

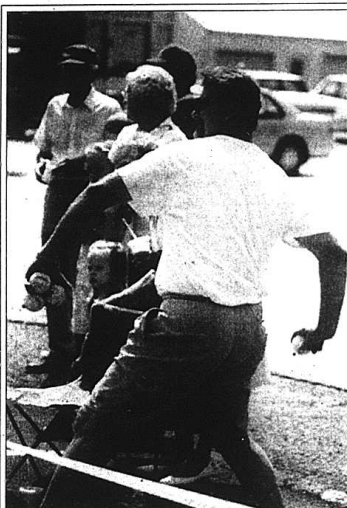


Lucas and Stacy Gentry enjoy the festivities at Brodhead Saturday. The first Headwaters of the Dix River Fish Fry Festival included a parade, singing, city wide yard sale, street dance, and, of course, plenty of fish.



Girl Scouts from Troop #242 participated in the parade.

Headwaters of the Dix River Festival held in Brodhead



Curt Brown takes his turn at the dunking machine during the Fish Fry Festival held at Brodhead last Saturday.

Free and reduced cost mammograms available

Breast cancer is one of the leading causes of death among women in Kentucky. It accounted for 615 deaths in 1997 and is expected to cause the deaths of 700 women in the state this year.

However, finding the cancer early can prevent some of those deaths. A mammogram can find a lump in the breast before you or your doctor can feel it.

A program offered through the Rockcastle Health Center provides free or low cost mammograms to women based on their income. The Kentucky Women's Cancer Screening Project, sponsored by the Kentucky Department for Public Health and the Centers for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program, has provided 86,881 mammograms to low income women across the state.

"I cannot stress enough the importance of clinical exams and mammograms to Kentucky's women. They are our first line of defense in fighting this terrible disease that strikes at the heart of our Commonwealth," said First Lady Judi Patton, who chairs the Governor's Task Force on Breast Cancer and is honorary chair of the Kentucky Breast Cancer Coalition. "Our health departments provide these health services to our local communities and I encourage every woman over 40 to get a mammogram this year and every year."

Uninsured women ages 40 and older with incomes at or below 100 percent of the federal poverty level are eligible for free annual mammograms and clinical breast exams. (The poverty level for a family of four is \$17,050 a year.) Women age 40 and

older whose incomes is from 101 percent to 250 percent of the federal poverty level are eligible for these services at low cost on a sliding fee scale. Underserved women meeting these income guidelines may also be eligible. Women younger than 40 years of age may be eligible to receiving screening services if they have a family history of breast cancer.

For more information about where to get a mammogram, call Rockcastle Health Center at 256-2242 or toll-free 1-800-462-6122.

Experts stress that all women are at risk for breast cancer and the earlier breast cancer is detected, the better a woman's chance for survival. Breast cancer incidence increases with age.

Women age 40-44 are nearly twice as likely to be diagnosed with breast cancer as women age 35-39, with incidence rates of 118.8 per 100,000 women compared to 61.1, respectively. The incidence rate doubles again at the age group 50-54 to a rate of 250.9, and continues to increase, such that in the age group 60-64 the rate is 347.8, and by the age group 75-79, it is 480.8 per 100,000 women.

Experts also say the key to an early diagnosis is a mammogram, or breast x-ray, because it can detect a tumor before a woman or even her physician can feel it. Women diagnosed early by an annual mammogram experience a 90 to 95 percent survival rate.

Because incidence rates increase as women age, screening is especially important for older women. The 1997 Kentucky Behavioral Risk Factor Surveillance Survey showed that only 64.8 percent of Kentucky women age 50 and over have had a mammogram and clinical breast exam within the past two years.

Saddle Club News

The month of June is always a very eventful riding month for the Saddle Club. The Club 24th annual 100 mile ride is scheduled for June 14th through 17th - 8:30 a.m. long ride, 9:30 a.m. short ride. Eat at 5:00 p.m.

Other scheduled rides for the month of June are:

Sun., June 18th - Father's Day - No ride.

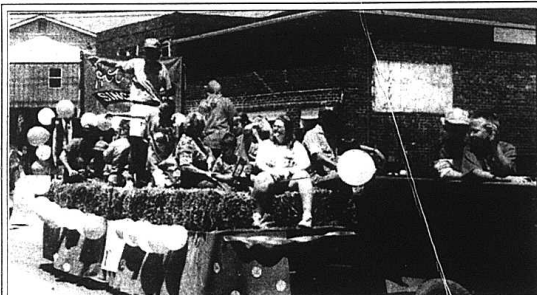
Sat., June 24th - Martin Cox Wagon Ride. Three Links. 9:30 a.m. BOB.

Sun., June 25th - Hiram Combs Director Ride. Campground. 2 p.m.

Fri., June 30th - Horse and Wagon Ride. Campground. 9:30 a.m., not counted for trophy.



Marvin Owens and Larry Albright take a look at the St. Joseph Hospital Care Flight. The helicopter showed up during the Headwaters of the Dix River Fish Fry Festival.



Doug Proctor, standing, brought along his Hot Rods to participate in the parade.



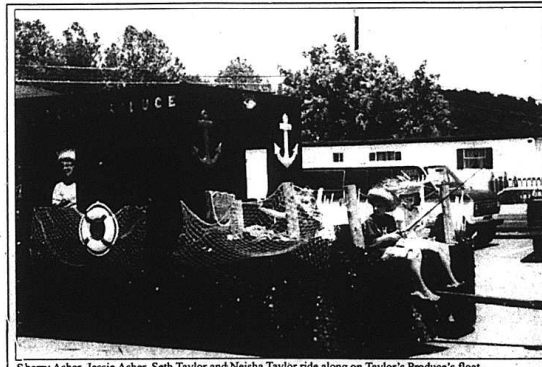
Sowder Nursing Home and Collins Respiratory Care had a float in the parade. From left are: resident Betty Atwood and staff members Kelly Denny, Kathy Lunsford and Kathy Wright.



Friends and family sponsored a dunking booth for local teen, Holly Kidwell, who is undergoing treatment for leukemia. In the photo from left are: Kyle Riddle, Weston Riddle, Jeremiah Cook, Dustin Albright, Megan Anderkin and Justin Albright. Taking his turn getting dunked was Jared Brown.



Celena Bullock brought along for the parade the Rockcastle Red 2000, the 7, 8, and 9-year-old girls fast pitch softball team.



Sherry Asher, Jessie Asher, Seth Taylor and Neisha Taylor ride along on Taylor's Produce's float.