

**SPECIAL FAMILY BUSINESS SECTION**

Southern Kentucky

# Health & Family

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JOURNAL

A PUBLICATION OF THE COMMONWEALTH JOURNAL

## Donate Life Month

BY BJ KRUG

## Lake Cumerland Foundation Charity Giving

BY JANIE SLAVEN

## The Heart of a Volunteer

BY TRICIA NEAL

## When I was *Cool*

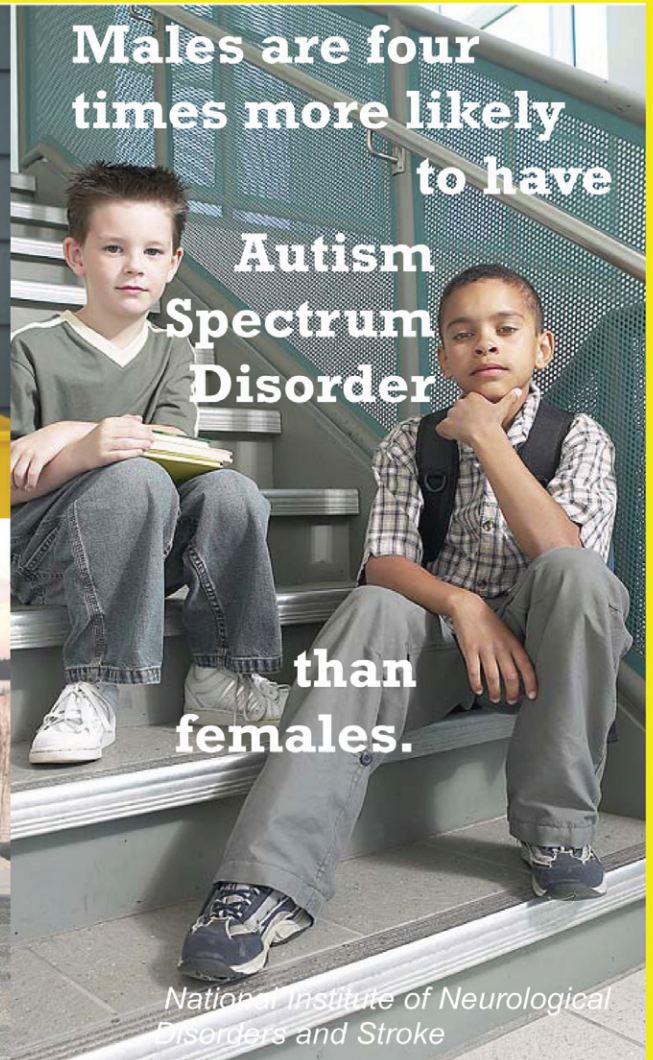
BY BILL MARDIS







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**OPEN FOR BUSINESS**  
**Special Family  
Business  
Section**  
**Pages 23-59**

**FAMILY BUSINESS:  
A Bedrock of Local  
Business and Society**

BY BJ KRUG ..... 23

**FEATURED BUSINESSES**

- Adanta
- Amons Sugar Shack
- Baxters Coffee
- Blakey Ford
- Brandi Prather
- Comfort Keepers
- Don Franklin-Monticello
- Edward Jones
- Helping Hands Personal Care
- Hospice of Lake Cumberland
- J&S Garden Center
- Klassic Kidz
- Lake Cumberland Rheumatology
- Lake Cumberland Womens Clinic
- Pioneer Playhouse
- Ryser's
- Somerset Orthopedics
- Somerset Pet Lodge
- Women's Care of Somerset



**LOCAL  
LEGEND:  
Rachel  
Sanford**

BY  
MICHAEL  
CHILDERS

**60**



**Celebrating the  
Gift of Life**

BY BJ KRUG



**The Old Paths**

BY DON WHITE



**When I Was Cool!**

BY BILL MARDIS

**Index**

<b>Alarms Donated to Pulaski Schools</b> Modern Systems, Inc. ....	7
<b>The Heart of a Volunteer</b> Tricia Neal .....	8
<b>Lake Cumberland Foundation Giving to Regional Charities</b> Janie Slaven .....	15
<b>Beads for Bethany</b> Don White .....	17
<b>Living Wills</b> Tricia Neal .....	18
<b>Injury Prevention</b> Total Rehab .....	19
<b>Hall of Fame Inductee: Joan Spurlock</b> Don White .....	20
<b>As Much a Business as a Hobby</b> Don White .....	22
<b>Senior Friends Calendar</b> .....	62



# Celebrating the gift of National Donate Life Month

By BJ KRUG



*Organ and tissue donation is the focus of National Donate Life Month, an April celebration of life-saving organ and tissue donors. At the same time the recipients of those gifts can celebrate the renewed life they have been given. According to the Kentucky Organ Donor Registry, over 1.2 million Kentuckians have indicated their wish to become organ donors upon death, and over 41,000 within this magazine's readership area.*

Nationwide, over 101 million people have made this choice. However, despite the high number of people registered as organ donors, life saving organs were recovered from only 14,000 people in 2012, demonstrating a dramatic need for more donors.

Fortunately, anyone can register to be a donor. Charlotte Wong, public education and community outreach coordinator for the Kentucky Organ Donor Affiliates (KODA), says it is very easy to register as an organ donor online at [www.donatelifeky.org](http://www.donatelifeky.org) or register when renewing a driver's license at the circuit clerk's office and encourages everyone to do so. She emphasizes the ease of doing so by saying "it takes less than 2 minutes to enter the necessary information--either

a driver's license or other state-issued ID." Once donors are registered they are entered into a statewide database. The Kentucky registry also collaborates with 43 other states in order to coordinate transplants when the time comes. Of course, after registering people should be sure to discuss their decision with their family members to be sure this wish will be undertaken.

Wong says there are many misconceptions about organ donation. "There's a misconception that there's a cost involved in donation for the family of the donor, but KODA pays all costs. There is no disfigurement on the donor's body, so an open casket funeral is possible, no one will know organs were removed. All major world recognized faiths and denominations are supportive of transplantation." Wong also says that being an organ donor does not change the way a person is treated while they're in the hospital--the doctors working to save an injured person's life have no connection to the doctors that recover organs or tissue. Furthermore, there are many different types of donations to be made. KODA recovers heart, lungs, liver, pancreas, kidneys, and small intestines, resulting in a possible total of 8 life

saving transplants when counting both lungs and kidneys. KODA also handles tissue recovery, including corneas, heart valves, bone tendons, and veins. One tissue donor can help up to 150 people.

Several residents of this area have been recipients of organ donations, including two little boys--Riley Speck, recipient of a new heart when he was only 17 months old; and Levi Goff, recipient of a liver, pancreas, and intestine transplant. They are the focus of a celebration at Lake Cumberland Regional Hospital on a date yet to be determined. Among the festivities scheduled for this event include a flag raising and display of two of KODA's renowned memorial quilts. The families of organ donors are encouraged to create an 8"x8" square of fabric to commemorate the donor and be included in these quilts. Wong says, "Some squares may have been taken from a baby blanket, or a work shirt with [the donor's] name on it, or maybe the donor was a fisherman or a musician and they will use fabric that communicates who [the donor] was. Some squares simply have a name, birth date, and end of life date on them." Wong says the quilts are far more than just squares of fabric stitched together. "When

One of KODA's Memorial Quilts



fully assembled, not only is the quilt a memorial to those who have shared a gift of life, but the quilt also tells a story of hope for those who have received a transplant.”

Although 30,968 patients received transplants in 2011, the most recent year

for which data is available, currently 117,000 people nationwide are waiting on life-saving transplants, with over 750 of those living in Kentucky. These are all people whose only chance for a longer life is through transplantation--no medications or other medical procedures can help them.

Wong describes these people as “mothers, fathers, sisters, brothers, children, grandparents, or maybe they’re just somebody’s best friend.” Unfortunately, 18 people on the list die everyday because they were unable to receive a transplant in time.

National Donate Life Month is about far more than just celebrating the gifts donors bestowed on others. It is about making sure that everyone takes the time to consider how they can make the world a better place, even after they have passed away. Wong says, “we have to make awareness a bigger, more important public interest.

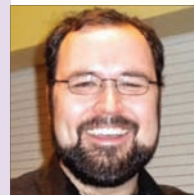
No one wants to think about dying or talk about dying but when you’re talking about an end of life decision that affects other people’s lives, it’s an important conversation to have.”



Governor Beshears with local organ recipient Riley Speck



Local organ recipient Levi Goff giving Somerset resident Mona Tyler his autograph.



Benjamin “BJ” Krug is a freelance writer

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## Modern Systems donates alarm systems to all schools in Pulaski County.

While attending a benefit for the families of the victims of the Sandy Hook Elementary School shooting, an idea now known as Operation Security Blanket was born.

David Morris, president of Modern Systems, said he "wanted to do something" after hearing the news about the shootings in Newtown, Conn., "Something I felt was meaningful and could make a difference." That is when he realized he was in a position to help. With tight budgets, schools have a hard time installing new or updated security systems, Morris decided to donate panic buttons to all schools in Pulaski County, a program known as Operation Security Blanket sponsored by Modern Systems.

The alarms come at no direct or indirect cost to the schools and provide the ability to contact the police in situations in which someone otherwise may not be able to. In the event of the



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# THE HEART OF A VOLUNTEER



*In honor of National Volunteer Work April 21-27, Southern Kentucky Health and Family Magazine and Lake Cumberland Regional Hospital recognize Virginia Hill, who has been volunteering at LCRH for the last 29 years, and Kimberly McClendon, who, at age 15, is one of the youngest volunteers at the hospital.*

## By Tricia Neal

"She's one of the first faces you see when you come in the hospital."

Arlene Mofield, Senior Friends coordinator at Lake Cumberland Regional Hospital, believes that hospital volunteer Virginia Hill was tailor-made for her position.

Virginia works one day a week - on Wednesdays - at the hospital's information desk. If you've ever called for or visited someone at LCRH on a Wednesday, chances are that the pleasant personality with which you dealt belonged to Mrs. Hill.

As much as Virginia loves her volunteer position today, it's hard to believe she had to be repeatedly urged to give it a try in the beginning.

Virginia was raised in Somerset, but she and her husband, Paul, lived in Michigan for more than 30 years while he worked at General Motors.

"I had always dealt with the public," Virginia said. "So, after we had been



**Virginia Hill has volunteered one day a week at the information desk at Lake Cumberland Regional Hospital for the last 29 years.**

back in Somerset for a year or so, I got bored."

A church friend suggested that Virginia become a hospital volunteer, but, at first, Virginia didn't apply.

"She kept persuading me to do it," she recalled.

Eventually, Virginia decided to give it a try.

"I thought I'd (volunteer) a couple

years until I got adjusted to not working," she said.

That was in 1984.

"I started volunteering one afternoon a week, and I enjoyed it. And that's where I am now," she said.

For Virginia, the relationships she's formed through the years keep her interested in the volunteer job.

"One reason why I stayed at the information desk is because there's such a good group of girls in the area. I've seen several come and go through the years, but I've always had a good group to work with," she said, adding that she also enjoys being in a position where she can continue working with the public.

"Virginia is a real blessing for the front desk," Arlene Mofield bragged.

"We're blessed to get to see her on a weekly basis, and so are the patients and family members in the hospital."

Arlene says Virginia has the perfect personality for a position at the hospital's information desk.

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"She's well suited for the job," she said. "She's kind, she always wears a smile, and she has a pleasing voice on the phone."

When Virginia isn't volunteering at the hospital, she enjoys attending Beacon Hill Baptist Church. Her husband passed away in 2003. She says her church family and other friends - and her volunteer job - have helped keep her occupied since her husband's passing.



Kimberly McClendon, right, shown with recreational therapist Sherri Moore, has been volunteering at the hospital as a Health Career Explorer since the age of 14.

### ***Kimberly McClendon***

Kimberly McClendon is a volunteer at heart.

Aside from her more than 300 hours

of service at Lake Cumberland Regional Hospital, she has volunteered at the Pulaski County Public Library, the Living Bread Soup Kitchen, the AIM Pregnancy Center, the Somerset Community Mission, and at her church.

And it's all been done before she's been old enough to obtain a driver's license.

At age 15 (she will turn 16 soon), Kimberly, a home school student, has been volunteering as part of the Health Career Explorers program at LCRH for about two years. She joined the program after learning about it from one of her friends.

Kimberly mainly works in the recreational therapy area, assisting therapist Sherri Moore in helping patients regain fine motor skills. She meets with a craft group every Tuesday, gathering supplies, visiting with patients, and encouraging the patients in their efforts to complete the craft projects on their own. She also helps decorate bulletin boards and has assisted with special events such as Doctor's Day and Wear Red Day.

Kimberly enjoys working with patients and gaining experience in a hospital environment.

"The best thing about working with patients is that they appreciate everything you do for them. They help you learn things when you talk to them. You

become friends, and you get attached to some of them," she said.

"Volunteering gives you experience in the medical field so you can tell if you like that job," she added. "It's helping people, and I like to help people."

In 2011, Kimberly was awarded a Presidential Volunteer Service Award, which is given to individuals and groups based on the number of volunteer hours they provide.

This year, she, along with 12 other Explorers at LCRH, have been nominated for a Silver Presidential Volunteer Service Award - one which the entire Explorer Post at LCRH was awarded in 2011.

The Health Career Explorers program at LCRH is open to 14-20 year olds who are interested in pursuing a career in the medical field. Students must have completed the eighth grade.

For more information about becoming an Explorer, contact Debbie Carey at (606) 678-3573.



**Tricia Neal is a  
freelance writer**

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# The Old Paths

BY DON WHITE

*Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.*

Jeremiah 6:16

Susan Warren McKee found herself at a crossroads in 2007. Her only son, Evan, had died suddenly at age 18, leaving her overcome with grief.

Reading became a way to cope with the pain.

"I read for three years as a form of therapy," says the 51-year-old Anderson County native..

Having been reared on a tobacco and beef cattle farm, she chose to read about agriculture. She has a degree in nursing and is an RN, but there was something about farming, getting back to happier times, that appealed to her.

Traveling throughout the southeastern United States with her minister/counselor husband, she was never in one place long enough to establish a farm.

It was while living in Portage, Indiana, preceding a move to Shelbyville, that she got the idea for the type operation she wanted to pursue.

"The first book I read was on being a shepherdess;, then an older brother told me about Joel Salatan and his books on farming." The focus of Salatan's books is on using practices that are environmentally responsible, ecologically beneficial, and result in sustainable agriculture.

"I learned that not all farming is good. Confinement farming is not a good practice because the meat will not be as healthy. I

wanted a place where my stock could roam, lead a healthy and happy life before they're ready for market."

She found the perfect place when husband David, now pastor of Nancy Church of Christ, accepted a position with Oakwood Training Center, and the family located in Somerset.

While renting property in town, they looked for suitable farmland in the area, finally finding 33 acres at Faubush, in the extreme western section of Pulaski County.

The place locals sometimes refer to as "up on the knob" is very secluded, has a small stand of timberland and broad fields for grazing, and a creek and barn that have seen better days.

The only dwelling on the property was torn down years ago, leaving only a concrete foundation. The couple set about building a three-car garage with living quarters upstairs and





share it with their two foster sons, ages five and six. They have had more than 70 foster children over the years.

"We'll add more rooms later on and use what we now have as the master suite," says Susan, pointing out the panoramic view from the wide back deck.

Already, the farm includes American Guinea hogs that romp in the nearby woods; a vast array of chickens such as Wyandottes, Black Australort and Rhode Island Reds; Katahdin Hair sheep, lambs, boar goats, Red Poll cattle, New Zealand white rabbits, and Red Wiggler worms.

"We call our farm 'The Old Paths' because our idea is to get back to the old-fashioned ways of farming.

"We don't even own a tractor, so we're getting lots of exercise and trying our best to be as organic as we can. My goal is to become completely organic and never have to go to feed stores.

All the cattle are being raised and finished on grass, which Susan feels makes for much healthier meat.



Rotational grazing practices are used.

"I love to cook, and I'm looking forward to the time I'll be able to go to my fridge and get any cut of meat I want, knowing exactly what it has been raised on," she says

She stresses that "nothing is thrown away around here," noting coffee grounds go to the worms, and carrot peelings to the rabbits.

"We eat a lot of rabbit. It's clean, low in cholesterol, and you can fix it just like chicken."

Rabbit manure is used for fertilizer, and the goats are used to "eat the rough stuff and keep the land clean."

Rabbits were the first thing to be put

in full production and are sold through Foothill Meats in Monticello.

The McKees have a business called "The Yellow Tent" and sell smoked pork sandwiches, lamb shish kabobs, and goat burgers in the area from time to time.

Susan says she feels only a small percentage of people understand and appreciate the value of handling animals in a healthy way that benefits them and the land.

She still reads a lot "about day-to-day management, what works and what doesn't."

"The only thing we're missing is a dairy cow, but I'm a little afraid to get one because right now my mom takes care of the animals when we have to be away. She might be afraid of getting kicked by a cow."



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

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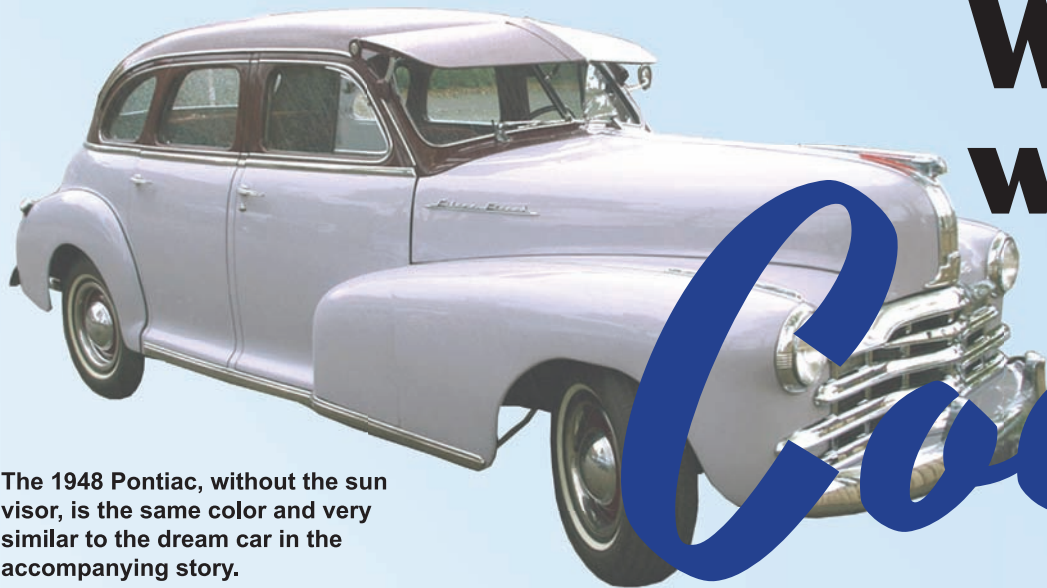
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# When I was

# Cool

The 1948 Pontiac, without the sun visor, is the same color and very similar to the dream car in the accompanying story.

**BY BILL MARDIS**  
Editor Emeritus

During the 1950s, being “cool” meant sitting in the shade, maybe with a slice of watermelon. If “cool” then had been today’s “cool,” the 1948 Pontiac I owned would have been “cool.” No doubt!

My dream car was long, lean and lovely. Big and heavy, my ride wasn’t much on scratching off. It took about 5 minutes to go from 0 to 60, but once it was cruising that car drove like a dream.

Thankfully, gasoline sold for 17-18

cents a gallon. My ‘48 Pontiac was powered with an 8-cylinder engine juiced with a 4-barrel carburetor. It got 9 miles a gallon on the road and about 5 miles a gallon around town. “Gimme a dollar’s worth” would put a little more than five gallons in the tank, and at nine miles to the gallon that was nearly 50 miles down the road, a “fur piece” in those days.

Honestly, my ‘48 Pontiac was old by the time I could afford it. I bought it about 1954

after a 1947 Plymouth, my first car, was parked in a junkyard.

I don’t remember how many miles my ‘48 Pontiac had on it, but I do know any car I could afford had rolled more than 50,000 miles. In those days, about 80,000 miles were the life of a car so after a half hundred miles, the price came down.

Normally, with that many miles, a car had dents and scratches. But not my ‘48 Pontiac. It was slick; the gray paint was

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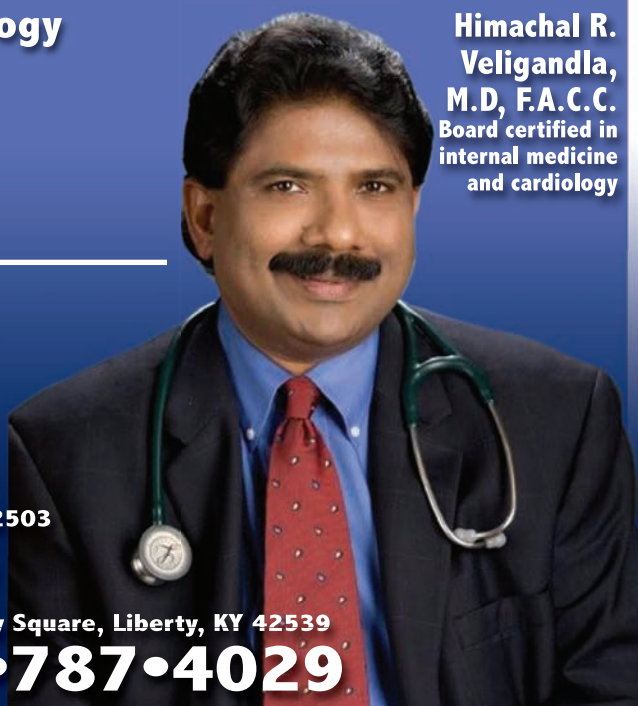
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perfect. Previous owners had taken good care of it. Truth be told, it was sexy (that word was considered unmentionable in my day so we didn't say that when Mother was around).

It sounds silly now, but in my day a good radio was a selling point for a car. I mean, a good AM radio; FM had not yet modulated.

My '48 Pontiac had a wonderful radio. It had a speaker on the front dash and another in the back window base. That radio would pick up stations all across the dial.

I mean, turn that radio up really loud, open the windows (there was no air-conditioning then), drive through downtown and you were "cool," whether you knew it or not. I don't care if "cool" wasn't cool then, there isn't much other way to describe it.

Secretly, we liked country music; songsters like Eddy Arnold and his "Welcome to My World," and Little Jimmy Dickens, "Sleeping At The Foot of the Bed." But country wasn't "cool" during my early days. Driving around at night with the windows open we listened to WWL in New Orleans.

In the 1940s, 1950s, and 1960s, WWL was famous for the live broadcasts of

local Dixieland jazz bands, including such notables as Papa Celestin, Sharkey Bonano, Irving Fazola, Tony Almarico, and Lizzie Miles.

WWL was one of several 50,000-watt stations that could be heard all across the country at night. WWL's music coming out a car window made occupants sound sophisticated.

In cold weather, with car windows rolled up, we dialed in WSM in Nashville and the Grand Ole Opry. Kitty Wells was one of my favorites.

Well, all good things must come to an end. If you recall, most folks in those days thought they had to have their car greased and the oil changed every 1,000 miles.

I always tried to take care of my car, especially my '48 Pontiac. If you remember, the rear end had to be checked every time the car was serviced. The attendant would take out a bolt, stick his finger in the hole to make sure rear end was full of oil.

The service station where I was taking my car forgot about checking the rear end. It went dry and the cogs inside sheared. My long, lean and sexy car whined like a baby. I mean, whined loudly. You couldn't hear the radio.

Folks looked at you as you cruised

along. Frankly, as pretty as my '48 Pontiac was, I wasn't impressing anyone.

Sadly, I traded my beloved car for another used vehicle that ran more quietly. I took it to town the first night and parked along the curb to show it off.

Some fellow walked up, stopped and looked at my car.

"Where did you get that?" he asked.

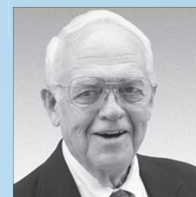
"I bought it yesterday," I said, proudly.

"You better check the oil," he said. "I used to own that car and it throws the oil out."

I raised the hood and pulled out the dip stick. He was right. The oil pan was dry.

To make a long story short, I took the car back to where I bought it and whined just like the car I had traded in. The dealer agreed to take oil-burner back and let me have my '48 Pontiac.

It was still long, sleek and sexy. The whine was loud as ever, but I at least had wheels, even if I wasn't "cool."



**Bill Mardis**  
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# For Good, *Forever* Lake Area Foundation supports charities throughout region

BY JANIE SLAVEN

In these hard economic times, the hardest hit are often those most in need. The Lake Cumberland Area Development District is working to ensure that this area's charitable needs are met.

Last July, LCADD's Board of Directors established the Lake Area Foundation, a tax-exempt public trust serving as the region's largest pool of charitable endowments.

Operating under the motto "For Good, Forever", the principal of these endowment funds remain intact while the income generated through dividends/interest is invested back into the community.

The Foundation is staffed and managed by the Lake Cumberland ADD, which has worked to establish a regional board as well as advisory committees — all volunteers — in each of its 10



In February, the Lake Area Foundation's McCreary County Advisory Council celebrated the creation of an endowment fund to benefit the McCreary Christian Center, which has served the county since 1980. Pictured from left are: council members Kay Morrow, Debbie Murphy, Ruth VanOver, Susan Stephens and Nancy Tucker, Christian Center Director Sue Singleton, and McCreary County Judge-Executive Doug Stephens.

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Each county's council is charged with developing their funds, requiring a minimum of \$2,000 to get started. Any individual, family or business may contribute to an existing endowment or assist with the creation of a new one (such as establishing a memorial scholarship).

So far 11 funds have been created throughout the region, though Foundation organizers hope to provide a framework for hundreds over time.

"The journey of a thousand miles starts with a single step," noted Donna Diaz, LCADD Executive Director, paraphrasing a Chinese proverb.

In McCreary County, the local council started their first fund as an agency endowment to benefit the McCreary Christian Center, an outreach program which opened in 1980.

The council sent letters out to 100 potential donors and got a boost from local businesses who banded together for a "soup and bowl" fundraiser. Within two months, they had raised \$2,200 for the Christian Care Center fund.

More than 800 families are served each month through the Center's food pantry. The facility also operates a medical clinic each Wednesday, complete with physician, counselor and pharmacist for uninsured and low-income residents.

"We're always aiming to expand services such as a dental program," Sue Singleton, director of the McCreary Christian Center, noted. "But the main goal is to secure the long-term sustainability of the Care Center."

In addition to permanently supporting local charities, the Lake Area Foundation also plans for income generated from discretionary or unrestricted funds to provide grants in the fields of community/economic development, education, health/human services, the arts, public recreation and beautification.

Such grants would be available to 501(c)(3) non-profit organizations as well as certain education and government agencies.

For more information, call 270-866-4200, visit [www.lakeareafoundation.org](http://www.lakeareafoundation.org) or search for Lake Area Foundation on Facebook and Youtube.



**Janie Slaven  
is Editor of  
The McCreary  
County Record**



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Gracey Kelley likes her trampoline.

But if you want to see her really jump for joy, purchase one of her \$2 “Beads for Bethany” bracelets.

All proceeds from sales of the nine-year-old’s homemade crafts go directly to support Bethany House Abuse Shelter.

Helping the local facility is nothing new to Gracey, youngest of Steve and Stacey Kelley’s four daughters, and a person recognized by her teachers and others as having a big heart and lots of compassion for others.

It all started when she was six and asked her parents why people she knew had to go to the shelter.

In a way a child so young could understand, they told her about domestic violence and how victims, mostly women and children, are aided by people at the shelter through counseling, help finding jobs and housing, and provided other tools to help them cope with their unfortunate situation.

After learning of its purpose and the need for financial support, she announced she would be having a yard sale and searched through her toys. The sale produced \$6, which she personally delivered.

A year later, she raised around \$40 through soliciting donations.

Her latest fund-raising effort, which her dad feels “has some staying power and potentially could turn into something that gets many children and adults involved,” started after she requested a large beading kit for Christmas.

Her maternal grandparents, Gary and Terry Edwards of Perryville, provided the gift and with help from her youngest siblings, Lyndsey, 10, and Natalie, 13, Gracey went to work making bracelets of all kinds and colors.

“She sold a few at school and to people she knew from church and extended family members and quickly raised about \$50,” says her enterprising father, owner of the local Honey

Baked Ham franchise and a landscaping business, among other ventures.

Before she started, we contacted the Bethany House to get their blessing, and they were very supportive of the idea..

“Since she began, we worked with her to create a Facebook page, “Beads for Bethany,” and promoted it a little to our friends.

“The site and her project have gained momentum, and now she is filling orders regularly, even to out-of-towners that we haven’t met.”

More than \$200 worth of

the colorful merchandise was sold last month at the annual banquet for Bethany House held at the Center for Rural Development.

“Our hope is that this project continues to grow and that Gracey can have a sustainable fundraising event to help the charity she cares for so much,” says Steve.

“With a little help from the community, there is no telling where this may lead. We can see the day when we will be assembling beading kits to send out to other families who want to take an active role in Beads for Bethany.

“We also hope to be able to set up sales displays at local retailers.”

If and when that happens, Gracey’s work will be easy to spot. Hers are the bracelets that include a “signature”.....one bead shaped like a heart.





# Making Important Decisions... *Living Wills*

BY TRICIA NEAL

It can be an awkward conversation, but, for families facing difficult decisions down the road, it can save a multitude of questions.

April 16 is National Health Care Decision Day, a day set aside to stress the importance of discussions among family members and health care providers about what type of care individuals would prefer to receive in life-threatening situations.

In the state of Kentucky, if two physicians determine that a hospitalized individual is not likely to become conscious or survive without life-sustaining treatments, it is up to family members to decide what type of care that individual should receive (or not receive) - unless that individual has created a living will ahead of time.

A living will specifies who should make decisions for you if you're unable to make decisions for yourself due to a medical condition, whether you want to be kept on life support if you're unable to survive on your own, whether you want to receive nutrition or fluids through an IV or a tube if you're unconscious, and whether you want to be an organ donor if you won't be able to survive.

"If you don't have a living will and are in a state where doctors believe you're terminally ill or permanently unconscious, the family has to make decisions - whether that's a spouse or children," explains Debbie Carey, Health Ministries Coordinator at Lake Cumberland Regional Hospital. "They have to wonder, 'What would Dad have wanted?' The family may not know, or family members may not agree about what

should be done. In the best situation, the patient would have already filled out a will, and talked to their doctor and to their family members. It really takes the burden off the

complete a living will," Carey says. "We usually think about older people doing this, but any adult should have one, especially if an individual has strong feelings about whether they would want to be on life support - because anything, at any age, could put us in the shape where we won't be able to make decisions for ourselves."

Carey advises individuals to give a lot of thought to the directives that are included on a living will.

"Be careful when you're choosing a health care surrogate. Choose somebody who will make decisions that you would want," she says.

You should also let your health care surrogate and other family members know specific details which aren't included on the living will form. For example, if you are put on life support, how long would you want to be kept on life support before a decision is made to remove you from the machines?

If you need advice before you fill out your form, you can talk to an attorney, or to your doctor, or someone who works in a hospital or with a hospice program.

Before your living will is official, it must be notarized or signed by two witnesses who are not family members and who will not benefit financially from your death.

Carey says copies of your living will should be given to your health care providers and family members, and you should keep some copies for yourself.

Finally, Carey encourages families to have more than one discussion about these health care decisions.

"Make it an annual event," she says. "People sometimes change their minds over time."



Debbie Carey, Health Ministries Coordinator at Lake Cumberland Regional Hospital, promotes the importance of communication about health care issues such as living wills.

family when that situation arises. It's an awkward conversation, but it's an important one - because then your family knows what you want, and they can have peace of mind. You don't have to have a living will, but if you don't, doctors will be looking at your relatives to decide what you would have wanted."

Living will forms can be picked up at Lake Cumberland Regional Hospital and at some doctors' offices. The forms can also be downloaded from the Internet.

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An overuse injury can happen when you first begin a sport or activity, and try to do too much too soon. We recommend that athletes progress their exercise intensity no more than 10% each week. If a trained athlete needs this time to adapt to new levels of activity then the rest of us surely need to remember that our joints, muscles, and tendons need it too.

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Even though there have been recommendations on limits for pitching in little leagues for several years, a recent study in Sports Health found that 27% of coaches admitted to not following the safety guidelines. Combine this with the players desire to keep playing and it is no wonder that injuries continue to increase.



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# Matriarch of track and field to be named into Mason Dixon Games Hall of Fame



By DON WHITE

Few people in the sport of track and field have had a better run than Joan Spurlock. And, at age 74, she's not finished yet.

The road to becoming a local and statewide legend has been filled with more than a few hurdles, but the daughter of a super star athlete has managed to clear them all.

Marcus Randall Maggard excelled at baseball in his native Clay County, catching the eye of major league scouts and signing with the Chicago Cubs out of high school.

"Daddy was a south paw pitcher and super athlete who took me to games and instilled a love of sports in my brother and me. He ever made sure we had tennis courts and a croquet yard at our home."

The Maggard residence was in Mt. Vernon, where operation of the Maggard Rexall Drug Store was a family affair.

"Our parents provided for our necessities, but if we wanted anything extra, we had to use money earned at the drug store," says the woman whose life of hard work landed her in the Mason Dixon Games Hall of Fame last month. This recognition is the latest of dozens of honors received in a career spanning 30 years.

Six decades ago, earning any degree of notoriety through sports seemed unlikely for Joan Spurlock, or any other female.

At Mt. Vernon High, cheerleading was the only option for involvement as a Red Devil in 1953, when she joined the squad as an eighth grader.

Although she never got to see action as a player, she did manage to pick up a technical foul, called on her by none other than Somerset physician and renowned Briar Jumper supporter Dr. Robert McCloud.

In his role as an official, McCloud warned the cheerleaders to be still and quiet while a member of the opposing team was at the line for two free throws. But, when he missed the first, Joan stood and cheered.

Doc McCloud had ridden over from Somerset with a family friend who informed him on the way home that Joan was the daughter of the local pharmacist.

"He wrote me a letter of apology," says

Joan, who to this day isn't thrilled about the episode becoming common knowledge.

She also wasn't all that happy with her dad's plans for her to follow a family tradition and become a medical professional.

"Dad decided I needed to be a nurse and I went off to Louisville and the St. Joseph School of

Nursing after graduating from Mt. Vernon High in 1958."

It wasn't long before she decided nursing wasn't for her, and stopped by the campus of Eastern Kentucky State College to call on the president, a friend of her dad's.

She told him how she was dreading facing her parents with the news she didn't want to pursue a degree in nursing, and he sent her to see a staff member who suggested she take a look into teaching physical education.

Finally in a field she enjoyed, she also began playing every sport Eastern had to offer.

"There were no teams for girls, just intramurals."

The future PE teacher tried her hand at field hockey, volleyball, basketball, softball, even synchronized swimming, gaining a ton of experience but paying a heavy toll.

"I broke my nose three times."

While playing field hockey and acting as goalie, a player from Berea College had her stick slip inside Joan's facemask.

"Blood squirted everywhere and my teammate next to me fainted."

The second incident resulting in a broken nose goes a long way toward explaining why the woman her students called "Spur" was always using her booming voice to tell students to tie their shoes.

We were playing volleyball when a girl stepped on her untied shoelace, causing her to fall sideways, and her elbow broke my nose."

The third, and final, bad break came when Joan was "doing the Pete Rose thing." "I was going into second head first, and my nose caught the girl on the leg."

The campus doctor, who had put her nose back in place after all three incidents, advised her to give up competitive athletics.

Following marriage to Charles Spurlock, Joan ventured into Pulaski County in 1963, where she accepted a teaching position at Shopville.

Her husband was an official at the new John Sherman Cooper Power Plant, a facility his father, H. L. Spurlock, president of East Kentucky RECC, had been instrumental in bringing to Pulaski County.

She would remain at Shopville for a decade before moving on to Meece Middle in 1973.

Involvement in coaching girls' track at Somerset High began immediately. In 1975 she started the cross country program for girls, and from 1981 to 2003 was coach for the boys' track and cross country teams.

Great success would come, but preceding it were years of very hard work.

"We had no budget, no money for a bus driver, so that job fell to me. We had to go out into the community and raise money for uniforms. And we had no track."

SHS has a beautiful facility today, called the "Joan Spurlock Track & Field Complex."

She is also a member of the Kentucky Cross Country Coaches Association Hall of Fame.

It's the kind of recognition deserved by a person who has coached four state champions and built a program respected across the state.

She credits teaching at the middle school level with being a big part of her success as a coach.

"I got to see who was smart, and who had potential. It's the smart ones you want on your team because you only have to tell them something once. That's how I recruited them, and 80 percent of my runners made National Honor Society."

And who was her best athlete of all time?

"All my runners were champions and they got to my heart. I am what I am due to my kids."

These days, the matriarch of Somerset Track and Field still resides on Clements Avenue in the same house she has called home since 1975, and where she and her late husband reared a son and two daughters.

Randy, 44, who lettered in five sports at SHS, lives in Georgetown and works in heavy equipment rental; Elizabeth "Liz" Spurlock, 47, resides in Anderson County and teaches art in nearby Jessamine, where she was named countywide "Teacher of the Year" for 2012; Vicki Hiestang, 50, is an employee of the Center for Rural Development in Somerset and does entries and results for state track and field, and for the Mason Dixon Games.

Joan remains active while awaiting knee replacement surgery, "doing things I couldn't do while teaching and coaching."

She's involved with Lake Cumberland Weavers, teaches basket weaving, and has been taking classes in stained glass and hooked rugs while making her own curtains-activities that don't present much danger of suffering a broken nose.



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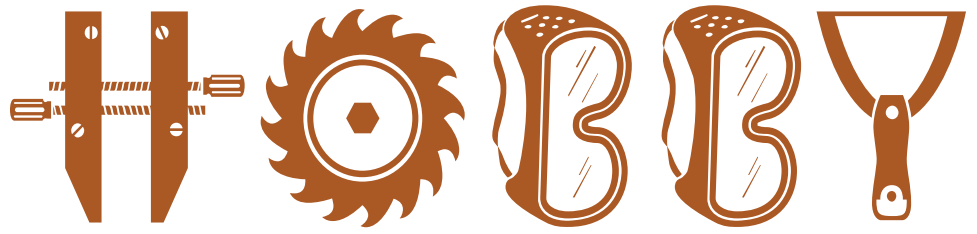
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# As Much A



# As A BUSINESS

BY DON WHITE

When Vance Hargis saw a headline in The Somerset Commonwealth-Journal that read “A Solution To The Dam Problem” he first thought the reference was to ongoing issues at his place of employment, Oakwood Training Center.

Of course, the headline was atop one of the first of many stories regarding concerns about leaks discovered at Wolf Creek Dam.

It also proved to be the solution to a problem he was having: coming up with a catchy name for his new hobby/venture of making wooden bowls.

“That headline and the fact a lot of my bowls are made from driftwood in and around Lake Cumberland led to the name “Dam Leak Bowls,” he says.

The 51-year-old Blaze Valley native and wife, the former Connie Cook, operate out of a small shop behind their home at 115 Carroll Street.

“It’s much more of a hobby than a business,” says Vance, a 1980 graduate of Pulaski High who had been a switchboard operator at Oakwood when he retired five years ago.

Connie, who has a masters in counseling, is employed three days a week for “Windows of Discovery,” a local counseling service.

Connie got involved in the manufacturing end only in recent years, but Vance has a long history of working with wood.

He and his father, the late Hubert Hargis, purchased woodworking tools at an auction in 1980, but didn’t put them to use until several years later when Vance was asked by a chef to make wooden spoons.

“I met him while I was working at Eastern State Hospital in Lexington, and would come home on weekend and work on the spoons.”

Later, Hubert become involved in making wooden lamps while Vance concentrated on furniture and cabinets.

Two old school buses were converted into a single workshop, and father and son worked side by side until Vance wed Connie about 19 years ago, after 15 years of dating.

“She was busy getting her education, and I was helping



take care of my mom after she suffered a stroke,” he says, in explaining the long courtship.

“One day, my dad told me that Hargises have a history of dying young and if I was going to get married, I best get on with it,” he says, laughing.

The bowl making began when Connie presented her new husband with a lathe soon after they moved to Carroll Street.

“I learned through trial and error,” says the man whose handiwork is sold primarily at craft shows throughout Kentucky, Indiana, and Tennessee. Items range in price from \$20 to \$100.

The couple own a 37-foot RV they use for travel to the shows.

A newer passion is playing music.

“That’s something that was on my bucket list when I retired,” he says.

“My wife bought me a mandolin and signed me up for lessons when I was 48,” says the song leader and Sunday School teacher at Piney Grove Baptist Church.

A favorite venue is the old Sears School on Long Hollow Road, where shows and a pot luck supper are held on the first and third Saturday nights of each month, March through December.

“People told me I’d be bored in retirement, but I’m happier and busier now than I’ve ever been, enjoying my crafts, music and meeting people.”



# Family Business: *A Bedrock of Local Economy and Society*



**Bobby Clue**  
Executive  
Director  
Somerset-  
Pulaski  
County  
Chamber of  
Commerce

By BJ Krug

Family businesses and America go hand-in-hand. Even at the beginning of our nation, family businesses and their owners played an important role in both the economic and social life of the country--look no further than Paul Revere, hero of the early days of the Revolutionary

War who passed the reins of his copper business on to his son. Family businesses comprise upwards of eighty percent of all businesses in the United States, contribute sixty four percent of the national gross domestic product, and employ sixty two percent of the US workforce. South central Kentucky is no exception! Countless businesses in the area are run by families. From small retailers with only a handful of employees to large firms employing hundreds, the Lake Cumberland area is filled with family businesses.

Bobby Clue, Executive Director of the Somerset-Pulaski County Chamber of Commerce, believes the key part of any family business is that it is generational. "There are a lot of businesses that are passed down from father to son, mother to daughter. It's very common to see that here in our local community."

Although we may hear a great deal about business in the news, not all businesses are the same. Dr. Chris Phillips, professor of economics at Somerset Community College, says some of the major differences between small family businesses and national or international corporations are in the resources available to them in many cases. "Small businesses are not going to have the capital to expand, they're not going to have the ability to market to potentially thousands or millions of individuals. They're going to be much more localized, with a smaller clientele." Clue adds "It's two different philosophies in business. Local businesses can't compete with national chains on price--it's just impossible, because national chains buy on a bigger volume. But the personal touch is worth its weight in gold."

According to the Small Business Administration, small businesses account for over 96 percent of all businesses in Kentucky and are "crucial to the fiscal condition of the state." Phillips says "small businesses are the backbone of our financial system. These are the people we know--our friends and neighbors." Family businesses clearly provide much more than just a strong economic force for the community though--they also create a social foundation. Clue says, "Family run businesses here are very important. You build relationships over decades, and it means a lot to people. It's the way of business around here in a lot of ways."

Family businesses seem to have a positive effect on the families that run them as well. Phillips says he has taught dozens of students over the years who want to learn more about business so they can help--and ultimately inherit--their parents' businesses. These multi-generational businesses frequently change over time as new ideas and technologies are tried by younger generations, but the business continues

to benefit the community in the same ways and lasts for years to come.

Clue believes the entrepreneurial spirit evidenced by these families is in their blood.

"People want to be proud of their business, to say, 'that's my dad's business over there' or 'my grandfather started that business.' They want to take that business and make it successful. For a lot of these people they know the business, they've got a vested interest--who better to run it?"

The Lake Cumberland area has a strong history of supporting local family businesses. Over time local small businesses have managed to outperform international chains through determination, business savvy, and according to both Clue and Phillips, their personal connection. Phillips says that personal connection "isn't necessarily through knowing the owners or knowing the family of the owners, but they just become a staple of the community."

There's some kind of community loyalty that's built in." The powerful economic effects and the deep social connections demonstrate the incredible boon local family businesses offer south central Kentucky.



**Dr. Chris Phillips**  
Professor of Economics  
Somerset Community College



# Weddles' keen fashion sense inspires **Klassic Kidz** *clothing selections*

Willow Jade Weddle has yet to arrive in Somerset. Her scheduled appearance is this July. But the future daughter of Andrea and Eric Weddle is guaranteed to be the best dressed infant in town.

She'll come by her fashion flair naturally.

Willow's parents own Klassic Kidz, a unique Somerset children's boutique located in Suite 3 at 4311 S. Hwy. 27. Past the wrought iron gates and behind the store's front door is a world of desire for the best-dressed kid. Clothing racks are filled with diapers and denim, both decorated with ruffles, sequined bikinis, neon orange and lime green athletic tops for boys, and other uncommonly cool clothes for children.

Eric and Andrea sort through thousands of looks to select the best for their customers. Eric acquired his fashion sense from his grandmother, the "Lady of Somerset," Elgie Weddle. Before opening her own store, Elgie worked for an interior design firm buying specialty fabrics for seven designers in Oklahoma.

"I've always liked nice things," Elgie said.

In 1968, Elgie and her husband, Weynath, bought the children's clothing store Young World in the Tradewinds Shopping Center. She successfully operated that business for 27 years before retiring. Eric has fond memories as a child of running through racks of clothing in his "Granny's store."

"I hated nice clothes when I was a kid," Eric said. "Granny would always get on me, 'Honey, where are those nice clothes I got you?'"

Eric remembers his grandmother chiding him for his attire. "Don't go out dressed like that. It's bad for business," Elgie said.

Now, Andrea said it's Eric who has the natural knack for selecting the best in kids' fashion. Klassic Kidz sells boutique brands like Persnickety, Mudpie Baby, Mallory May, Lucky, and Under Armour. Baby bangles, pint-sized earrings and necklaces, ribbons and bows, scrapbooks, teething rattles and other accessories are sold. Boxing and gift wrap are offered on site.

"We want to be another Young World," Andrea said.

After working more than a decade in the pharmacy industry, Andrea wanted out. She and Eric decided to buy the clothing store Baby Bliss two years ago.

They moved the store to its current location and re-named it Klassic Kidz to reflect their expanded clothing line.

"From baby to beyond," Andrea said.

The Weddles are driven by strong faith. Elgie is a lifelong member of Beacon Hill Baptist Church. Eric and Andrea are members of Potter's Place Church. Klassic Kidz sells school uniforms to students at Somerset Christian School.

And they support a social cause in the community.



Klassic Kidz, a boutique children's clothing store, offers unique apparel from underclothes to accessories.



Klassic Kidz donates clothing to AIM Pregnancy Center, which ministers to young mothers who are contemplating abortion. The women who receive counseling earn Mommy Bucks, which can be used in the center's boutique to purchase Klassic

Kidz clothing. The program has been a huge success, Andrea said.

While the Weddles work toward growing their business, they also look forward to expanding their family. Their children, Josh, 16, and Tristan, 6, have a younger sister

on the way. Andrea, eyeing the cute things that her baby will be wearing soon, jokes that she's supposed to make money, not spend it.

"Willow will probably be the best-dressed little girl in town making mud pies," Andrea said.



Klassic Kidz co-owner and mom-to-be Andrea Weddle shows off one of the boutique girl's dresses to customer Jennifer Warren.



(From left to right) Klassic Kidz co-owners Andrea and Eric Weddle seek inspiration and guidance from grandmother Elgie Weddle, former owner of Young World.

# Klassic Kidz

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# Our Family Cares about Your Family

Helping Hands Personal Care, LLC. is a leading non-medical personal care company and has been serving Pulaski County and South Central Kentucky since its inception in November of 2010. "Life experiences often lead us to our calling". Steward Framer's father suffered a stroke in 1994 and was briefly placed in a nursing and rehab facility. Once his father returned home, he required ongoing care through a home health agency and personal care company until his passing in 1995. Since then, Stew's mother suffered from multiple sclerosis and required assistance for a number of years. Her illness required around the clock care and Hospice until her death in March of 2011. In witnessing this process, Stew developed a passion for this field. Throughout his parents' illnesses, he witnessed the shortcomings of families being unprepared for aging and ill parents. With an entrepreneurial background, honed from a family business, and life experience, it was natural for the desire to open a non-medical personal care company. Helping Hands Personal Care is a company with a mission to improve quality of life for senior citizens. With a growing number of dedicated and top quality caregivers, Helping Hands Personal Care is the company selected by many local health professionals for their patients with personal care needs. Helping Hands Personal Care offers companion, homemaking and personal care services for the ill and elderly, as well as care for private individuals and families who are in need of assistances in their home, nursing and rehab facility or assisted living. We understand the difficulties associated with providing care to keep an elderly loved one safe and secure in their environment. At Helping Hands Personal Care, we understand these challenges and offer a professional care solution. Regardless of how frail our parents are, it's the quality of their lives – their safety, independence, and wellbeing that matters most

## **Helping Hands Personal Care is now providing care management services for a Long-term insurance provider.**

Care management provides a personalized plan of care to help the elderly stay at home (wherever home may be). Our care managers put together a personalized plan of care and supervise and support the services in the home, including caregivers, LPNs, live-ins, and specialty companions. This is what truly differentiates our service from other options in the healthcare arena. The clinical professional manages the holistic being and ensures that the family and client's needs are fully being met.

## **Stew A. Framer, MBA - Company Owner**

Stew grew up in Boston, Massachusetts by entrepreneurial parents. His father, Sam Framer, started a family-run furniture production company and his mother, Dorothy Framer, was the

daughter of a tailor. Stew graduated from Northeastern University with a Bachelor's of Science in Business Administration. He continued his studies at Nova Southeastern University and received a Master's Degree in Science of Business. Stew has been in home health for over thirty one years and is proud to have spent twenty years as vice president of finance and chief financial officer for a home health agency in Somerset, Kentucky. Stew's background also includes experience in banking management, lending and credit. In 1990, he joined the Kentucky Home Health Association as a member of the financial reimbursement committee. Stew is also providing consulting services for home health companies and agencies in connection with one of the leaders in health care consulting in the U.S. He is the husband of Diana Williamson and

father of three. After enduring the difficulties of long distance care of his parents, and lack of customer service from their providers, Stew founded Helping Hands Personal Care. It is his mission for Helping Hands Personal Care to be the premier agency of choice for seniors and their families seeking care and assistance.

## **Diana Williamson, APRN - Director of Clinical Care**

Diana is a native of Jabez, Kentucky. She is the wife of Steward Framer and mother to three children. She is the daughter of Brenda and David Kingsley, Sr. after graduating from Eastern Kentucky University with a Bachelor's degree in the Science of Nursing in 1998, she worked as a critical care nurse at Central Baptist Hospital in Lexington, Kentucky. Diana continued her clinical skills at a local home health agency for fifteen years as a certified nursing assistant, visiting nurse, care manager, cardiac nurse, clinical educator and branch manager. After, she continued to build her skills as a transition coordinator and clinical educator for Oakwood in association with the Department of Justice. Diana continued her education with a Master's Degree in Science of Nursing and is a board certified Family Nurse Practitioner. She is the full-time provider at the Nancy Family Practice in collaboration with Keith Sinclair, MD. She recently has also helped open another practice location in Shopville, KY Eastern Pulaski Rural Health Clinic. She became a part-time clinical nursing instructor for the Somerset campus of the Kentucky Community and Technical College System in fall of 2010 and continues to hold that position. As of December 1st, 2011, Diana has been the Regional Director for the Kentucky Coalition of Nurse Practitioners and Nurse Midwives, including Pulaski and multiple surrounding counties. Her love, passion and commitment to the community and keeping loved ones safe, secure, and healthy in their own homes has helped shape the birth of Helping Hands Personal Care.





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# Family continues high standards in outdoor theater

Founded in 1950 by Col. Eben C. Henson, Pioneer Playhouse is the oldest outdoor theatre in Kentucky and has been called the “Granddaddy” of Kentucky Outdoor Dramas. The Playhouse was also instrumental in pioneering the outdoor theatre movement in the state.

In the fifties and sixties it received national attention as the “King of Summer Stocks” in New York trade magazines and in 1962 was the first theatre in the nation to be accorded the legal status of State Theatre (by act of Legislation).

Col. Henson built the theatre by acquiring many of the construction materials in unorthodox ways. He once bartered a fifth of whiskey for hand-hewn two hundred-year-old rafter beams and hired prisoners from the local county jail to help him lay the first foundations.

Those looking closely at the structural design will find it includes everything, from World War Two army barracks to movie sets from the Golden Era of cinema!

For most of the fifty years that Col. Henson and his wife Charlotte have dedicated to running the theatre, it has also been a School of Drama and was the first Governor’s School of the Arts in the state.

More than 3,000 aspiring actors have graced the stage since Henson turned an empty field into a theatre complex. Today the unconventional, hand-built theatre serves a pre-show dinner out of doors and a live performance Tuesday through Saturday, every summer, come rain or shine. (Indoors in case of rain.)

Visitors can stroll through a quaint replica of early Danville on a self-guided tour and enjoy a fine Off- Broadway or Broadway hit play in a rustic setting ... beneath a spangle of stars!

**JOHN TRAVOLTA:** In 1969 a 15 year old John Travolta appeared at Pioneer Playhouse in *The Ephraim McDowell Story*, an original play about a 19th century Kentucky surgeon. He later recalled the experience in a letter to Col. Eben Henson and recited the line from his professional dialogue debut:

“Yes, Margaret Miller was suffering from pyloric stenosis and at the time of the operation I had no chance of success.”

Today the 2-time Academy Award nominee is known for such movies as *Saturday Night Fever*, *Pulp Fiction*, *Primary Colors*, *Grease* and many more!

**LEE MAJORS:** Majors was only twenty while training at Pioneer Playhouse. Shortly after leaving Danville he went to Hollywood and was cast in the mid-60s western *The Big Valley*. In the 70s he became a cultural icon as *The Six Million Dollar Man* and in the 80s starred in the hit series *The Fall Guy*.

**BO HOPKINS:** Bo was 18 when he was at the Playhouse. The list of approximately 60 films to Hopkins credit include *American Graffiti*, *The Wild Bunch* and *Midnight Express*.

**JIM VARNEY:** This Lexington native, who was at the Playhouse for the 1972 and 1973 seasons, had roles in a succession of short-lived TV shows before hitting success with the “Hey Vern” commercials — which he then parlayed in to the popular character of Ernest in eight *Ernest Goes To ...* films. He played Jed Clampett in the film version of *The Beverly Hillbillies*, and was the voice of Slinky Dog in both *Toy Story* and *Toy Story 2*. Sadly, Varney lost his battle with lung cancer in 1999.

## Other Success Stories

Many alumni of the Playhouse have done well in New York and Hollywood, including Ken Garito (1990) who had a major role in *Spike Lee’s Summer of Sam*, John Capodice (1968) a police

sergeant in *Ace Ventura, Pet Detective*, 1986 former Intern Kate Miller was cast in two major roles on Broadway and narrated the audio book “*Icy Sparks*”, and Leo Burnmeister is a regular on Broadway with major roles in *Urban Cowboy* and *Shenandoah*. Col. Henson’s son, Robby Henson, is a past recipient of the prestigious Student Academy of Motion Picture Arts and Sciences Award. His feature films have been seen at Sundance, the Guignenheim Museum and PBS. He wrote and directed *The Badge*, a southern crime drama starring Billy Bob Thornton & Patricia Arquette —which aired on *ENCORE*. He also wrote and directed the documentary, *Summerstock*, featuring our own Pioneer Playhouse which was aired nationally on PBS.

For over five decades, the husband-and-wife team of Eben and Charlotte Henson have devoted themselves to keeping Kentucky’s oldest outdoor theatre afloat as a labor of love for actors and the community.

Now, with the passing of Eben Henson, Charlotte, Robby and Heather Henson are keeping up the high standards set by the man everyone knew.



The Henson family in 1967.





# PIONEER PLAYHOUSE

Kentucky's Oldest Outdoor Theatre



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### Our 2013 Summer Season...Unforgettable Stories... Under the Stars!

#### DEATHTRAP

June 7 – June 22

by Ira Levin

A famous playwright will stop at nothing (including murder!) to create his next big hit.

#### TAMED

June 25 – July 6

by William Shakespeare

adapted by Holly Hepp-Galvan  
In this modern-day take on Taming of the Shrew, the fast-talking hero hired to tame and marry a beautiful, but rough-around-the edges bride is a rugged back-woods reality TV star famous for catching wild animals.

#### THE SEARCH FOR TINKER DOYLE

July 9 – July 20

by Elizabeth Orndorff

A 30th wedding anniversary trip to Ireland isn't all that it appears. *Don't just come for the play! Join us for 3 days of fun with...*

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July 12, 13, 14

Irish Dancing! Irish Food!  
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#### MOON OVER BUFFALO

July 23 – August 3

By Ken Ludwig

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# Jamie Burton, passionate about role with Adanta

Jamie S. Burton is a woman of many talents... and titles. Personally, she is wife to Tommy, proud mother to four beautiful children, Brian, Katie, Heather, and Clay and two family dachshunds, BJ and Lucie. In her professional life, her title is Chief Executive Officer of The Adanta Group; a community mental health center serving the Lake Cumberland area counties since 1966.

The Adanta Group has about 30 facilities throughout the service area. State mandate Kentucky Revised Statute 210 (KRS 210), created community mental health centers across Kentucky. Adanta serves ten counties – Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne Counties and provides its services to infants, children and adolescents, adults and geriatric. These services include: outpatient psychiatry, medication management, mental health and substance abuse counseling; psychological evaluations; school-based counseling programs; supported employment; Adult Crisis Stabilization Residential services; Child and Adolescent Crisis Stabilization Residential services; Foster Home services for individuals with developmental and intellectual disabilities; Therapeutic Child Foster Care for children and adolescents; First Steps services to identify and provide services to children birth to 3 years of age with developmental or intellectual disabilities; Sexual Assault advocacy and resources to all persons and agencies in all communities; Alcohol, Tobacco and Other Drug Prevention services to persons and agencies in all communities; day programming services for adults with developmental and intellectual disabilities; residential services for adults with developmental and intellectual disabilities; Early Childhood Mental Health training and services for children's programs (0-5 years) located throughout the region; Driving Under the Influence services for adults and adolescents under age 21; KIDS NOW Plus case management services to pregnant women who use alcohol, tobacco or other drugs; Case Management services for adults with severe mental illness, children with severe emotional disabilities, adults with substance abuse issues, and individuals with developmental and intellectual disabilities; Adult Day Health services; Illness Management Recovery Programs for the Severely Mentally Ill; Suicide Prevention services; Housing services; Homelessness prevention services; Moore Complex Residential apartment complex; and a 24 Hour/7 Day Crisis Hotline (800.633.5599).

Burton's role is to ensure services are provided at all agency locations by the staff that has been trained to deliver Adanta's services. She also oversees the agency's budget, human resources, operations, performance improvement, clinical

and other grant services for adults and children, policies and procedures, maintenance, technology, business office activities, CARF accreditation, safety, housing, crisis, and diversion from institutional care and is also involved in the training of community service providers, such as law enforcement and emergency first responders, in crisis intervention techniques.

"As the leader of the organization, I ensure our staff works with community agencies in all 10 counties to ensure people who need our services



know how and where to access our services, as well as provide services timely and professionally. I work with our communities' legislators and policy authorities to advance the goals for community mental health centers on an ongoing basis," says Burton.

Her professional goal is to keep the agency true to its mission and purpose. Adanta's mission is to be dedicated to establishing and maintaining a standard of excellence in providing community behavioral health care to the citizens of the ten county Lake Cumberland Region in order to enhance the quality of life for those in need of such care and the family members of those served. The agency's purpose is Enhancing the Lives of Others. This isn't only reserved for "the office," but also encouraging staff to be involved in the community outside of the office.

"I am always encouraging staff to give back to the community in whatever way they can. For example, March of Dimes, Gideons, Shamrock Shuffle, Polar Bear Plunge, Diabetes Walk, NAMI walk, and many other ways too numerous to mention," Burton says.

Furthermore, Jamie is passionate about keeping Adanta up-to-date on the latest techniques and evidence-based practices related to various fields.

For the past two years, the agency has hosted a Focusing on Treatment and Care Conference at The Center for Rural Development, bringing in local and national trainers to train the region's clinicians and other regional professionals.

In 2012, Burton and two other staff, made the agency's first national presentation at the Network for the Improvement of Addiction Treatment (NIATx) Summit and State Association of Addiction Services National Conference. NIATx teaches drug and alcohol treatment centers to use process improvement strategies to improve access to and retention in addiction treatment. As a result of Burton and staffs' presentation, NIATx wrote an article for their monthly magazine. Also in 2012, the agency began its first annual Mental Health Awareness Walk for the Lake Cumberland area, and was held at Lindsey Wilson football field in Columbia. The agency also hosted a CIT (Crisis Intervention Training) for 40 law enforcement officers from across the state.

On April 19, Adanta is hosting, along with the Pulaski County Fire Commission, Autism Awareness Day.

The event will begin at 6:00 pm EDT at the Hal Rogers Fire Training Center. The event is also focused on encouraging all households who have individuals with any disability to provide information to the 911 System to alert first responders of any special needs prior to entering the home or providing assistance.

When asked what Adanta means to her, she responded, "Personally, Adanta is the "safety net" for community mental health services for citizens in the Lake Cumberland area. Without the agency's services, many individuals – our friends, family members, and co-workers – could succumb to their illnesses or disabilities and end up frequenting hospitals or more costly service arenas, jails, or become homeless. In addition, some of our programs provide the only meal some of our clients eat each day.

Adanta is a wonderful place to work! The healthcare horizon has been changing almost daily since November 2011 (managed care implementation across Kentucky) and continues to present many opportunities that challenge service delivery. However, the great staff who works at Adanta never ceases to amaze in their thoughtful and creative ways to jump the hurdles and deliver services to our most vulnerable citizens."

For more information about The Adanta Group, visit [www.adanta.org](http://www.adanta.org), our Facebook page at [www.facebook.com/The.Adanta.Group](https://www.facebook.com/The.Adanta.Group) or call 606.679.4782. If you feel you have an emergency, please call our 24 Hour Crisis Line, Toll Free at 1.800.633.5599.



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You can get a Kentucky Living Will Packet by visiting [www.lakecumberlandhospital.com](http://www.lakecumberlandhospital.com). Go to "Patient Information" and choose "Health Ministries." The form is located at the bottom of the page. Or you may pick one up at our information desk in the main hospital lobby.

National Health Care Decisions Day is April 16.



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# *The Alton Blakley Family of Dealerships...*

## *A 47 Year Tradition of Excellence*



The Alton Blakley Family of Dealerships began back in 1965, when Alton E. Blakley Sr. began selling Ford and Mercury vehicles in Somerset. In 1969, Alton Blakley Ford-Mercury added the Lincoln line of luxury vehicles. Alton Blakley Mazda was established in 1979 and Alton Blakley Honda was added in 1990. A lot has changed since 1965....we've gone from selling Ford Fairlanes and Mercury Comets to selling some of the most technologically advanced vehicles on the planet. But even though the times have changed and so have the vehicles, the Alton Blakley benchmark of customer service excellence has stayed the same.

Alton Blakley's commitment to customer service excellence is the foundational principle in how we do business every day. As our Mission Statement states, we are in business "To provide exceptional service, to our customers, that communicates a professional image, while incorporating honesty and integrity in everything we do."

"Customers have the opportunity to take their business anywhere they choose, and I am honored that so many of you choose to do business with us, again and again and again," stated Alton E. Blakley, Jr., President of the Alton Blakley Family of Dealerships. In fact, over more than 47 years that Alton Blakley has been in business, there have been generations of the same

family buy their vehicles from us.

However, the Alton Blakley Family of Dealerships are known by much more than their exceptional customer service. They are also known for generously giving back to our community. The Alton Blakley Family's generosity shows up on the campus of Somerset Community College, the Blakley Aquatic Center at Somerset Family Fitness and the annual Breast Cancer Symposium held at the Center for Rural Development. You'll see the commitment to our community at the local school's athletic fields and in the many charitable organizations of our community. We look at it this way.... By doing business with the Alton Blakley Family of Dealerships, you are in essence, a partner as we give back to our community.

Ask Alton E. Blakley Jr. what the key ingredients are to the nearly five decades of success for the Alton Blakley Family of Dealerships....and he'll say "It's our loyal customers, our award winning line-up of vehicles and our dedicated employees." The latter makes it all work. "We are blessed to have so many employees that have been here 10 years, 20 years, 35 years and even one who has been here from the beginning...over 47 years....that's the difference" added Alton E. Blakley, Jr.

Just in case you don't know some of our longest tenured employees, we want to introduce them to you.



### **Darrell Kennedy** **47 Years with Alton Blakley**

Darrell Kennedy has been with Alton Blakley from the very beginning, having started his career in June of 1965, when the Ford dealership was located in downtown Somerset across from the Beecher House. Over his nearly 48 years with the company, Darrell has worked in the Detail and New Car Preparation Departments and is currently

our Service Porter for Alton Blakley Ford-Lincoln. Darrell had the distinct honor of being our representative to Ford Motor Company's 100 Year Celebration in Dearborn, Michigan back in 2003. Of the many memories over the years, Darrell remembers the move from downtown Somerset to South Highway 27. One of his fondest memories includes the New Car Show Days that were held to reveal the brand new vehicles each year.



### **Beth Wright** **35 Years with Alton Blakley**

Beth McWilliams Wright was born and raised in the Ford family. Following in her father's footsteps, Beth has worked with the Alton Blakley Family for over 35 Years, currently as the Office Manager for Ford-Lincoln-Mazda. Beth is a native of Somerset, a graduate of Somerset High School and Somerset Vocational/Technical School. She

is married to Paul Wright and they have two children, Matt and (Brandie) Wright, and Leighanne and (Matt) Durham and two very precious granddaughters, Jolene Durham and Camryn Wright. Beth is very active in the organization of the Breast Cancer Awareness Symposium, often arranging speaker's presentations, table décor and scheduling. In her free time she loves reading, crafting and spending time with her family and friends.



### **Tina Hill** **30 Years with Alton Blakley**

Tina Hill was born in Cincinnati, Ohio and lived there until she was 10 years old. Her family then moved to Somerset. Her father began pastoring and running his own bodyshop and her dedicated mother gave Tina and her 4 siblings a solid happy beginning. Having attended Somerset High School, Tina began her first job at the age of 16 at the Pulaski County

Library. She started with Alton Blakley and then left to manage a daycare center for 2 ½ years but the dealership "blood" was in her veins and she returned to Alton Blakley where she has been ever since and currently the Alton Blakley Honda Office Manager. Tina has two wonderful children, Jonathan and Aslynn...who also works at Alton Blakley Honda part time. Her hobbies include playing the piano, keyboard and organ, tennis, sewing, and participating in singing groups and puppetry. She likes being involved with her church, the First Apostolic Church of Russell Springs, where she is the Kid's Power Hour Director, Bible School Teacher, Primary Class Teacher and janitor. Tina attributes every life's blessing to her relationship with God-Who is the Giver of all good and perfect gifts.



### **Bill Talbott** **20 Years with Alton Blakley**

Bill Talbott and his wife, Angela, moved to Somerset in August of 1981, to go to work for the Honda dealership. Bill is the Alton Blakley Honda Parts Manager. He has seen a lot of changes and growth in Somerset in the last 30 plus years he has been in town. Bill and Angela raised their two daughters, Alicia and Caitlin, here in Somerset and they went on to graduate

from the University of the Cumberlands. Bill said that in case you didn't notice....they are very proud of their daughters! Bill is proud to be a part of the Alton Blakley Family of Dealerships for over 20 years now.



### **Vickie Denney** **15 Years with Alton Blakley**

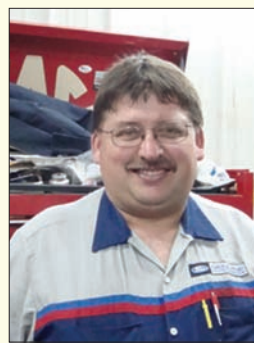
Vickie Denney serves in the roles of Executive Assistant and the Benefits and Payroll Administrator. She is married to Jim Denney and they live in the Eubank community. Vickie and Jim are celebrating their 40th wedding anniversary! She enjoys friends, antiques and old house restoration and of course her two grandchildren, Connor and Clara. Vickie said

"My time at Alton Blakley has gone by so quickly. It's a great place to work and great people to work with."



### **Amanda Bray** **15 Years with Alton Blakley**

Amanda Bray and her husband, Roy, have two boys, Austin and Parker. They are members of the Science Hill Church of the Nazarene. Amanda is a Service Writer for Alton Blakley Ford-Lincoln. She enjoys spending time with her family.



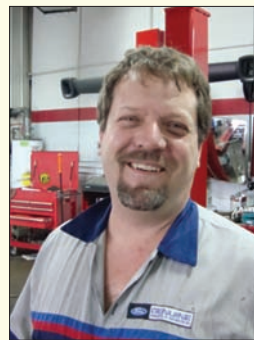
### **Terry Molden** **25 Years with Alton Blakley**

Terry Molden is a life-long resident of Nancy, Kentucky. Terry is a Ford Master Certified Technician specializing in Diesel applications. He has two daughters, Carrie and Kimberly. They are all members of Piney Grove Baptist Church #2, where he serves as an usher. He has also driven the church bus route for over 11 years. Terry attends the Cumberland Baptist Institute where he is studying for the ministry.

Terry also helps to operate the family farm consisting of black angus cattle and hay....work that has kept him busy since the passing away of his dad. Terry's hobbies include hunting and fishing with his family.

### **Vernon Meece** **20 Years with Alton Blakley**

Vernon Meece has detailed cars since he was 17 years old and continues to do so to this day at Alton Blakley. He and his wife, Bertha, live on Highway 192, East of Somerset. Vernon has two children, Mark and (Tina) Meece of Campbellsville, and Anna and (Monty) Carty of Somerset. Vernon has a very special granddaughter, Bethany Anne Meece, of Campbellsville, who loves her PawPaw a bunch! Vernon and Bertha are members of White Lily Baptist Church where he serves as Trustee. Vernon spends his free time going to yard sales, working in his flower garden and being with his family.



### **Ed Stigall** **20 Years with Alton Blakley**

Ed Stigall and his wife, Kelli, have three children, Logan Stigall, Seth Blessmer and Aubrey Cheek. Ed is a Ford Master Certified Technician and also performs all of the New Vehicle Preparations. Ed's hobbies include boating, camping, hunting and Nascar.



### **Stacy Burrell** **15 Years with Alton Blakley**

Stacy Burrell and her husband, Craig, have been married for 16 years and have two boys, Stephen and T.J. Stacy is the daughter of Ben and Janie Crowe. Stacy is the Accounts Payable Clerk for the Alton Blakley Family of Dealerships. She is a Baptist, PTA Member, Homeroom Mother and Board Member for Lake Cumberland Cal Ripken Rookie League Baseball.

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Angela & Steve

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## WAG MORE, BARK LESS!

Somerset Pet Lodge is fast becoming Somerset's premier boarding and grooming facility. Proprietor's Steve and Angela Lopez have made it their mission to create a soothing, fun and unique environment for dogs to stay and play. Located right here in Somerset and open 7 days a week, they offer overnight boarding, Doggie Daycare and a full service grooming salon! Somerset Pet Lodge also has several large play yards for your dog to receive lots of exercise, to run and play and to make friends! They even have Sunday pick-ups for your convenience. Why not let your dog have a vacation too or just a day of play while your away! This All-Suites facility is definitely Somerset's best kept secret!

## STRESS-FREE GROOMING

With certified groomers on staff, you'll be happy to know that your dog will not only look great, but have a pleasant experience while at the groomer. Somerset Pet Lodge grooms all breeds of dogs, from the smallest of pups to the large breeds and they offer additional services such as teeth brushing and nail dremeling.

The atmosphere at Somerset Pet Lodge is so very comforting to your pet! From carefully chosen, soothing colors, whimsical doggie artwork and music wafting through the air, this grooming salon can be more closely identified as a spa for dogs! Call Somerset Pet Lodge today. You'll be happy you did and so will your pet!

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## *Women Must Plan (Extra) Carefully for Retirement*

If you're a woman, you have to be actively involved in your financial preparations for retirement — and that's true whether you're single or married. As a woman, you have at least two special considerations associated with your retirement planning:

- You've got a longer life expectancy. Women typically outlive men by about seven years, according to the National Center for Health Statistics — and more years of life mean more expenses.

- You may have less money in your retirement plan. Women drop out of the work force for an average of 12 years to care for young children or aging parents, according to the Older Women's League, a research and advocacy group. This time away from the workforce results in women accumulating much less money in their employer-sponsored retirement plans, such as 401(k)s.

The prospect of a long, underfunded retirement is not a pleasant one. Fortunately, there's much you can do to avoid this fate. For starters, know what's going on in your financial situation. If you are married, share the responsibility of making investment decisions. What are your retirement goals? Are the two of you investing enough to eventually achieve these goals? And where is the money going? If you are working with a financial advisor, make sure you ask all the questions you can think of — and whenever you think of new questions, ask them as well.

You'll also need to know what you can expect to receive if your husband dies before you. As a surviving

spouse, you will likely inherit all your husband's assets, unless he has specifically named other people — such as grown children from an earlier marriage — as beneficiaries. Nonetheless, you can't just assume that all sources of income that your husband receives will automatically roll over to you. For example, if your husband were to die before you, you wouldn't get his Social Security payments in addition to your own, although you could choose to collect his payments instead of yours. But if you both earned similar incomes, you might not get much of an increase in Social Security benefits.

In any case, whether you're married or single, here are some moves that can benefit you:

- “Max out” on your 401(k). If you can afford it, invest the maximum amount into your 401(k) and increase your contributions every time your salary goes up. Your 401(k) provides you with tax-deferred earnings and a variety of investment options.

- Contribute to an IRA. Even if you have a 401(k) or other employersponsored retirement plan, you might be eligible to contribute to a traditional or Roth IRA. A traditional IRA offers taxdeferred earnings, while a Roth IRA grows tax free, provided you don't take withdrawals until you're at least 59½ and you've had your account at least five years. You can fund an IRA with virtually any investment you choose.

Do whatever it takes to help ensure a comfortable retirement — and the sooner you start planning, the better.



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# Award winning care... Commitment to excellence

Sarah Short has turned a passion for working with seniors into her business focus. As Owner of Comfort Keepers, she works to help her clients stay in the comfort of their own homes while improving their quality of life by providing companionship and assistance with the activities of daily living. A graduate of Georgetown College with a B.A. in Sociology, she continued her education at the University of Kentucky obtaining a Master of Social Work and then a Graduate Certificate in Gerontology from Sanders-Brown Center on Aging. Sarah has worked as a geriatric social worker in various healthcare settings including hospice, long term care facilities and home care. Sarah worked with Comfort Keepers in Lexington, Kentucky until April of 2007 when she purchased the Comfort Keepers office in Somerset. Just one year into business ownership, Sarah was named the 2008 Young Professional of the Year by the Somerset Pulaski Chamber of Commerce. Her office has gone on to win other prestigious awards like the Mideast Comfort Keeper of the Year award in 2008 (an award for a distinguished caregiver) and another of her Comfort Keepers making it to the top 24 caregivers in the country in 2011. In 2012 and 2013, Sarah's office was given a Best of HomeCare award which is awarded to the top 25% of homecare agencies across the country.

"My passion is working with older adults. I love learning from them. Sometimes it's simple things like a client telling me I shouldn't wear high heels because as I get older my feet will hurt (she says laughingly), but other times it's important things like taking time out

to spend with my daughter, as life moves quickly. I cherish the wisdom" says Short. Short lives in Somerset with her husband of seven years, Chris, who is a computer engineer, and her daughter, Amelia who is three years old.

In March, Comfort Keepers announced that it received this year's distinguished "Leader in Excellence" Award by Home Care Pulse, the leading firm in quality assurance for private duty home care. The "Leader in Excellence" Award was awarded to less than 50 private duty home care agencies across the country, who consistently ranked among the highest in 10 or more out of 12 quality metrics assessed by Home Care Pulse. As a "Leader in Excellence," Comfort Keepers represents a top performer in the national home care industry.

This accomplishment also shows Comfort Keepers' long-term dedication to excellent care and quality improvement. To qualify for this award, 10% of Comfort Keepers' clients were polled each month by Home Care Pulse to rate the care they received through personal phone interviews. These client satisfaction ratings were factored into Comfort Keepers' overall ranking over a 12-month period. Using feedback from clients and employees, as well as quality benchmarks from Home Care Pulse, the Comfort Keepers management team set goals to reach the highest level of excellence possible.

"We work hard every day to provide excellence to both our clients and employees. We have a true passion for our work, and I think it shows. I always tell clients and employees alike that we can't fix what we don't know about, so to always tell us where we can improve.

This has really helped us in excelling" said Sarah Short, Owner of Comfort Keepers.

Comfort Keepers also earned the "Best of Home Care" designation from Home Care Pulse in 2012 and 2013, which acts as a guide to help consumers choose the best home care agency in their area. "Leaders in Excellence" are the top-performing "Best of Home Care" agencies in the nation. Performance is evaluated based on factors such as staff training, communication, caregiver performance, caregiver morale, response to problems, likeliness to recommend, and overall quality care.

"Our goal at Home Care Pulse is to help agencies reach their goals and deliver the best home care possible, and so it's very rewarding to us to recognize Comfort Keepers as a 'Leader in Excellence.' We've been impressed by their commitment to their clients and caregivers, as well as the quality of the overall care they provide. They really stand out in their market as a top home care provider," commented Aaron Marcum, President of Home Care Pulse.

To find out more about Comfort Keepers commitment to excellence, please visit [www.cksomerset.com](http://www.cksomerset.com) or call 606.676.9888.



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# *Pace brings sports medicine expertise home to Somerset*



**Dr. Jesse Pace**

Sports medicine specialist brings advanced expertise home to Somerset

When Dr. Robert Fulton Jasper's great grandson, Dr. Jesse Pace, finished his two-year fellowship at The American Sports Medicine Institute in Birmingham, Alabama, he didn't head to the big city to offer his expertise.

He came home.

Three years ago, Dr. Jesse Lee Pace opted to open his own practice Sports Medicine & Orthopaedic Center of Lake Cumberland in Somerset where both his great grandfather, Dr. Robert Fulton Jasper, and his grandfather Dr. Robert Bryant Jasper.

"I want our residents to know that they don't need to travel out of town for excellent orthopedic medicine," Dr. Pace said as he sat in front of an office wall decorated with numerous hard-earned diplomas.

Dr. Pace knows a little about traveling in pain. As a

young athlete growing up in Harlan County, he shredded an ankle playing football during his sophomore year. He had to travel two-and-a-half hours for treatment, he said.

With his childhood athletic injuries, Dr. Pace realized his dreams of becoming a professional athlete were not realistic.

"I wanted to be involved in sports medicine," he said.

Off to medical school he went dedicating years of study. He earned his bachelor's degree from Centre College and attended medical school at the College of Osteopathic Medicine at the University of Pikeville. Four years later, he entered into a five-year residency at Affinity Medical Center in Massillon, Ohio.

Going above and beyond, Dr. Pace chose to complete a two-year fellowship in Birmingham, Alabama under the instruction of world-renowned surgeon Dr. James R. Andrews. Dr. Pace assisted working on numerous Division I and professional athletes from the National Football League, Major League Baseball, National Basketball Association, and other professional affiliates.

"I took two extra years of education in a subspecialty beyond what is required in order to specialize in sports medicine," Dr. Pace said.

Today he is



**Dr. Jasper**

a team physician for all Pulaski County high schools. Injured soccer, football and basketball players flood his office during their seasons.

"I see the patient in the field when they get hurt, when they come into the office on Monday, when they're scheduled for surgery on Thursday, and throughout the rehabilitation process," Dr. Pace said.

While Dr. Pace isn't treating teen-aged athletes, he's fixing torn shoulders and replacing worn-out knees. He is the only orthopedic surgeon in Somerset who offers and can perform custom fit knee replacements.

He is able to tailor a person's knee replacement from the individual's MRI.

"You don't have to go anywhere else," Dr. Pace said. "You can have it done here."

Dr. Pace is married to his wife and veterinarian, Candice Adkins Pace. The couple has a young son, Jasper, who is named after the respected Jasper name.

Robert Fulton Jasper not only practiced medicine in Somerset, but also ministered to thousands. He was a 1927 theology graduate from Southern Seminary in Louisville, Kentucky and used to hold large revivals in a tent in Harlan County. Over the course of his medical career, he delivered 6,000 babies.

His son, Robert Bryant Jasper, followed in his father's footsteps becoming a Somerset surgeon, too.

Dr. Jesse Pace said he is the proud heir of his medical ancestors' antique doctors' bags and his grandfather's medical books.

Dr. Jesse Pace dedicates his free time to his family and enjoys lake activities like boating and fishing. And, of course, watching sports is fun, too, Dr. Pace said.

For more information about Sports Medicine and Orthopaedic Center of Lake Cumberland, at 353 Bogle St., Ste. C, call Dr. Pace at (606) 678-2220.



Dr. and Mrs. R.B. Jasper

## Sports Medicine & Orthopaedic Center of Lake Cumberland



(Not Pictured Amy Jones, P.A.)

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**Phone 606-678-2220**





# J&S Garden Center is now open

J&S Garden Center is now open for business.

Their address is 430 South Richardson Drive in the downtown area of Somerset.

Products included at J&S are a large selection of landscape plants and ornamental trees as well as garden décor, patio furniture, pavers and retaining walls.

J&S also offers affordable landscape design services.

J&S Garden Center is owned and operated by Sharon Truax and Jon Slavey.





Slavey was born and raised in Pulaski County with an extensive knowledge of this beautiful area.

Truax has recently relocated to Somerset from Louisville

She has a degree from the University of Kentucky in plant and soil science and has owned and operated a landscape and hardscape business in the Louisville area for 11 years.

All shrubs and trees available at J&S are carefully chosen for quality and viability to the area.

They strive to provide plant material to enhance the beauty of your home for many years to come.

Larger plant material will be available for those who prefer the “instant” landscape including up to 3” caliper trees and large container shrubs.

J&S is the place to shop for the out of the ordinary specimen plants.

All landscape designs can be customized to your home or property and careful attention is paid to provide year-round interest in your landscape as well as ease of maintenance.

For those homeowners wanting to build the ultimate back yard escape, designs can include hardscape features such as outdoor kitchens, firepits or fireplaces, pool or

spa areas, and water features.

The garden store at J&S features unique gardening gifts, high quality pottery, wind chimes, birdbaths and houses, statuary, outdoor rugs and patio furniture.

Be sure to check in often as inventory will change frequently with more products arriving weekly.

J&S Garden Center is excited about its new venture and looks forward to making customers happy and helping to enhance the beauty of your home.







## Hospice of Lake Cumberland to dedicate new care center for the dying and their families

For more than two decades, the people of Hospice of Lake Cumberland have been teaching dying people how to live and helping family members survive and honor loss. In its beginnings, hospice workers traveled to people's homes and area hospitals throughout Southeastern Kentucky. Now, Hospice of Lake Cumberland has established its own physical space in Somerset where family can gather around their dying loved one and focus on the process of grieving and letting go.



The new Hospice of Lake Cumberland Jean Waddle Care Center is a loving place where people can die in dignity, surrounded by family, friends, and even their pets. Grief experts are on hand to assist in the dying process. The unit, located on the fourth floor of Lake Cumberland Regional Hospital, features six beds, a community room, a small kitchen, and a children's place. Extra care has been taken to design the facility so it feels like home.

"Everyone in the area should feel ownership of the care center," said Euretha McQueary, a former social worker who is now the executive director of Hospice of Lake Cumberland.

A public dedication ceremony to celebrate the Jean Waddle Care Center will be from 4 to 6 p.m. on Thursday, April 11. Dedication services begin at 5 p.m. Senator Chris Girdler is expected to be there. Because patients are already in the unit, the ceremony will be a quiet affair, said Christine

Dudley, director of Development and Community Relations.

The Jean Waddle Care Center will be unique in many ways. Family can visit round the clock. Here, family includes the family pet, which will be allowed in the patient's room. Doctors, nurses, social workers, chaplains and counselors are present to help everyone grieve and say goodbye.

Though the Jean Waddle Care Center is open, Hospice of Lake Cumberland will need continuous help from the community. Wanted are organizations and individuals who can provide warm meals, pet care, and anything else grieving families might need. To assist, please call (606) 679-4389.



Facing death is a difficult task and people are often resistant to accept the reality of the dying process, McQueary said. Denial runs strong even in the patients who have been told they are terminal.

"We do birth education," McQueary said. "We need education to teach people about death."

Sometimes, family members realize the reality of their family member's fate too late and call hospice in a panic. Within a couple of days of hospice's arrival, their loved one has died and they are bereft.

"People are afraid of needing hospice and when they finally they call, they say, 'I wish we had known about this sooner,'" McQueary said.

"There's a misconception that we just work with cancer patients."

McQueary initially worked in mental health 20 years ago when she was asked to consider a job with hospice. A friend handed her a copy of "Final Gifts," a classic book on dying. She read it, interviewed for the position, got the job and instantly became hooked on work she deems as sacred.

Today, hospice attends to anyone with a life-limiting illness who is not seeking aggressive treatment. Life-limiting illnesses include cancer, pulmonary disease, heart disease, kidney failure, AIDS, multiple sclerosis, peripheral vascular disease, Lou Gehrig's disease, Alzheimer's disease, and dementia. One a doctor has diagnosed that the patient has six months to live, Hospice of Lake Cumberland steps in.



The gifts they provide are countless. They help the dying to address their end-of-life while embracing life-affirming activities. They coach family on how to care for the dying while taking care of their own needs during a time of extreme stress.

After the loved one has died, Hospice of Lake Cumberland provides free bereavement counseling to family members for 13 months (considered the four seasons of grief).

For more information about hospice services or opportunities to volunteer, you are welcome to visit Hospice of Lake Cumberland at 100 Parkway Drive in Somerset.



100 Parkway Drive  
Somerset, KY  
**606-679-4389**

[www.hospicelc.org](http://www.hospicelc.org)

# JEAN WADDLE CARE CENTER

Hospice Inpatient Unit  
Lake Cumberland Regional Hospital

## OPEN HOUSE

**April 11th • 4 to 6 pm**

**Dedication at 5 pm**

**Expanding our Commitment to Care.**



## We Need VOLUNTEERS!

From teens to senior citizens, a hospice agency needs many volunteers to succeed, there are plenty of jobs for volunteers to do that utilize an individual's talents and skills. Hospice of Lake Cumberland needs volunteers to support patients, families, bereavement, and our agency as a whole. Give your time and talent to an organization committed to providing assistance to all people facing end of life issues.

**Call Leanne**  
**606-679-4389**



**HOSPICE**  
*Of Lake Cumberland*

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Bereavement Groups provide opportunities to learn about grief and interact with others who have experienced a death.

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**For more info, call:**

**Somerset: 606-679-4389**  
**Monticello: 606-343-5011**



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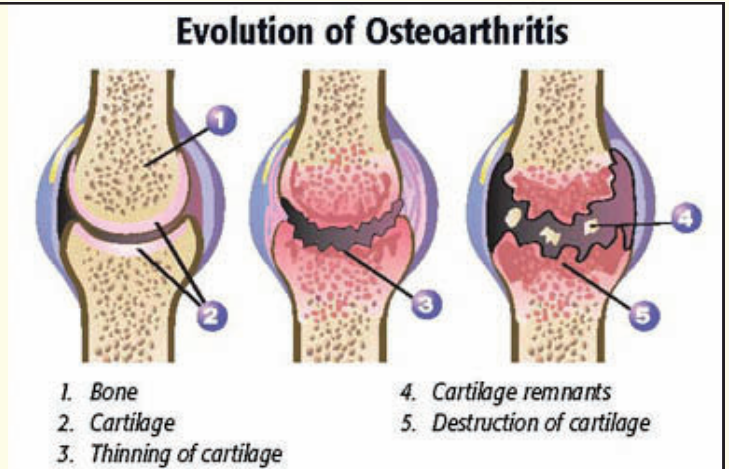
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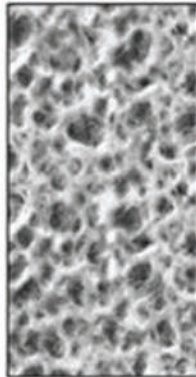
# Osteoarthritis: What Can I Do to Help My Pain?

Dr. Scott Lewis, LC Rheumatology

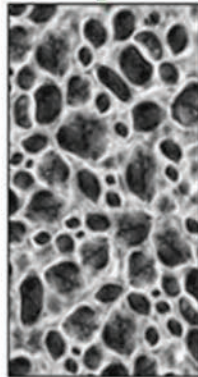


Osteoarthritis is the most common form of arthritis affecting 70% of adults from ages 55–78. It is a cause of chronic joint pain and is a very common cause of disability. It was previously thought to be a normal part of aging as the prevalence of OA increases with age. Risk factors that have been identified for osteoarthritis include the type of work that you do (construction jobs, manual labor, and repetitive movement jobs), hobbies, joint injuries (like those from high school injuries!), genetic factors, body weight, and muscle weakness. Women are more affected than men. In addition, it is a leading cause for joint replacement surgery in the US.

Normal Bone



Osteoporosis



The diagnosis of osteoarthritis is made through a discussion of your symptoms with your doctor, a physical examination, and X-rays. Blood work may be ordered to exclude other types of arthritis that may look like osteoarthritis. Symptoms of osteoarthritis include joint pain and stiffness, joint swelling, muscle wasting and weakness, and joints enlargement. Often times the stiffness is present in the joints in the mornings and lasts up to 30–45 minutes. In general, activity tends to improve the pain and stiffness. However, the same type of pain can return towards the evening hours. The pain can be localized to one joint or be felt in multiple joints. Sudden onset of joint pain is not a common way for osteoarthritis to start. Also, swelling with redness of the skin is likely

to be something other than osteoarthritis. Joints that are commonly involved include the hands, feet, hip, knees, and spine. Elbows, ankles, and shoulders can also be involved.

Many patients delay evaluation for osteoarthritis as they may feel that there is nothing that can be done for it other than surgery. Wrong! Factors that contribute to the development of osteoarthritis that people can change include body weight, potentially the type of work that one is doing, and keeping the muscles strong that support the joints. Treatment of osteoarthritis encompasses many modalities. The patient plays a critical role in the treatment of osteoarthritis. Goals of treatment include preventing disability, minimizing joint pain, and improving quality of life.

Joint injection therapy can provide months of relief that can provide an improved quality of life through reduced pain. Also, braces for both knee pain and low back pain have benefitted greatly from improved materials making them more comfortable and lighter than ever before! Other therapeutic options include over-the-counter supplements as well as prescription medicines to improve the quality of your life through pain reduction so that you can live the active lifestyle you want.

For more information on Osteoarthritis, or to schedule an appointment, please contact Lake Cumberland Rheumatology at 606-802-2300.

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Teens

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# Dr. Brandi Prather, DMD

## Brings the Sea, Sand and Sunshine to her patients!

When Dr. Brandi Prather decided to re-decorate her pediatric dentist clinic, she decided to bring vacation at work.

For the past three years, Dr. Prather and her family has visited Seaside, Florida, a quaint seashore town filled with picket fences and happy families. So picturesque, Seaside was the chosen location to film "The Truman Show."

Seaside was home to a special tranquility that Dr. Prather wanted to bring to her practice at Somerset Pediatric Dentist, at 47 Sarah's Lane. "We fell in love with the place," Dr. Prather said. "I thought I'll just bring it to my office." She needed the perfect artist to transform her vision into reality. Enter Emily Lackey.

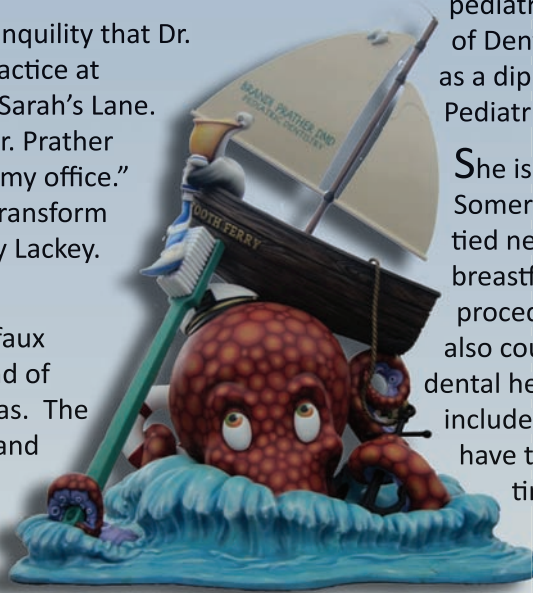
Lackey specializes in murals and faux finishes creating fine art on all kind of surfaces from office walls to canvas. The two women reviewed brochures and photographs of Seaside, Florida. "Dr. Prather wanted to bring that friendly feeling to her office," Lackey said, "but she wanted to do it in a whimsical way." Out came the pastel acrylics. Up on the walls went one large amiable octopus, several curious pelicans and lots of sea, sun and sand. Two weeks later, Dr. Prather's patients were sitting in waiting room that feels like they're sitting on a front porch in Seaside watching the wind and waves go by and Dr. Prather is adding a boardwalk scene to the office entrance. "It feels like a more peaceful place," Dr. Prather said. "I personally love it and I've gotten some good reactions from the parents." The painted animals provide cheer in the movie and game rooms, special places for Dr. Prather's

small patients to find distractions from just being at the dentist's office.

Dr. Prather's life and career revolve around children. She earned her Bachelor of Science degree in biochemistry and molecular biology at Centre College, her Doctorate of Dental Medicine from the University of Kentucky and then she devoted two more years of pediatric dental residency at the UK College of Dentistry. She earned her certification as a diplomat of the American Board of Pediatric Dentistry.

She is the sole pediatric dentist in Somerset. Her patients include tongue-tied newborns who might have difficulty breastfeeding. A simple tongue clip procedure can fix the problem. Dr. Prather also counsels families on establishing a dental healthcare plan for children that includes diet and hygiene. Infants should have their first visit to the dentist by the time they are 1, Dr. Prather said.

Jo Ann Prather, Dr. Prather's mother quickly fell into her role as office manager, soon after the office opened in 2006. Her hands were full, but in 2010, she welcomed the added responsibility of "grandma duty" with the birth of Dr. Prather's first daughter, Bennett. Since then, Jo Ann is now caring for 9-month-old baby Bryce, Dr. Prather's youngest. Two-year-old Bennett and baby Bryce are no strangers to Mommy's office though Bennett has just started daycare. Jo Ann's roles of office manager and grandma, keep her busy and Dr. Prather happy...as her babies are just literally steps away.



For more information about Dr. Brandi Prather, DMD and to schedule an appointment, call (606) 679-5437.





Three generations of Ryser women have built a reputation for Ryser's Interior Design founded in quality, beauty and excellent service. Pictured from left to right: Daughter Kandy Ryser-Sutton, mother and family matriarch Toni Ryser (sitting), daughter Kim Ryser-House, and granddaughter Toni Blake Greer. (Mequeil Storm is not pictured).

# *Women's touch of three generations key to success at* **RYSER'S FURNITURE**

It's a woman's precise eye, distinct attention to detail, and natural knack for class and elegance that has rocketed Ryser's Interior Design into success.

Three generations of Ryser women

have been selling first-rate furniture a stone's throw away from grazing cows and East Bernstadt, a town of 774 people.

Located on Hwy 3094 in Southeastern Kentucky, Ryser's

operations loom large in a rural area zoned as residential. The family business, a one-stop shop for designing homes and businesses from the dirt up, is surrounded by the Rysers' personal homes designed,

of course, by them. The store, understated and unassuming on the outside, houses a world of luxury and opulence inside.

“When people come to this store, they always ask, ‘How did you end up here?’ And we tell them, ‘This is home,’” said Mequeil Storm, the oldest grandchild of Ryser’s founder, Toni Ryser.

Toni Ryser, a Valentine’s Day baby born in Harlan County, started her drape-selling business 45 years ago with a \$1,500 loan, a talent for sewing, and a goal to send her three children to college. She has exquisite taste and soon Toni found herself automatically helping customers hand-select drapery fabrics, carpeting, paint colors, and furniture.

The furniture business took off during the ‘70s coal boom and Toni took the plunge expanding her drapery business into furniture.

“The coal business has been very

good to us, and we still take care of those customers,” Mequeil said. “Our customers have expanded into central and Eastern Kentucky and from there down into Knoxville. We also do vacation homes in Florida.”

Less than one year ago, Toni’s daughters Kandy Ryser-Sutton and Kim Ryser-House, who earned an interior design degree from Eastern Kentucky University, bought the business. Kandy’s daughter, Mequeil, and Kim’s daughter, Toni Blake Greer, have joined the family helping in the day-to-day operations. Toni pursued her design education at Watkins College of Fine Arts & Design in Tennessee.

Mequeil said she bypassed a law career, declined the opportunity to spend five years in design school, and came home to attend the “University of Toni.”

“I have watched my grandmother sit for hours with a house plan and

decide where the electrical outlets should be,” Mequeil said.

Twice a year, the Ryser women descend on North Carolina’s High Point Market, the largest home furniture trade show in the world. They apply their collective knowledge, experience and taste to select the finest one-of-a-kind items for their Kentucky customers.

“We look for what we like,” Mequeil said.

Ryser sells top brands like Bernhardt, Ferguson Copeland, Hancock & Moore, Henredon, Habersham, E.J. Victor and Ralph Lauren. Customers are so proud of their purchases it is not uncommon for them to whip out photographs of their couches and beds.

Toni is technically retired, but she remains a constant presence at Ryser’s.

“She still bosses us around,” Mequeil Storm said.

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# *Personifying forward progress rooted in family tradition*



The Mad Dog at Amon's Sugar Shack started as a fond memory, a yen that wouldn't die.

News Director Steve Crabtree, recalling a delectable from days gone by, wanted a donut. Not just any donut. Crabtree wanted a sugary donut, shaped like a hot dog, stuffed with melt-in-your mouth cream.

So Crabtree sought help from Somerset's donut expert – Doug Stephens, owner of Amon's Sugar Shack, located at 1900 S. Hwy 27 across from Walmart.

After many hours in the Amon's Sugar Shack kitchen, the Mad Dog was born. Crabtree was delighted. Soon Somerset residents were sinking their teeth into the cylindrical concoction that comes in several variations.

The Mad Dog was created out of Stephens' commitment and care for his customer. You can't buy that concern at a chain restaurant.

"My parents trained us right," Doug said.

Locals know the story. Amon's Sugar Shack opened 62 years ago. Stephens' father, Amon Stephens, bought the bakery as a birthday present for his wife Rosemary. The couple threw themselves into the business, building it into the beloved local eatery that it is today. Their four sons, Autry, Terry, Doug, and Kirby, were no strangers to helping in the kitchen. The couple moved the business to various Somerset locations over

the years, adding a drive-thru window in 2001, still the quality remained consistent.

Like cream rising to the top, Amon's Sugar Shack earned national recognition for its freshly made home-cooked meals and obsessively-good sweet treats. Southern Living magazine has featured the restaurant twice and author Gary P. West included it in his book "Eating Your Way Across Kentucky: 101 Must Places to Eat." For years, Amon's Sugar Shack has won the Commonwealth Journal's Reader's Choice Awards for "Best Bakery" and "Best Donuts."

Progress steeped in tradition.

Doug said changes like drive-thru windows, vegetarian offerings, the Cuban sandwich he ate in Savannah, Georgia and loved so much that he returned home to create his own version, and now the Mad Dog donut are examples of how Amon's Sugar Shack strives to grow while sticking to its roots.

Today, Doug and his brother Terry Stephens, manage the day-to-day affairs. Youngest brother Kirby oversees marketing and contributes to the menu. Local vegetarians can thank Kirby for the mouth-watering vegetarian sandwich (crispy fresh vegetables and melted provolone cheese on toasted bread) and the vegetarian burger. Autry is quick to offer advice.

Last year, Amon Stephens passed away. His spirit remains in the bakery. The gentle man with the big heart left behind

a cadre of employees who remind Doug and Terry regularly how his father would want things done.

Rosemary continues to make sure her boys stay on track with the business. The Somerset Pulaski County Chamber of Commerce recognized Rosemary's hard work this past January with the Women in Business award for 2012.

"My ultimate resource is Mom," Doug said.

Every Wednesday, customers delight in Rosemary's family recipe of homemade turkey and dressing. Friday night is fish night and Doug keeps the doors open an extra hour to cater to the crowd.

Doug said he has become increasingly aware and grateful for how much his father's lessons were instilled in him. He continues to offer that gentle cheer when serving customers.

Seeking a Chocolate Delight?

"That's a super ding-dong on steroids," Doug jokes with a customer.

Who knew that when Amon presented Rosemary with the bakery in 1951, he was giving his family purpose, community, selfless service, and infinite sweetness?

"It's the gift that keeps on giving," Doug said.

Amon's Sugar Shack is open seven days a week: 5 a.m. to 7 p.m. Monday through Thursday and Saturday, 5 a.m. to 8 p.m. Friday, and 7 a.m. to noon Sunday. For more information, call (606) 678-4392.



# 62 YEARS

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## WOMEN'S CARE OF SOMERSET

# Women

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# Women



**Tara R. Horn, MD, FACOG**

Tara Horn grew up in a small town in the mountains of Eastern Kentucky. Although she was the daughter of college educated parents, she knew that many around her lived in poverty. She always wanted to somehow create a sense of hope. In high school, she worked with her family's local family doctor and decided the way to create hope was to go to medical school.

Horn's dream then was to practice in this town where, in the 1960s, Lyndon Johnson declared the "War on Poverty". Poverty had continued, but maybe wellness could make it easier.

After completing her fourth year as a medical student at the University of Louisville, Horn decided that taking care of women's health care needs as an obstetrician and gynecologist would bring a great sense of happiness to her life. This specialty is filled with purpose and created a patient/physician bond that can last a lifetime. She loved seeing the look on a patient's face when she held her child for the first time and looking into the eyes of her surgery patients during anesthesia induction, knowing when they awoke in the recovery room, their problem would be solved.

After falling in love and finishing her training, Tara moved to Somerset in 2004 and started practicing. Her husband, a local attorney, is from Frankfort, Kentucky and had found a job here after finishing law school at the University of Kentucky. In 2005, they were blessed with a compassionate

son, Max and again in 2008 with a spirited daughter, Catherine.

In 2011, Horn started a private gynecology practice, Women's Care of Somerset, which provides women with shorter waiting times in a beautiful, comfortable environment. Horn works with her friend, Somerset native Danita Price Napier, who is a board certified nurse practitioner. Their goal is for patients to have the face to face time they need to discuss their medical concerns. They specialize in hormone replacement therapy, but also provide routine pap smears, surgical treatment, and other gynecology needs. Living her childhood dream of creating hope and wellness for others has given Tara great joy and a sense of peace.



**Women's Care of Somerset Staff**



# *Women's Care of Somerset*

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**Tara R. Horn, MD, FACOG**

**Danita Price Napier, APRN, WHNP-BC**

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# Don Franklin Family of Dealerships

In celebrating success in business, the legacy of Don Franklin continues to grow. His career journey began as a mechanic for Louis Merkley and Morris Epperson when they owned the Adair Motors Ford dealership. He went on to start his own business, Don's Auto Sales, in the mid 1960s, selling used cars. His wife, Barbara, joined him in management as they grew their business and their family.

In 1982 the Franklins purchased the Ford dealership, employing six people, with an average inventory of 35 cars. Today, the family employs over 300 people at 12 locations, Don Franklin Ford and Franklin Nissan in Columbia, Franklin Chevy GMC in Russell Springs, Franklin Family Chevy-Buick in Bardstown, Don Franklin Chevrolet Buick GMC Center in Somerset, Don Franklin Chevy GMC Buick Dodge

Chrysler Jeep Ram in Liberty and Don Franklin Ford-Lincoln in London, Don Franklin Chevrolet, Buick, Chrysler, Dodge, Jeep in Campbells, Don Franklin Chevrolet, GMC, in Burksville, Don Franklin Chevrolet, Chrysler, Dodge, Ram, Jeep in Monticello, Kentucky.

Hard work remains the key element of Don Franklin's achievements. "That was the difference," a one-time neighbor noted.

"He and his family left the house before dawn every morning. They didn't come back until after dark, and soon after," he said, "the lights were out. They were hard workers." Hundreds, perhaps thousands, remember individual kindnesses, and more: A faith Mr. Franklin had in others. He believed in the redemptive nature of humankind, both for those who had financial struggles

as well as for those who needed spiritual salvation.

His devotion to the Church of Christ and his personal evangelism was prodigious. He always rated his priorities with his concern for the spiritual highest: For him, it was God first, then family, then business and civic obligations. At the time of his death he was a member of the Church of Christ of Adair County.

Improving property was a leisure time activity for Don Franklin. Memories of Don Franklin, alone, or with a grandson, operating a lawnmower or one of the pieces of earthmoving equipment he loved, are enduring. His last work included preparing the hillside where he is resting, overlooking his beloved family, home and business.

Perhaps the best measure of a man can be discovered in the eyes

of his grandchildren, innocent observers, recipients of love and devotion, little reflectors. Don Franklin was at his best when he was in the spotlight of those he and Barbara called, "our future", their five grandsons: Don Jr., Eddie Jr., Ben, Daniel and Nathaniel. As they live and grow and speak of their Papa, it will be clear what kind of man Don Franklin was.

We, as a family, look forward to many more years of serving our loyal and faithful customers. We thank you, our many friends and customers, for your loyalty and giving us the opportunity to continue serving you.

We invite you to just stop by and say "hello" any time. God first!

The Don Franklin Family

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# Local Legends #10

Cross Country - Southwestern/Pulaski County High School 2001

**Rachel Sanford**

FDIC

LENDER

## RACHEL SANFORD *MULTIPLE* *ALL-STATE* *CHAMPION*

By MICHAEL CHILDERS

Rachel Sanford is used to winning.

The former cross country and track and field standout has won in about every running distance possible.

And it's for that reason that Sanford has been named a Commonwealth Journal Sports Local Legend.

Sanford, one of the best runners to ever come through the Somerset-Pulaski County area, is considered to be the most decorated female high school cross country runner in the state of Kentucky.

"Thank you for selecting me," began Sanford. "It's quite a honor to be chosen from all of the many great athletes to come out of the area."

Sanford had quite a career in high school, as she tallied five individual cross country state championships as a member of both the Southwestern and Pulaski County cross country teams. Sanford was named multiple All-State teams over the course of her career for her success.

While at Southwestern, a young Sanford tallied four state titles as a Lady Warrior harrier. From the fall of 1993 to the fall of 1996, Sanford was the first runner to cross the line in the Class AAA girls' race.

In 1997, Sanford tallied the fifth state championship of her cross country career as a member of the Lady Maroons cross country team. Not only did Sanford win the individual title, but she played a pivotal role in Pulaski County's team state title.



Sanford would be a part of another team state championship in the fall of 2000, which was her senior season. In the 2000 race, Sanford ran a time of 18:51, in which today, is the 14th fastest time in the history of the Kentucky Horse Park.

Emma Brink, a graduate of Sacred Heart, ran a clocking of 18:20 in the 2007 race, putting her atop the all-time list. Sanford is within two seconds of

the top ten times at the Horse Park.

It was a historic career for Sanford, a career with memories that she will cherish forever.

"I have so many amazing memories from my years of running competitively," Sanford reflected. "There was a time, when I was first starting, that I didn't thoroughly comprehend the level at which I was competing. I am still so grateful for the talent God gave me and the ability to do something I loved so much."

Though Sanford won race after race in her storied career, the thing that she will remember most about it, was the great times and memories that she had with her family.

"My entire family was involved in running and it was very special to us," said the state champion runner. "My greatest memories are of my entire family at cross country races. I cherish those time I had with my dad, who was our coach for many years."

Sanford also had success on the oval in track and field, as she was atop the podium after numerous races, including a state title in the 3200-meter run in 1995, when she finished first with a clocking of 12:47.

After a more than successful prep career, Sanford signed to run both cross country and track for the Lady Hilltoppers at Western Kentucky University. Sanford's college career would not be as kind as it was in high school, as an unfortunate injury brought an end to her career earlier than she wanted it to.

“College was a bit different for me,” told Sanford. “Unfortunately, I became injured at the end of my freshman cross country season. I competed at conference and then I was red shirted for an entire year trying to figure out what was causing my severe shin pains.

I came back for track the following year and was part of the distance medley team that won at conference. My injury flared up again and that was pretty much the end of my college career.”

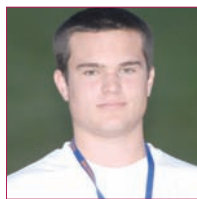
Following the injury in college, Sanford told that she took several years off from running.

According to KYTrackXC.com, Sanford’s personal records are - 800 meters: 2:22, 1600 meters: 5:11, 5000 meters: 18:51, 3200 meters: 11:13, and 10000 meters: 42:56.

Sanford now runs for enjoyment with her family, something that has always been important to her.

“I now run ‘for fun.’” said Sanford. “I enjoy running with my husband who did his first race ever last year when he ran the Derby City mini-marathon with me.

My family is joining us this year for the race, which is a reminder of how it all started 20 years ago.”



**Michael Childers is  
a Commonwealth  
Journal  
Correspondent**



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# April 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.



## SENIOR FUN & FITNESS CLASS

Each Tuesday and Thursday, 10 a.m.-11:00 a.m. April through May 16, 2013. Lake Cumberland Cancer Treatment Center Community Classroom, located at 112 Tradepark Drive. 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, APRIL 9 DINE WITH THE DOCS

LCRH Conference Center, Located in the LCRH basement.

5:30p.m.-Complimentary catered dinner.

6:30 p.m. - Speaker:

Robert S. Supinski, M.D. - Orthopedic Surgeon

Topic: "Joint Pain"

Join us on the 2nd Tuesday of each month for a special complementary dinner and an informative meeting presented by leading medical specialists. Space is limited. Call (606) 678-3274 for your **required reservations**.



## WEDNESDAY, APRIL 10 GET ACQUAINTED BRUNCH

9:15 a.m.-Free Breakfast in Chatter's Café and Grill

10:00 a.m. - Senior Friends Presentation Have you ever been a Senior Friend? Our Get Acquainted Brunch 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 of your free NEW one-year membership - a \$15 value! Call (606) 678-3274 for your required reservation by Friday, April 5, 2013.

## TUESDAY & WEDNESDAY, APRIL 16-17 MASQUERADE JEWELRY SALE (\$5/item) Tues: 7:00 a.m.-7:00 p.m. Wed: 7:00 a.m.-3:00 p.m.

Experience the Frenzy of the \$5.00 Jewelry and Accessories Sale sponsored by the LCRH Volunteer Auxiliary/ The Gift SHOP which sponsors Allied Health Scholarships at the Somerset Community College.

## THURSDAY, APRIL 18 MOVIE -N- MUNCH

LCRH Conference Center, Ste. A

1:30 p.m.

Lincoln Rated: PG-13

Synopsis of Lincoln:

As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves. Call (606) 678-3274 by April 12, 2013.



## FRIDAY, APRIL 19 PARKINSON SUPPORT GROUP April is Parkinson's Disease Awareness Month

10:00-11:00 a.m.

LCRH Small dining Room  
Speaker: Jose A. Cardenas, M.D. Lake Cumberland Neurology Associates

A support group for persons diagnosed with Parkinson's disease and their family and friends. Complimentary lunch will be provided. For additional information please call (606) 678-3274.



## TUESDAY, APRIL 23 MONTHLY MEETING

LCRH Conference Center, Ste A

12:00 noon

Speaker: Melissa Johnson Clinical Nurse Specialist, LCRH Cardiac Care Services  
Topic: Step into Spring, with a Healthy Heart. Join us for an informative presentation on ways to improve your heart health and demonstrations on how

to increase your heart healthy activities for spring. Complimentary lunch will be provided. Space is limited. Please call (606) 678-3274 by Tuesday, April 16, for your required reservation.

## THURSDAY, APRIL 25 BIRTHDAY PARTY

LCRH Conference Center, Ste. A

2 p.m. - 4 p.m.

It's time for those April

"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 April 18, for your **required reservation**.



## FRIDAY, APRIL 27 BINGO

LCRH Conference Center, Ste A

2 p.m. - 4 p.m.

Bring a \$3.00

donation for the March of Dimes.

Spend the afternoon with "Friends." A time of fun, fellowship, refreshments and Senior Friends will provide the coverall prize. **Reservations are required** and must be received by April 19. Please call (606) 678-3274 to reserve your spot



## SATURDAY, APRIL 27

### MARCH OF DIMES - March for Babies

Rocky Hollow Recreation Center:

Registration : 4:15 p.m.

Walk: 5:00 p.m.

**Donations for the March of Dimes will be accepted in the senior friends office through April 26, 2013.**



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

**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)*  
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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

Visit us online: [www.lakecumberlandhospital.com](http://www.lakecumberlandhospital.com) or [RaisingAwareness5K.com](http://RaisingAwareness5K.com)