

Grow Appalachia in Rockcastle County first workshop is February 25th

February 25th at 6:30 p.m. will be the first workshop of the year for Grow Appalachia in Rockcastle County!

If you are interested in growing a garden at home or in the community garden on Richmond street, join us to learn about the program and what it takes to grow your own food.

Garden planning, maintenance, and seed starting will be discussed at this workshop.

March 4, 2013, 10:30 AM: Community Garden Workday! Join us to help build the community gar-

den with students and veteran volunteers. We will be building raised beds and putting up signs.

All events are FREE and open to the public. All events are located at 50 Lair Street.

Grow Appalachia is a program of ASPI, located at 50 Lair Street in Mt Vernon.

Grow Appalachia is a free program that provides workshops and gardening supplies to program participants.

Call 606-256-0077 for more information or visit www.a-spi.org.



Rockcastle County Spelling Bee champion Trevor Todd, will be participating in the Kentucky Derby Festival State Spelling Bee on Saturday, March 9th in Louisville.

4K for Heart Health to be February 23rd

Cedar Rapids Golf Course will host its first-ever run/walk on Feb. 23. The event, called the 4K for Heart Health and the second race of Rockcastle Regional Hospital's County-wide Stride series, will follow cart paths throughout the 9-hole course, offering participants interesting terrain, nice views, and a couple of challenging climbs. The 4-kilometer race is approximately 2.5 miles.

Discounted pre-registration is available for \$12 until February 20. Race day registration will begin at 8 a.m. and the race will start at 9 a.m. For online pre-registration, visit rockcastleregional.org/countywidestride.

The race will feature awards for overall male and female race winners and overall fastest male and female walkers, as well as top three male and female age group finishers. All participants will receive a fleece headband.

This race features our Run + 1 incentive. If you participated in any 2012 Countywide Stride race or the Snowball Express last month, you can recruit someone new to this race, and get your registration fee waived at our March 17th race. Your recruit must not have participated in any 2012 County-wide Stride race or the 2013 Snowball Express. See registration form on our website for details.

The course is mostly paved cart path with some grassy parts, and at 9 a.m. the grass probably will be wet. It is not ideal for strollers but strollers are not prohibited. There is one significant climb, a couple of more gradual climbs, and the rest is flat to rolling.

"Blooming with Good Health"

7th annual Redbud Walk scheduled

TOUR Southern and Eastern Kentucky (TOUR SEKY) will kick off Redbud Month April 1, with the 7th Annual "Blooming with

Good Health" Awareness Walk at The Kentucky Music Hall of Fame and Museum in Renfro Valley, KY. The free event will be held

from 11:00-1:00 EDT.

The first 500 participants will receive a free tote bag, Redbud seedlings and other giveaways along with a healthy lunch from the Mt. Vernon Subway. Special giveaway items will also be available for children 12 years and younger. Rockcastle Regional is offering free health screenings for all registered participants and performers with the Renfro Valley Entertainment Center will provide live entertainment for the event.

Walkers can choose from a one or two mile path. They will receive free health tips at stations along the way. A wheelchair/stroller route is also available. The walk is free and will be held rain or shine. TOUR SEKY is partnering with the Mt. Vernon-Rockcastle County Tourism Commission, The Christian Appalachian Project, Rockcastle Regional, The Kentucky Music Hall of Fame and Museum and Renfro Valley Entertainment Center.

April is Redbud Month in Southern and Eastern Kentucky. The "Blooming with Good Health" Awareness Walk is just one of many events planned in celebration of the month. A Redbud Garden Party and Photography Contest are planned for April 19th from 1:00 pm - 3:00 pm at the American Association Building in Middlesboro.

To find out how you can be a part of the Redbud Month festivities, contact Maggie Bill at 606-677-6093 or mbill@tourseky.com.

TOUR SEKY is an award winning initiative of Congressman Hal Rogers. For additional information about TOUR SEKY visit www.tourseky.com, facebook.com/tourseky or call 606-677-6093.

Chamber of Commerce meeting is Feb. 19th

The Rockcastle County Chamber of Commerce will be hold their February meeting on February 19th at Community Trust Bank on HWY 461. The meeting is scheduled to begin at noon.

The February meeting will welcome County Judge Executive Buzz Carloftis presenting the annual "State of The County" address, as well as Mayor Mike Bryant, Mayor Jason Medley, and Mayor Walter Cash presenting their "State of The City" addresses.

Following the speeches in which an update will provided on county and city issues/projects, the before mentioned individuals will also be open to answering questions from those in attendance.

All Rockcastle Chamber of Commerce members are encouraged to attend as this will present an excellent forum for our county's leaders to address any concerns you may have about business in Rockcastle County.

If you would like to join the chamber or have not yet paid your 2013 membership dues, you may pay these at the meeting or contact Derek Adams at 606-256-0070 or email address dadams@rockcastlecountychamber.com.



On Wednesday, January 9th, James Miller presented a check to the UNITE Coalition on behalf of the Rockcastle County Car Show Committee that will be used for educational programming with our UNITE Clubs. Accepting the donation was John Hale. UNITE meets the second Wednesday of each month at the El Cazador Restaurant on South Wilderness Road. You are invited to join us there to work on a safer, more healthy Rockcastle County.



The District Spelling Bee took place Friday, February 8 at the Rockcastle Teaching & Learning Center. The 2013 Spelling Bee Winners are: 1st place winner – Trevor Todd, Roundstone Elementary, 5th Grade; 2nd place winner – Justin Bryant, Brodhead Elementary, 5th Grade; and 3rd place winners (tie) – Sarah Cornelius, Rockcastle County Middle School, 6th Grade and Jacob Adams, Mt. Vernon Elementary School, 5th Grade.

Saint Joseph Berea
KentuckyOne Health™

2nd Annual Saint Joseph Berea Talent Show

March 8, 2013
7:30 p.m.

Berea College Phelps Stokes Chapel
161 Chestnut Street, Berea, KY

All ages welcome!

1st Prize \$1,000
2nd Prize \$500
3rd Prize \$250

No entry fee, however donations will be taken at the door. All proceeds support colon cancer awareness.

MORE INFORMATION OR TO ENTER:
chrisschweighardt@catholichealth.net
859.986.6521

March is Colon Cancer Awareness Month.
Stay Healthy. Get Screened.

Colon cancer can be prevented if caught early. When found at its earliest, most treatable stage, colon cancer has a 90 percent survival rate. Early detection is critical since colon cancer often produces no symptoms during early stages. The American Cancer Society recommends that everyone get tested for colon cancer beginning at age 50. People should talk to their doctor about testing earlier if they have a family history of colon cancer or have a personal history of chronic inflammatory bowel disease, such as Crohn's disease or ulcerative colitis.

February is Love your Library Month!

Fines will be forgiven for items returned in February



Rockcastle County Public Library