson and his wife, Margaret (Madge) in 1968 at the corner of Sallee Street and U.S. 27.

"I knew I wanted to do volunteer work after retiring from the ministry and this is what it wound up being," says the man who began preaching at age 29.

Prior to that, he worked alongside his dad at Wilson Slaughter House, a business that was in operation from 1954 until the early 1990s.

His first stop was Bronston Baptist,

where he served as pastor from 1964-65 before moving on to New Paris, Ohio, with his wife and their son and daughter. Richard, now 60, is a Burnside High graduate, and Janet, 59, graduated from Pulaski High.

"I was only 19 when my son was born, so I kinda grew up with my children."

After the children were grown, the Wilsons moved to Russell County, where John served as pastor at Fairview Baptist for 15 years before retiring.

He has also served as interim pastor at First Baptist churches in Russell Springs and Jamestown.

Russell County was home from 1972 until 2006, when the couple moved back to Somerset due to their children residing here. Marge, a native of Detroit, died in 2009.

John remarried and resides in Somerset with wife, Ada, a Rockcastle County native.

His brother, 82, and an 88-year-old sister, also reside here.

As special as relatives are to him here, the Rev. Wilson also considers the people he has served in Africa was family.

Some visits there have been short, but he also spent more than a year in one village in the late 1980s.

He came home from his last assignment there as a missionary in 1993, but has returned often, including two visits last year.

The man natives call Mfundisi and Tata (father) says there is “great respect shown older people” in Africa, a factor that helps him in gaining local help for building projects underway there.

Considerable time has been invested in a church that will accommodate a thousand worshippers he has helped introduce to Christianity.

Only in recent years has electricity been available in the more remote villages, enabling construction projects to proceed with greater ease.

Ministering to others won’t end for Rev. Wilson when he and his daughter return to Somerset, where he has attended First Baptist for five years and enjoys teaching the adult mixed Sunday School class.

“It’s been a good life,” he says. ■



**Don White is a freelance journalist/writer and author of The Kentucky Traveler**



**Wilson and late wife, Madge in Africa**

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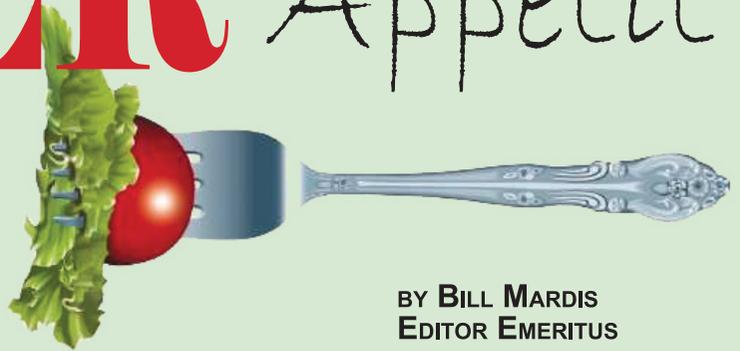
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# School SUPPER

Bon  
Appetit



Superintendent Steve Butcher pulled on the gloves to help serve the supper meal at Southwestern High School.  
(Pulaski County Schools photo)



BY **BILL MARDIS**  
EDITOR EMERITUS

More than 1,000 students after school each afternoon are eating supper “yes, they call it supper” in the Pulaski County School District.

Lucille Hudson, Food Service coordinator for the county school system, said the federally funded Child and Adult Care Feeding Program was launched in December at four educational centers: Pulaski County and Southwestern high schools and Southern and Northern middle schools.

The program proved so successful it has been expanded to the system’s nine elementary schools: Burnside, Eubank,

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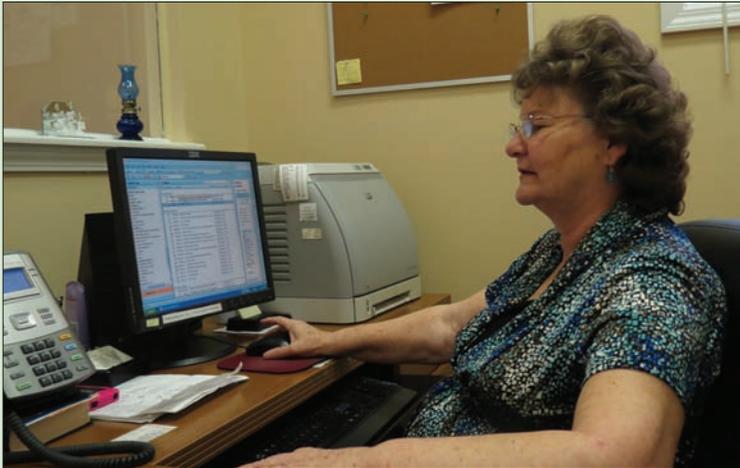
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Memorial, Nancy, Northern, Oak Hill, Pulaski, Shopville and Southern.

“Any child who stays after school for any type of enrichment program can get a supper meal,” Hudson said. “And it’s a hot meal,” she added.

Hudson expects the number of students participating in the supper program to increase when spring sports get under way.

“After baseball practice, for example, players can go to the



Lucille Hudson, Food Service coordinator for the Pulaski County School District, looks over records for the federally funded Child and Adult Care Feeding Program. The meals, called supper, are for students who stay after school for enrichment and sports programs. (Bill Mardis photo)

cafeteria at their school and eat supper,” she explained.

Meals are available from 3:10 p.m. until 5 p.m.

Supper is free to students, Hudson said. Teachers pay \$3.

“The free meals are not based on family income,” Hudson said. “Any student can eat ... we feed the wealthy and the poor. We don’t ask questions.”

Children who ride school buses and go home immediately after school don’t get to take advantage of the supper program.

Hudson thinks that’s a shame. She believes some of the most needy students are left out. But that’s the way it is right now.

Involved in Food Service in the county school system since 1975, Hudson has seen needy students divide their noon lunches and take half of their lunch home for supper.

Staffing cafeterias for the late afternoon meal was really no problem, Hudson said. Cooks normally work six hours a day and many of them wanted the two hours of extra time, she said.

“The supper program has proven a great success,” Hudson said. “I’ve had an awfully lot of good feedback. Students participating in sports are always hungry after practice. ■



Bill Mardis  
is Editor  
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Commonwealth  
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# *The Fighter*

**Corpsman  
overcomes  
obstacles to  
chase passion**

Story by Cpl. Sarah Dietz  
Reprinted by Permission  
Marine Corps Air Ground Combat Center,  
Twentynine Palms, California

On the mats, in a ring, or in a cage, Ian Lawler fought for his purple belt in Brazilian Jiu Jitsu.

To gain a new experience with life and to find new challenges, Lawler left his home in Somerset, Ky., and joined the Navy.

Lawler is a family man. His wife, Tasha, and his daughter Aaliyah, are something he fights for at home. His wife is pregnant again. Lawler might be in for a couple of more rounds soon.

Lawler's father introduced him to fighting at the age of 12 to stand up to bullies; to stand up for himself. He was

always smaller than the average kid.

He has been fighting ever since.

## ***Fighting for Work***

Lawler always wanted to be a professional fighter. He achieved that at the age of 19 by winning two fights.

He joined the Navy when he was 20 when he realized he needed a change.

"I was in a dark time in my life and I thought the military would be a fresh start," he said.

He had to put his pro fighting career on hold, but that didn't mean he stopped fighting.

At Naval Hospital Corps School, Great Lakes, Illinois, he started teaching his classmates Jiu Jitsu in the lobby of his barracks. The commanding officer gave Lawler an allotted time in the gym to teach when the class got very popular among the students.

Lawler knew how to fight, but he didn't really know how to instruct others in this martial art.

"I was looking at YouTube videos to help me teach," he said. "When I left the school, I left the class in the hands of a guy who was a blue belt and had a knack for teaching."

As Lawler progressed in the military, his fight career took a heavy blow, and a series of injuries left him in a seemingly downward spiral.

He attended the Basic Reconnaissance Course at Marine Corps Base Camp Pendleton, Calif., but had to drop out of the course due to a hip injury.

Later, Lawler was attached to 1st Battalion, 7th Marine Regiment. Weeks before the unit's deployment to Afghanistan, Lawler suffered an ulcer burst in his intestine, fighting for his life during pre-deployment training. He was air-lifted to the hospital and placed in surgery.

He recently received shoulder surgery due to multiple tears in his right shoulder.

Lawler looks at his injuries as a hindrance, not a deal breaker.

"It helps me be hungry to fight," he said. "The military aspect at this point with being injured doesn't really pose any threat to my passion. But, when I'm ready to compete, I'm sure it will aggravate to some degree but no one put a gun to my head and said sign. My goal is to be back in the gym."

## ***Fighting for Family***

Balancing family and his passion for fighting is important to Lawler.

"Balance is a challenge. People who are not martial artists, cannot understand. We strive to train as long and as hard as we can. The only way to counteract that is simply make the most of your time



**The Fighter: Ian Lawler looks over his students as they perform exercises during his Brazilian Jiu Jitsu class at Neo Warrior MMA N' Boxing Gym. Lawler, a hospital corpsman at Rober E. Bush Naval Hospital, volunteers his time to teach mixed martial arts before and after work three days a week. He is a purple belt in Brazilian Jui Jitsu.**



**The Fighter: Ian Lawler watches his students perform an arm bar during one of his classes at Neo Warrior MMA N' Boxing Gym in Twentynine Palms, Calif.**

at home. Do your best to incorporate your family into your passion so they don't feel left out of what can quickly become a major part of your life," Lawler said.

"Fighting has always been a huge impact on our lives," Tasha said. "He has always found some way to integrate it into the conversation. He talks about it all the time."

Lawler met his wife Tasha while attending McCreary Central High School. They were married in 2008.

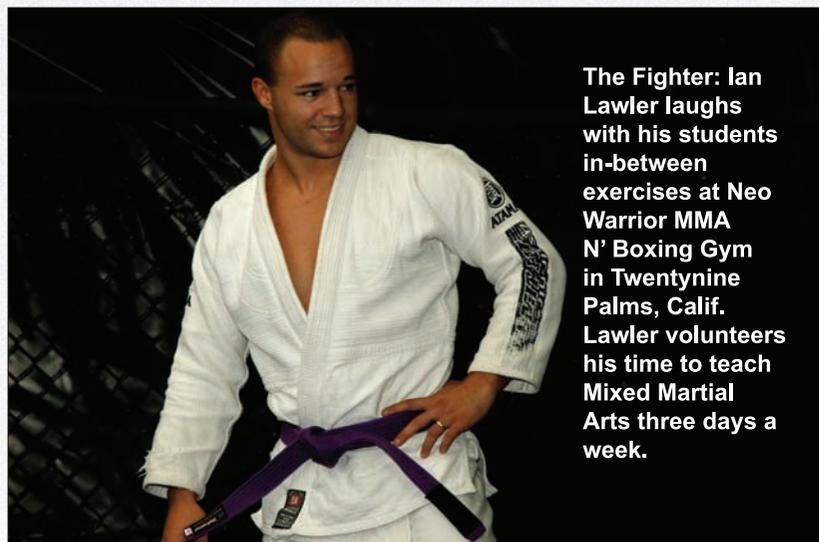
"We are from the middle of nowhere; we really didn't go on dates." Tasha said. "The first time we hung out, we sang karaoke."

Lawler's wife also knows a thing or two about fighting. Tasha enlisted in the National Guard in 2009 but couldn't continue when she fell off a 20 foot obstacle and broke her right foot and leg.

"I always wanted to go into the military, my plan was to go active duty after I got my nursing degree," she said. "We were having issues at the time. I was going to be put in the next training cycle, but my grandpa told me that my family was more important so I chose not to."

Though the experience didn't go the way she thought it would, she can see the impact it had on her life, even today.

"I think God used the military to mold me into a better person," Tasha said. "I made a 180. I became very



**The Fighter: Ian Lawler laughs with his students in-between exercises at Neo Warrior MMA N' Boxing Gym in Twentynine Palms, Calif. Lawler volunteers his time to teach Mixed Martial Arts three days a week.**

strong in my walk with God, I felt like I could take on anything.”

The day after Tasha exited boot camp, her grandfather died, giving Tasha a devastating blow. However the family tragedy grew the family closer.

“My family is stronger because of it,” Tasha said. “He was my crutch, and it forced me to stand on my own.”

It was a fight, but Lawler and Tasha fought through the pain and early marital struggles, and are stronger now from their fight.

“I live by this,” Lawler said. “I am a Christian first, husband, father, fighter, then corpsman.”

Lawler’s family is growing, as he is planning on adopting his 11-year-old niece and Tasha recently found out she was pregnant.

Adopting their niece, Danielle, is very important to the Lawlers.

“I came from a rough abusive childhood and she is growing up similarly,” Tasha said. “I want to give her a chance. We have always treated her like our daughter. I want to start working with her and preparing her for college.

No one in my family went to college so it was really difficult for me to prepare for it.”

The adoption process however, is a fight. After three years, the Lawlers finally have temporary custody. They need to wait another year in hopes to receive full custody.

### ***Fighting to Fight***

Lawler’s love for mixed martial arts started early in his life growing up in Somerset. He moved onto amateur kickboxing and boxing when he was 16 and later went on to learn Jiu Jitsu.

“I had a rough time in middle school, I was very small,” Lawler said. “I traveled 40 miles to train three days a week in Jiu Jitsu. My coach would shut off the lights and make us fight. It was amazing how much our technique improved over a few months.”

On top of his own career, Lawler offers his time to teach others to fight before and after work three days a week.

“I can take a guy with no fighting experience with the desire to fight and make him a fighter and competitor,”

Lawler said.

He has won the Grapplers X Advanced National Championship in 2011; the Grapplers Quest Advanced Absolute Championship- declaring him the best fighter in the advance division regardless of weight class; the U.S. Grappling Advanced Absolute Championship and Advanced 175 pound championship.

Lawler will be preparing to fight in the International Brazilian Jiu Jitsu Federation Tournament in October – an invitation only event.

Until then, Lawler continues teaching mixed martial arts at Neo Warrior MMA N’ Boxing Gym, a local gym in Twentynine Palms, and watches his students apply what he has taught them in competition. His love for the sport gives him a big thrill out of teaching and then watching them compete.

“Being a martial artist makes you look at life differently,” Lawler said. “Each time you compete you get a different sense of who you are as a fighter. I’ll be doing this until I die.”

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**Lucille  
Brassfield**

**For  
the**

# **Love of Cooking**

BY DON WHITE

Lucille Brassfield “knew of” the man she cooked supper for on the evening of July 29, 1927, but the two had never before laid eyes on each other.

The next morning, they were wed.

“I baked him some biscuits, and I don’t know what else,” says the 81-year-old Somerset resident and mother of four.

She was just 17, the oldest of 10 children, when Ted Brassfield came calling at her home in the Shafter community.

“I know I must have looked a dirty mess because I had been cutting wood and picking blackberries all day.”

Ted, a widower and the father of four, including a son the same age as Lucille, was so smitten by the hard-working girl, he reached a decision before dessert was served.

“Nobody can cook like you,” she recalls him saying.

“He said, ‘I’ll be here in the morning at 8 o’clock to pick you up, and we’ll go get married.’”

“And, you know what, he got to the house right on time, and we went into town and got married.”

Despite the lack of romance at the start, theirs was a union that lasted until they were parted by death in 1994.

What was the secret to nearly 50 years of marriage?

“Love, and raising our kids. That’s what we married for,” she explains, obviously not bothered by the fact Ted’s love of her cooking skills played a major role.

Cooking for her family and others would be a big part of the life of the woman who grew up working in the

tobacco and hayfields.

“I love cooking and I love to eat,” she says, while sitting on the front porch of her modest brick home on Hope Way.

While Ted worked on the railroad and for local businessmen like Gene Horn and Fred Ball, she was a cook at the old Hotel Beecher, where duties also included such chores as washing dishes.

The woman who dropped out of school before reaching eighth grade was also housekeeper for Howard “Shine” Robinson and wife Betty Lou, owners of the old Robinson Milling Company.

A member of High Street Baptist Church, she “hardly ever misses” and kept the nursery there for over 30 years.

She never learned to drive, but takes trips frequently with a group of seniors at her church.

Visits from family are important to

her, but “don’t happen often enough.”

All four step-children are deceased, as are three of her siblings. Four reside in Somerset and the others, in Richmond and Lexington.

Son Robert, 64, is retired from the military and lives in West Virginia. Daughter Carey Denney, 57, of Eubank works in the jewelry department at Wal-Mart; Jean Catron, 55, is an employee of the Veterans Hospital at Wilmore, and the youngest, Mary Hunter, 46, is a Nancy resident.

Lucille, whom you’ll always find wearing blue and white on UK game day, is quick to point out that her “extended family” includes the Kentucky Wildcat basketball team.

“Did you watch them last night?” she asks a visitor. “It wasn’t over until well after 11 o’clock, but I watched it all and was still up at 5:30, as usual.”

She’s likely never seen any of the current players in person. But that matters little to Lucille...She loves them just the same. ■



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A peripheral neuropathy, a result of nerve damage, often causes numbness and pain in your feet and/or hands. People typically describe the pain of peripheral neuropathy as numbness, tingling, or burning. The lack of feedback from the nerves of the feet can greatly affect the way someone walks. These movement patterns often lead to other indirect weakness as the person works to establish the most “steady” gait possible.

Don Whitehead has had a peripheral neuropathy for more than 15 years. “I have no pain,” he says, “but I do have numbness in my feet and legs and to a lesser extent in my hands and face. This makes walking difficult and I have fallen many times. I use a cane 100% of the time in order to prevent falls. There are many causes for neuropathy. Mine is caused by an auto-immune disease in which my immune systems attacks the covering of my nerves.”

When he developed back pain, his family doctor, Dr. Betsy Reynolds referred him to Total Rehab for physical therapy. “When I began therapy in June of 2012,” Whitehead says, “balance was very difficult for me. Jeff Parmelee, physical therapist, developed a plan of exercise that was designed to strengthen my back and

legs. Misty Burdine-Adkins, physical therapist assistant, worked with me twice a week to help me follow the plan. They also developed exercises for me to do at home.”

A balance assessment done in September showed that Whitehead was well below average in balance capability compared to others in his age group. “My balance was so bad that I barely registered on the chart. Several months later I showed considerable improvement, and by December, I was actually in the normal range of balance for my age group! I had no idea this was even a possibility! The back pain had also decreased considerably.”

“The muscle development from the exercises I have been doing five days a week is why I am better,” Whitehead explained. “My neuropathy is no better, and the nerve damage it caused is not reversible. My balance, however, has improved tremendously with the help of Total Rehab. I have strengthened the muscles so that they compensate for the lack of nerve response. My message to anyone with a neuropathy (whatever the cause) is that there is hope.”

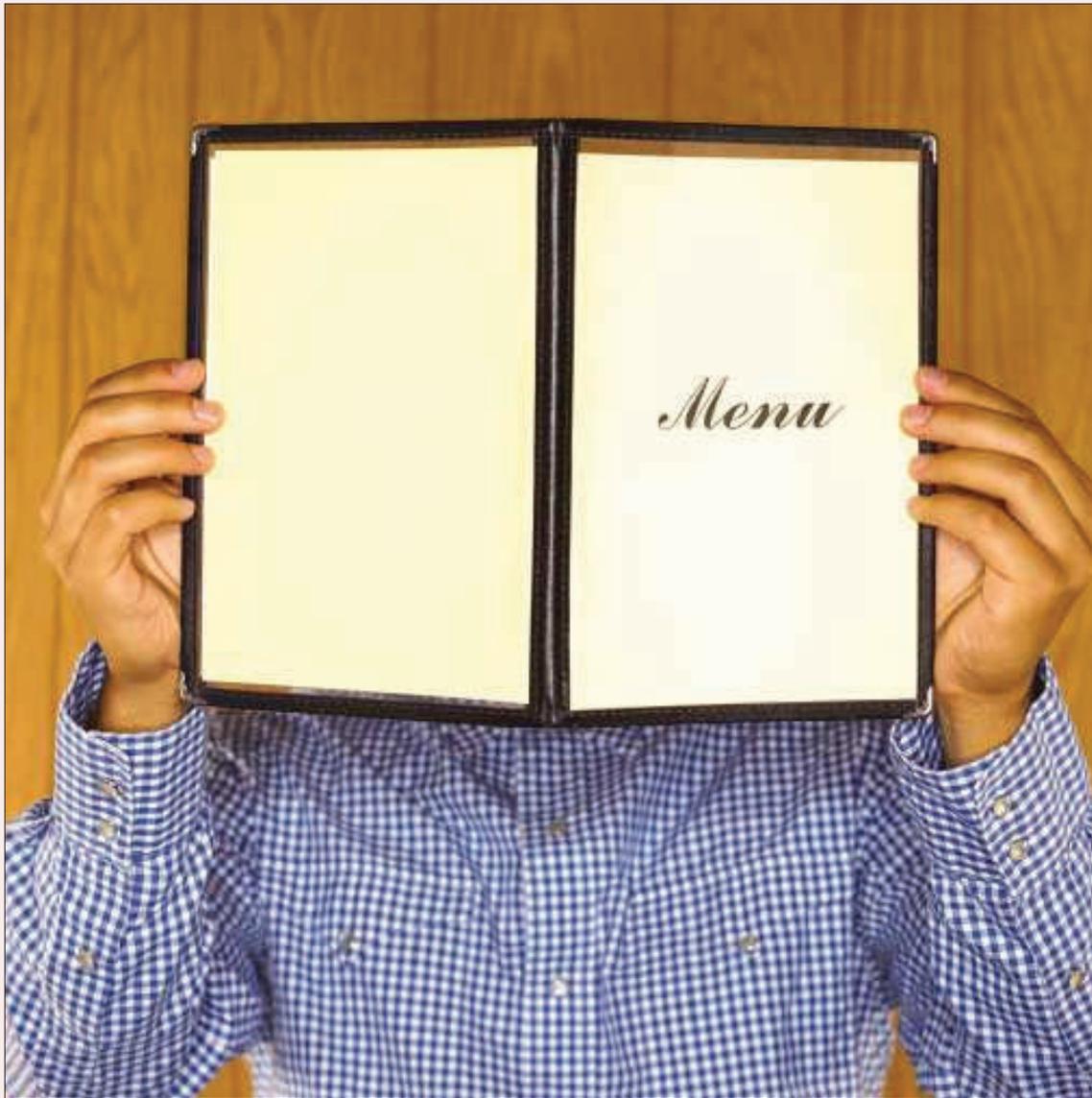
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# ***Making the Most of the Menu:***

## ***Healthy Eating at Restaurants***

BY BJ KRUG

In 2010, the average American family spent over \$2,500 on eating out--overall,

Americans spend about 1.7 billion every year just on eating at restaurants. Unfortunately, it is all too easy to make poor nutritional choices at restaurants. When even beverages can run into hundreds of calories apiece it seems impossible to make the healthy choices we all need. We have all probably heard from childhood that we should be sure not to eat too much, get plenty of fruits and vegetables, and avoid the unhealthy fats found in most meats and fried foods. The clinical dietitians at Lake Cumberland Regional Hospital, Cynthia Hatcher, Autumn Mastroianni, Dianna Maybrier, Joella Crowder, believe that anyone can make healthier food choices, including at a favorite restaurant. It

might seem like a daunting task, but a little preparation or a different way of looking at the restaurant meals you eat can go a long way towards lifelong health.

One of the biggest problems people have when choosing a meal at a restaurant is a simple lack of information. Mastroianni says, "One thing that's really useful now is if you know you're going to be eating out and you know where you're going, most chain restaurants will have nutritional information available. If you can plan ahead you can find your smartest choices that way." Hatcher quickly adds that frequently there are print resources in a restaurant with nutritional information as well. Additionally, knowing which ways of preparing foods are healthier can be

helpful. Crowder recommends that salad is always an option, and Maybrier says, "baked, broiled, poached--those things don't have added fat. Avoid fried foods." Hatcher points out that many restaurants have special menus, including senior menus or special healthy sections, including Weight Watchers, which can all offer healthier choices than other sections of the menu.

Of course, it's easy to end up at a restaurant without an opportunity to look up good choices beforehand, or to go somewhere that doesn't post nutritional information. Even in those situations healthy food choices are still possible. Hatcher says, "try to get steamed vegetables and not so much smothered baked potatoes with a lot of cheese, butter, or sour cream. Or if you



Clinical dietitians at Lake Cumberland Regional Hospital Autumn Mastroianni, Cynthia Hatcher, Dianna Maybrier, and Joella Crowder

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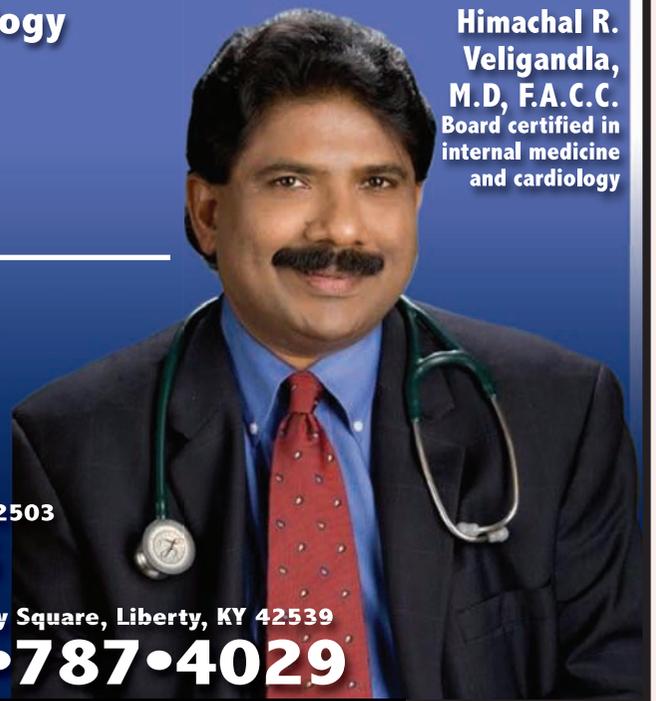
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do eat that, eat only half of it.” Crowder recommends taking part of a dish home in order to avoid eating too much in one sitting. Mastroianni adds that another problem can be sauces and dressings. “Even a salad can go bad with too much cheese and dressing. Cream sauces too, I recommend people go with a red sauce instead of an alfredo cheese sauce.”

Healthy eating has a tremendous payoff. Quality of life and length of life can be dramatically improved by making good eating choices. These good choices can also help people avoid obesity, heart disease, cancer, diabetes, and other illnesses. As in many areas of life, balance and moderation seem to be the key. Mastroianni says, “Occasionally, a treat, a piece of the ‘real thing’ isn’t the enemy. It’s what you do ninety-five percent of the time that matters. In that other five percent, if you want to have a cookie, or a small ice cream, or something, that’s not going to blow you out of the water.” With these tips and tricks in mind, anyone can look at a meal knowing they have the power to keep their own eating habits in line. ■



Joella Crowder shows a healthy, balanced meal.

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DR. BEN BRYSON

# Colon Cancer *Preventable & Treatable*



Dr. Ben Bryson

BY TRICIA NEAL

Thirty-one-year-old Ben Bryson didn't set out to be a gastroenterologist. His goal, when he started attending medical school, was to go into orthopedics. He had suffered a baseball injury in his youth, and he thought he wanted to help others who had been through similar circumstances.

But a few weeks before he started his residency, a life-changing experience made him reconsider his path.

"There had been some gastrointestinal illness in my family in the past, but my mom was diagnosed with colon cancer at the age of 55. That's what solidified my interest in becoming a gastroenterologist," Dr. Bryson said.

It was his mother's first colonoscopy - and doctors discovered that her cancer was already rather advanced. She underwent surgery and chemotherapy - and, in fact, is still receiving chemotherapy to this day.

"Had she not had the colonoscopy when she did, she wouldn't be here," Dr. Bryson said.

Born in South Korea and adopted as a baby, Ben Bryson grew up in nearby London, Kentucky.

After graduating high school, he studied chemistry and biology at Western Kentucky University. Later, he went to medical school and completed his fellowship at the University of Kentucky in Lexington. Ten years later, Dr. Bryson is still living in Lexington - but that will all change this summer when they relocate to Somerset.

"It's time for a change," he said. "My wife (Stephanie) is also from London, and we have a baby (one-year-old Caleb)."

Dr. Bryson will be joining the team of Dr. Todd Horn and Dr. Samir Cook at Cumberland Gastroenterology in July.

Since his mother's ordeal, Dr. Bryson has made it his mission to promote the importance of colonoscopies and other cancer screening techniques.

Colon cancer is the third most common type of cancer for men and women. It's estimated that 143,000 people will be diagnosed with colon cancer this year - and that 51,000 will die from the disease.

Kentucky has a high rate of colon cancer occurrences. Dr. Bryson says that's likely due to the fact that Kentucky has high rates of behaviors which can lead to colon cancer - smoking, obesity, alcohol consumption, and a sedentary lifestyle.

Men and women are encouraged to begin getting colonoscopies at age 50. If risk factors are low and if no abnormalities are found, individuals should undergo colonoscopies every ten years following their first at age 50. Some individuals may be encouraged to have screenings more often.

Many people put off colonoscopies, Dr. Bryson says, because there are many "myths" about the process.

"Most people are totally sedated during the test," he assured. "Even if they aren't, they don't complain of pain. ... People also think that getting a colonoscopy will be embarrassing. There are only two or three people in the room, and privacy is of utmost importance."

Dr. Bryson said the biggest complaint he hears about

colonoscopies is the "bowel prep" process patients must undergo before they can have the procedure.

"It's a small price to pay for a test that's proven to find colon cancer, though," he said.

While there are other less invasive options for screening for colon cancer, Dr. Bryson says colonoscopies are the most through way to go - and, in the end, they could save time and money.

"With a colonoscopy, cancers can be detected even in the far end of your colon," he said. "A colonoscopy also allows the doctor to take out any polyps that may be found right then, rather than having to schedule another appointment to have the polyps removed. ...

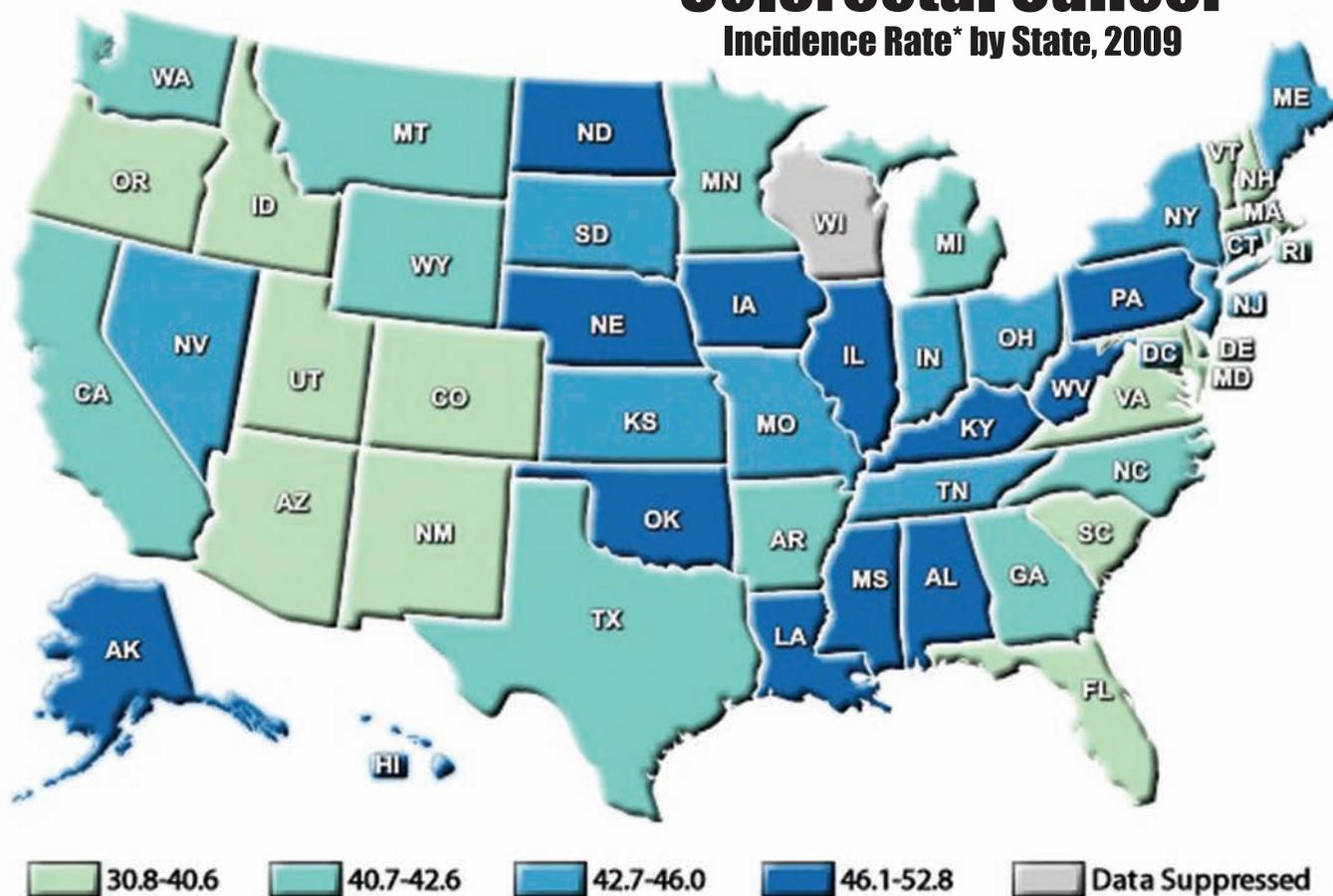
"Small polyps will turn into cancer if they are left alone," he explained. "It usually takes a long time for that to happen, but if you can catch them early, you can prevent them from developing."

Dr. Bryson stresses that colon cancer is preventable and treatable.

"My mom's a good example of that," he said.

If you're interested in getting to know Dr. Bryson before he moves to Somerset, you can meet him on Tuesday, March 12, at the Dine with the Docs event at Lake Cumberland Regional Hospital. The complimentary dinner begins at 5:30 p.m. on the basement level of the East Tower. Dr. Bryson will be speaking on the topic of colon cancer and screening techniques at 6:30 p.m.

## Colorectal Cancer Incidence Rate\* by State, 2009



# Barns of Pulaski County

## Structured Memories

BY DON WHITE

*There's just something special about a barn.*

*And Pulaski County is home to some of the most beautiful structures in the state.*

*Recently, freelance photographer Shelby Russell went out in search of some of the more photogenic and came back with some classics.*

*The decline of the family farm means many have fallen into disrepair, a sad fact for sure, but a factor that in certain instances adds charm to some that remain standing despite the neglect.*

*The 1940s and 1950s saw a boom in barn building as farms reached a peak in numbers before being cut in half by the early 1970s.*

*Many barns that are no longer used for housing tobacco or serving as milking stations are used for storage of old farm implements, even vehicles.*

*Russell discovered a very old Volkswagen in one of the older barns.*

*In the early 1970s, Shafter and Minnie Mayfield of eastern Pulaski County converted their barn into lodging, providing overnight accommodations by converting stalls into comfortable rooms for guests.*

*Members of the Silver Wheels Motorcycle Club of Indianapolis were frequent guests.*

*Across the nation, barns have been converted into antique malls, gift shops, even dining facilities.*

*When barns are replaced these days, seldom are they made of wood, but most are made out of poles and metal. They are easier to build and quicker to put up.*

*But never will they be as romantic and provide photo opportunities like the beauties of yesteryear.*



When a certain camera-loving daughter mentioned

to me that she wanted me to accompany her for a few day-trips, looking for shots of unusual or pretty old barns, I was all for it. I'm sure she was overjoyed when I didn't even ask her for gas money. What sweet Shelby didn't know was that looking at old barns always brings to my mind precious memories of my childhood days and all the fun I had playing in three certain barns in eastern Pulaski County.



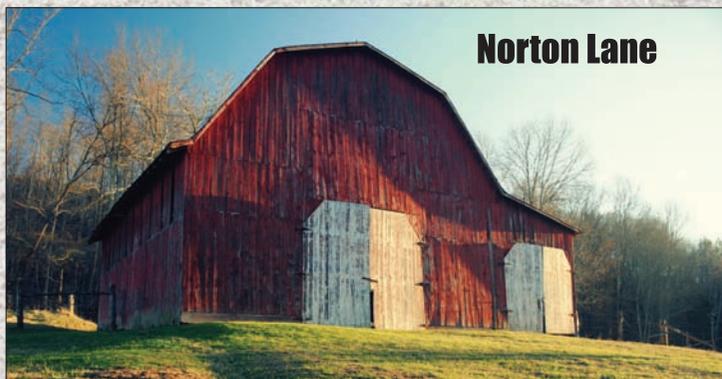
**Squib Ano Rd.**

**BARN #1-** I don't have a huge amount of memories of this barn, which at that time belonged to my Aunt Vella, a woman who was a saint if there ever was one. Anyone that lived most of her life alone, after the death of a young husband, and then raising their three boys, just has to be a saint.

The first memory of this barn was when I ran past it at the age of four or five years old. I had given my older sister the slip, and ran with my numerous doggie buddies down the gravel road the quarter mile from my parent's house to Aunt Vella's home. My Mom had left me home with the singing-while-she-washed-dishes-sister, and I so determined that I needed to get to my Momma, so I made sure sister was still singing and made my escape. The saintly Aunt Vella managed somehow to amuse me until Mom got there to pick up her runaway 4 year old. I don't remember any punishment.....

Next memory of this barn was when myself and my two best cousins, Keith & Greg, were jumping approximately six to eight feet down to the grassy yard from a back window.... or was that opening something that we cousins made by prying off a weakened weathered board? I'm sure neither three of us cared how the window came about....it just provided a bit of entertainment for several minutes on a summer day. We also managed to come away from the barn-window jumping activity with no broken legs or arms. I also believe we didn't tell anyone about our newfound sport!

If there is a barn heaven.....Barn#1 may have gone there, as she no longer stands in her spot. Her former home is but a grassy field with natural-gas wells, and numerous white-tailed deer graze where she once stood by the now paved road.



**Norton Lane**



**Valley Oak Rd.**

**BARN # 2-** So many memories and so much that I loved about this old barn that belonged to my grandfather Harvey. I determined when I was less than 10 years old that this barn had cheated me from the very thing that I dearly, dearly loved-- horses. Due to Pa Harvey's advanced age, the barn no longer housed the horses or mules that he had once owned in his younger days and I felt cheated. I would go to that barn looking for saddles, curry combs, horseshoes or anything horsey in the little feed room, and always I closed the door with my head hanging low with disappointment.

Even though I knew without a doubt, I would see nothing new, I regularly would peer over the dirty doors into the unused stalls, longing for the whinny of a beautiful horse, who was waiting for me to take him for a long adventurous

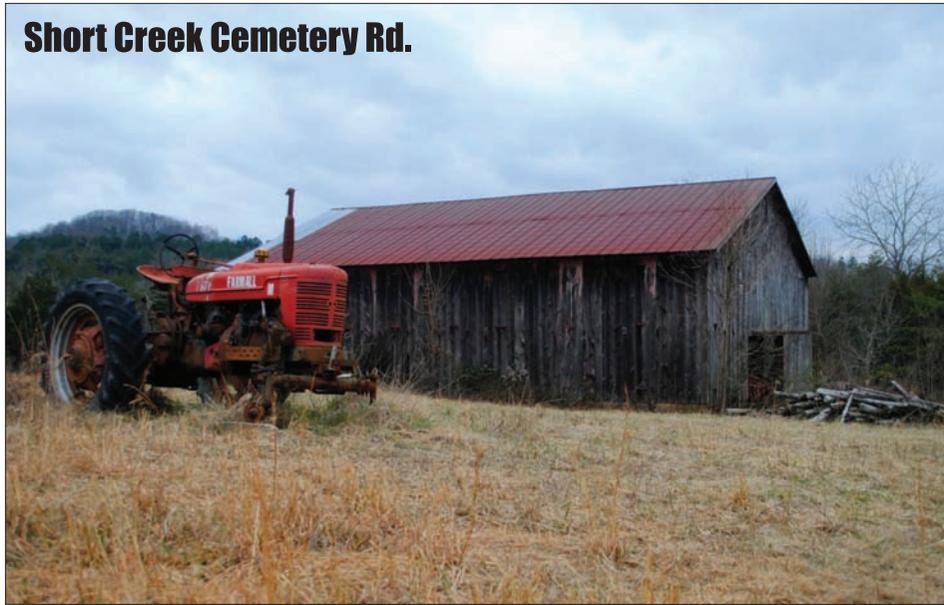
ride. Instead, as was the norm, all I ever saw were cobwebs, dirt, and old lumber from Pa's sawmill, quietly sitting in those abandoned compartments, and all I usually heard was the wind whistling through the loft of that old barn.

The only noise I DO remember in this barn was on the occasions that the cousins and I set foot into the dusty territory of those elusive/long gone horses.

A rusty basketball hoop attached to the edge of the loft..... that was all we needed for fun & laughs and I'm sure we made enough noise to scare away the copperheads. In all the times we were in the barns or

sheds of Ano, never once did we meet, see, smell, or kill Mr. Copperhead Snake.

This barn still stands at Ano, now holding treasures for another family.



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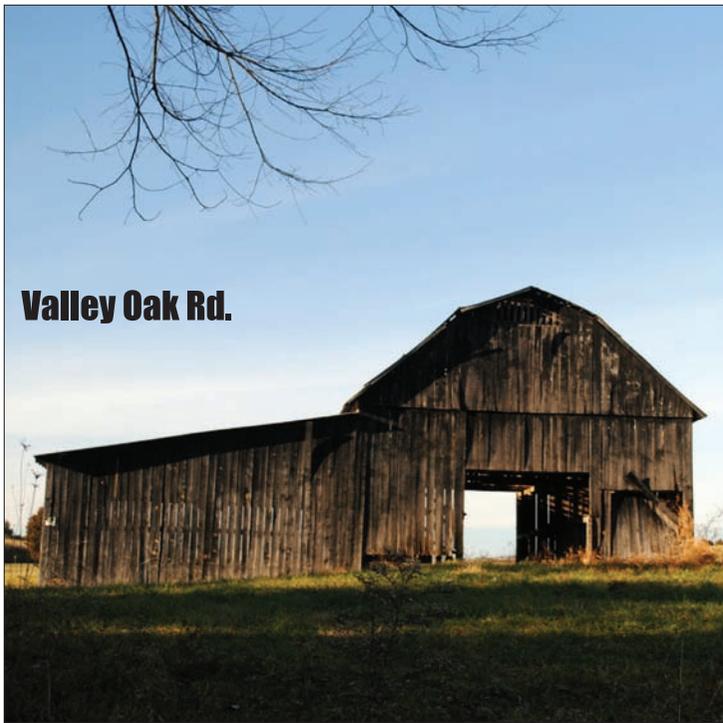
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**Valley Oak Rd.**

**BARN#3** – In the early 1980s my Daddy built a horse barn for his 15- year- old horse lover. Three different types of horses called this barn home, all at different times. All the things I had dreamed of at 10 years old finally came to be. Riding those horses was the highlight of many summers, and also a time that Cousin Keith and I both learned to drive a tractor and back its trailer into the little barn. This barn is standing today, presently a new home to my horse-loving niece’s two ponies.

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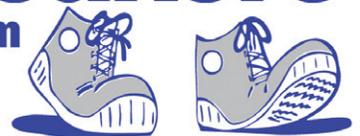
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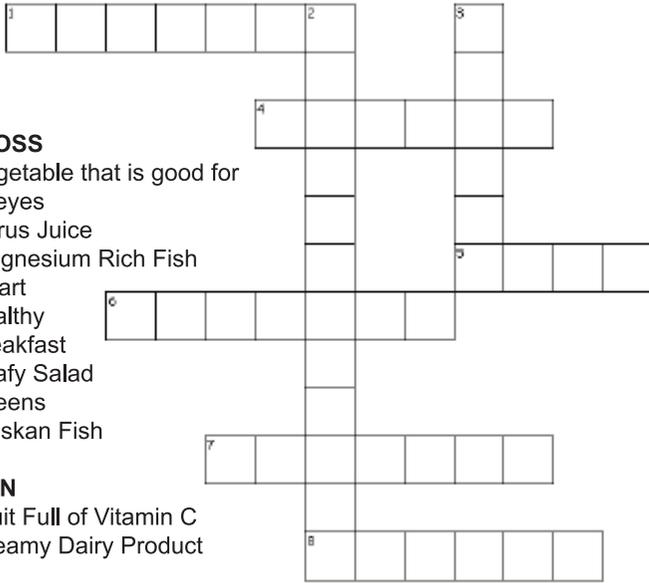
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# EAT, from page 19

improve eyesight, which can help you see your surroundings better and avoid falling. Did you know that a handful of strawberries have more vitamin C than an orange? A good goal is to include at least a cup of a different fruit each day. Whole grains are a great source of vitamin B, also known as thiamine, and magnesium. Whole grains include oatmeal, brown rice,



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# Local Legends

## #11

1996 Pulaski County High School  
Basketball

### Heather Baker



# Heather Baker

Wouldn't change  
a thing!

BY MICHAEL CHILDERS

You could always count on Heather Baker Rigney to step-up and perform on the biggest stage possible.

On the biggest stage, being the KHSAA Girls Sweet 16 Basketball State Tournament, the 5-foot-8 point guard always seemed to come through in the clutch as a member of the Pulaski County Lady Maroons basketball team.

Baker had an outstanding basketball career, but what the former Lady Maroon is remembered for most is her stellar play in Pulaski's back-to-back trips to the state tourney. And for her legendary run at Pulaski County, Baker goes down as one of the Commonwealth Journal's Local Legends.

Her junior season, 1994-1995, Baker paved the way for head coach Larry Hurt and rest of the Lady Maroons.

Pulaski downed Monticello, 79-66, in the finals of the 12th Region Tournament to earn a spot in the Sweet 16. Thanks to a 34-point performance from Baker, the Lady Maroons earned their first trip to the State Tournament since 1989 and fifth in school history.

On the big stage, Baker came up big for the 'Maroon and White.' The junior led the Lady Maroons to three consecutive victories to kick-off the tournament, which was held at Frankfort's Dudgeon Center.

In the opening game of the State Tournament, Baker scored a game-high 26 points in a 54-45 win over Woodford County. In the following game, the Lady Maroon came up with 24 points in a 50-41 triumph against Graves County. In the Final Four contest against Marion County, Baker tallied 30 points in a 74-67 victory.

The Lady Maroons then ran into a pretty good team in Scott County in the state title game. Baker struggled in the final game, as she scored only five points in a 68-45 setback to Scott County, who was led by future WBNA player Ukari Figgs.

"My junior year was the first year we went to state and that was the same year that many people thought Marion County had a pretty good chance to win state. After we beat Marion County in one of the earlier games, people started to really look at us and give us some credit. Of course, in the end, Scott County, with Ukari Figgs and Camille Cooper, who both went on to play at Purdue University and the WNBA, beat us. I think we did a pretty good job that year."

Pulaski, who earned a state runner-up banner, had a final record of 30-3.

After the departure of coach Hurt, Baker left Pulaski and headed to Somerset to play her senior season for Judie Mason and the Lady Briar Jumpers. But midway through the year, Baker came back to Pulaski to play under new head coach James Powell.



Without Baker, the Lady Maroons went 5-5 in their first ten games. After Baker returned, Pulaski went on a 17-2 stretch heading into the Lady Maroons' second straight trip to the Sweet 16. Powell and crew defeated South Laurel in the 12th Region Tournament championship game to earn a trip to Bowling Green.

The Lady Maroon star made a big statement in the opening round of the Sweet 16 at Western Kentucky University's E.A. Diddle Arena, scoring 46 points in a 80-58 blowout victory over the Lady Pirates of Belfry. Baker's 46-point performance set a State Tournament record for the most points in a tournament game. If you look at the State Tournament record books today, you will still see Baker's name still at the top of the list.

Pulaski lost in the semifinals of the state tourney and finished out the 1995-1996 season with record of 24-8.

Baker finished her career out as one of the best players to play the sport of basketball in the Bluegrass State. The 2,000-point club member has a list of honors commemorating her stellar career at PC.

The former Lady Maroon was named to the State Tournament All-Tournament Team (twice), AP Third-Team All-State her junior year, AP First-Team All-State her senior season, Louisville Courier Journal First-Team All-State, Lexington Herald-Leader All-State, and was named the Commonwealth Journal All-County Player of the Year two times.

By MICHAEL CHILDERS

*After looking back on a successful high school career, what Baker will remember most is the consecutive trips to the Sweet 16.*

*"Some of my best memories were from the state tournaments," explained Baker. "I loved the energy, the exciting atmosphere, and the competition of the State Tournament. We would have loved to win State both years, but we had a couple of good runs and had some great memories."*

*Baker played college basketball at four different colleges - the University of Louisville, Allen County Junior College (Kansas), Kent State University, and Lindsey Wilson College. The point guard was offered full basketball scholarships at all four schools.*

*"I guess I'm well-traveled," told the former Lady Maroon. "I sometimes feel like if I had to do it over, I would definitely make some different college decisions. But when I look at my life now and how things ended up, I wouldn't change a thing. If I would have made different choices, my life might be totally different now, and I wouldn't trade my husband and two kids for anything... so, maybe things worked out just like they were supposed to."*



**Michael Childers is a Commonwealth Journal Correspondent**

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# March 2013 Calendar



Should there be a change in location, date or time for any Senior Friends event for which you have pre-registered, we will notify you prior to the event.

## WHEN TO KNOW IF OUR WINTER ACTIVITIES ARE CANCELLED

Because concern for your safety is foremost in our minds, Senior Friends activities during the winter months will be cancelled in the event of bad weather. **A general rule of thumb, if the Pulaski County School system is closed due to inclement weather (snow & ice), our Senior Friends Event will also be cancelled that day.** Even though the weather sometimes clears up by time of the activity, we would rather you be safe and not out in bad weather on wet/slick roads. However, if you have questions about the activity, please feel free to call us. Above all, be careful and stay warm during the winter season!



### SENIOR FUN & FITNESS CLASS

Each Tuesday and Thursday, 10 a.m.-11 a.m. March through May 16, 2012. Lake Cumberland Cancer Treatment Center; 112 Tradepark Drive, Community Classroom. These are gentle exercises for EVERYONE- the overweight, the diabetic, those recovering from surgery, illness or injury, heart patients, and especially those who are sedentary. Every joint and muscle in the body will be utilized yet the exercises are not difficult. The purpose is to regain use and strengthen muscles and joints, improving posture and mobility, increase circulation and to enjoy fellowship with others. For more information or to register, since space is limited, call (606) 678-3274.

### TUESDAY, MARCH 12 DINE WITH THE DOCS

5:30 p.m. – Dinner - LCRH Conference Center - Located in the LCRH basement.

6:30 p.m. – Speaker – Ben Bryson, M.D., gastroenterologist. Call 606-678-3274 for your required reservations.



### WEDNESDAY, MARCH 13 GET ACQUAINTED BRUNCH

LCRH Conference Center, Ste A – Located in the LCRH basement.

9:15 am – Free Breakfast in Chatter’s Café and Grill

10 am – Senior Friends Presentation  
Have you ever been a Senior Friend? Our free breakfast is designed to offer you a free one-year membership if you have



never been a member before. Come to this “Get Acquainted Brunch” and enjoy a FREE delicious breakfast in Chatters Café & Grill while hearing about all the benefits about your free NEW one-year membership – a \$15 value! Call (606) 678-3274 for your required reservation by Friday, March 8, 2012.

### SATURDAY, MARCH 16 SHAMROCK SHUFFLE

The 2013 Pulaski County Shamrock Shuffle 5K run / walk will take place on Saturday, March 16th, 2013 beginning at 10:00 a.m. at Beacon Hill Baptist Church. Come out for a day of fun and racing in the Pulaski County area as we celebrate St. Patrick’s Day ..... Lake Cumberland Style! This event is for racers, runners, and walkers. For more information, visit the Somerset Pulaski County Chamber of Commerce online at somersetpulaskichamber.com

### TUESDAY, MARCH 19 SOCIAL SECURITY AND MEDICARE BENEFITS

LCRH Conference Center, Ste. A  
2:00 - 4:00 p.m.

Do you have questions about your Social Security and Medicare benefits?

Walter Dalton and Virginia Collier from our local Somerset Social Security Office will present the program on Social Security & Medicare Benefits and answer your questions regarding Social Security & Medicare. Also, some tasty refreshments will be provided. Reservations are required and must be received by March 15. Please call (606) 678-3274 to reserve your spot.



### THURSDAY, MARCH 21 MOVIE-N-MUNCH

LCRH Conference Center, Ste. A, 1:30 p.m.

Trouble with the Curve  
Gus is a baseball scout. The team he works for thinks he should retire. He asks them to let him do one more scouting job to

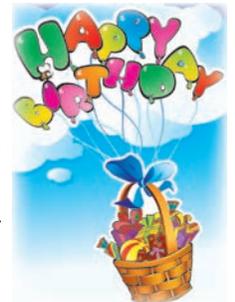


prove himself. His friend, Pete, asks Gus’s estranged daughter, Mickey, if she could go with him to make sure he’s OK as his eyes are failing. The doctor tells Gus he should get his eyes treated but he insists on doing his scouting assignment, which takes him to North Carolina. Mickey decides to put her work on hold to go with him and she wants him to explain why he pushed her away. Whilst there he runs into Johnny, a scout from another team who was a promising player Gus once scouted. Johnny and Mickey take an interest in each other. Call (606) 678-3274 for your reservations by Friday, March 8.

### THURSDAY, MARCH 28 BIRTHDAY PARTY

LCRH Conference Center, Ste A  
2 pm –4 pm

It’s time for those March “Senior Friend” babies to come and party. Bring a friend and share an afternoon of fun, games, delicious cake and ice cream. Call (606) 678-3274 by Thursday March 21, for your reservations.



### FRIDAY, MARCH 30 BUNCO

LCRH Conference Center, Ste A  
2 pm – 4 pm

Bring a \$5.00 donation for the March of Dimes. Spend the afternoon with “Friends.” A time of fun, fellowship, and refreshments, with prizes awarded for the highest scorer and the lowest scorer. Reservations are required and must be received by March 22. Please call (606) 678-3274 to reserve your spot.



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Get your REAR in GEAR!  
5th Annual  
5k Walk/Run



Saturday,  
April 13, 2013

Registration begins at 7:15 a.m.  
Walk/Run begins at 8:30 at  
Meece Middle School, Somerset

In cooperation with the Kentucky Cancer Program and The American Cancer Society

**Award Categories:** 9 and younger, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.  
Male and Female Overall Male & Overall Female Winner: \$150 Cash Prize

**Registration Fees:** \$20 Pre-registration • \$25 Day of Race. Make Checks Payable to: **Lake Cumberland Friends**

**Pre-Registration:** Deadline: Friday, April 5, 2013 (to guarantee t-shirt)  
Mail signed registration form and payment to: **Raising Awareness Saving Lives**  
Lake Cumberland Surgery Center  
(606) 678-9688  
301 Langdon Street  
Somerset, KY 42503



I know that participating in a road race is a potential hazardous activity. I should not enter and walk/run unless I am medically fit and properly trained and I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I assume all risk associated with my participation in the walk/run. I waive and release the City of Somerset, Somerset Independent Schools, Lake Cumberland Regional Hospital, Lake Cumberland Surgery Center and all other race sponsors and their agents from all claims and liabilities of any kind during this race.

Additionally I agree to abide by NCAA guidelines regarding cash prizes if I am a student athlete on a high school or collegiate roster.

\_\_\_\_\_  
Signature of Participant or Legal Guardian of participants  
18 years of age and younger.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX:  MALE  FEMALE

SHIRT SIZE: (Adult) S M L XL XXL

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