

St. Patrick's Day 5k run/walk scheduled

Join Rockcastle Regional Hospital on Sunday, March 17, 2013 at Renfro Valley Entertainment Center for our first St. Patrick's Day 5K run/walk. Put on your brightest green duds and come out for the best way we can think of to celebrate this holiday: by exercising! You may run or you may walk, but we insist that you have fun! Also, we're missing one mischievous leprechaun and might need your help spotting him. Proceeds of this race go to the March of Dimes.

The race starts at 2:30 p.m.; registration begins at 1:30. The fee is \$12 for pre-registration (by noon on Monday, March 11) and \$15 on race day. Tee-shirts guaranteed to all who pre-register and will be given away to race day registrants, in limited sizes, while supplies last. Go to rockcastlelregional.org/countywidestrider to register. Awards will be given to the overall fastest male and female runner, the fastest male and female walker, and the top three finishers, male and female, in age division categories.

This is the 3rd race of the 2013 County-wide Stride series. For more information, contact Susan Turley at (606) 256-7746 or s.turley@rhrcc.org.

Participants requested for Development Board

The Rockcastle County Development Board is the sponsor of the Leadership Rockcastle program which is beginning its 10th class on March 16th. Presently, there are openings available for individuals that want to be involved in county progress and quality of life issues. Meetings are held once a month and graduation takes place in October. The graduating class becomes members of the Rockcastle County Development Board. Please contact Kathy Robinson, Chairperson @ 256-2730 or Lynn Tatum @ 256-8007 or 308-4646.

The Development Board is looking for individuals that would like to include their artwork in panels that will be displayed in downtown Mt. Vernon. The artwork will reflect the seasons spring/summer, fall and winter. For more information how you or your organization can get involved, please contact Courtney Hale @ 392-9264 or Lynn Tatum @ 308-4646.

Spring will arrive soon and the Development Board and City of Livingston is looking for individuals that would like to clear some paths along the Rockcastle River. In a recent meeting with Mayor Jason Medley, Elaine Wilson stated that after a trial trail run in April, the Governor and First Lady will come to Livingston by early June to designate Livingston as a Trail Town. If you are interested in this project, please contact City of Livingston, Trish at 453-2061 or Lynn Tatum at 256-8007 or 308-4646.

Development Board member Courtney Hale is developing a list of local musicians that we can promote this summer at various locations. If you are a musician or musical group that would like to participate, please contact Courtney Hale @ 392-9264.

CAP Workfest is Spring Break alternative

Christian Appalachian Project (CAP), A nonprofit, interdenominational Christian organization serving people in need in Appalachia through self-help human service programs since 1964. www.christianapp.org

Started in 1992, WorkFest was created by Christian Appalachian Project as an alter-

native spring break for college students. The event attracts more than 400 students from 40 different colleges and universities and serves about 20-25 homes over a four-week period (March 5-28, 2013). Students from different colleges across the United States serve in teams to repair sub-

standard housing and build new homes for low-income families in eastern Kentucky.

WorkFest gives students a complete and fulfilling alternative spring break that emphasizes service, learning and spirituality without the need of prior building experience.

Upon arrival to WorkFest, students from participating schools are divided into teams of 7-12 students and 2-3 experienced crew leaders. Students will serve on 1-2 homes during the week. Projects may include roofing, hanging drywall, flooring, building ramps, painting, siding, window replacement, yard cleanups, insulations, new home construction, and other efforts appropriate to the group's age and experience.

While at WorkFest, the evening programming exposes students to Appalachian music and culture. It also informs students of Appalachian history and explores the root causes of poverty in Appalachia.

Rockcastle students honored in Frankfort

Last Wednesday three Rockcastle County High School students were honored by the Kentucky General Assembly.

Senior Hannah Eaton, Junior Sean Watkins, and Sophomore Avery T. Bradshaw received citations from both the Kentucky State Senate and House of Representatives. The three students, all members of Operation UNITE, recently participated in an CNN special highlighting the prescription drug problem in Rockcastle County and throughout Eastern Kentucky.

The students, along with their UNITE adviser Dusty McClure, received the citations for their ongoing efforts to address the drug problem facing their community and region of the state. They were also recognized in the Senate Natural Resources and Energy Committee, chaired by Senator Jared Carpenter, and by the Senate Republican Caucus.

Senator Carpenter and State Representative David Meade arranged for the group's visit and sponsored the citations in their respective chambers.



Three Rockcastle County High School students were honored last week by the Kentucky General Assembly. Pictured are Avery Bradshaw, Sean Watkins, Hannah Eaton, and State Senator Jared Carpenter on the floor the Kentucky State Senate. (Photo courtesy of LRC)



The Rockcastle County Chamber of Commerce held a ribbon cutting ceremony last Wednesday for Achieve Training Center on Richmond Street in Mt. Vernon. The new Mt. Vernon business is locally owned by Registered Nurse Alicia Bullock who will teach nurse aide classes to the citizens of Rockcastle County. Nurse aide classes are offered in a two week program and following the program students will be able to take the state exam to become a nurse aide. Shown above from left are: Alisha Felker, Megan Denney, CSEPP Director Hal Holbrook, Kristopher Mayfield, chamber board member Steve McKinney, William Sammons, Shaketha Sammons, Chamber Treasurer Corey Cole, Chamber President John Adams, Chamber Executive Director Derek Adams, Alicia Bullock, Judge Executive Buzz Carloftis, Trish Bullock, Mt. Vernon Mayor Mike Bryant, Jill Medely, chamber board member Jenny Sweet, RCIDA Executive Director Holly Hopkins.

Rockcastle Regional takes part in Patient Safety Awareness Week

In an effort to raise awareness and encourage the engagement of patients, families, health care providers, and the public, Rockcastle Regional Hospital has announced its participation in the 2013 Patient Safety Awareness Week campaign, Patient Safety 7/365.

Patient Safety Awareness Week is an annual education and awareness campaign for health care safety led by the National Patient Safety Foundation (NPSF). Each year, health care organizations around the world take part in the event by prominently displaying the campaign logo and promotional materials within their organizations, creating awareness in the community, and utilizing NPSF educational resources with hospital staff.

Patient Safety Awareness Week, which NPSF created in 2002, will be recognized March 3-9, 2013. This year's theme, Patient Safety 7/365, highlights the need for everyone to understand the importance of focusing on patient safety all year round. The 7 days of the campaign also serve as time to recognize the range of work being done to improve health care safety worldwide.

Rockcastle Regional Hospital will engage staff, patients, and the community through educational and awareness-building activities specific to patient safety.

"Patient safety is a top priority for us," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital. "We implement best practices and constantly measure our progress to make sure we're on target with our patient safety goals. And our team-based approach means all of our employees -- from nurses to front office employees -- play an important part."

For example, each time they leave a patient room, housekeepers make sure the patient has ready access to the call bell, according to Traci Bullens, RN. "The key is to have everyone on

board and aware of potential safety issues and opportunities for improvement," she said.

"Patient Safety Awareness Week sheds light on our efforts," Bullens continued, "but it also reminds us that our goals are best achieved when our patients and community are also engaged in the process."

For more information about Rockcastle Regional Hospital, visit www.rockcastlelregional.org. For patient safety comments or concerns, call Traci Bullens at 256-7762. For additional info. on Patient Safety Awareness Week, visit www.npsf.org.

ELI accepting applications through March 15th for RCHS entrepreneurs

The Center for Rural Development's Entrepreneurial Leadership Institute (ELI) is accepting applications through March 15 from aspiring high school student entrepreneurs in Rockcastle County looking to develop their business and entrepreneurial skills.

The one-week summer youth leadership program is open to high school freshmen, sophomores, and juniors within The Center's 45-county primary service area in Southern and Eastern Kentucky. The institute gives participants an in-depth look at what it takes to start their own business ventures— from the four basic principles of marketing to reading financial statements.

"The purpose of ELI is to build future business leaders and entrepreneurs in our region," said Delaney Stephens, youth programs coordinator and community liaison for The Center. "As

program participants, high school students receive the skills they need to start working toward that goal and pursuing their career goals."

ELI focuses on developing creativity, teamwork, and business and leadership skills. At the beginning of the week, participants divide into teams and work together throughout the week on a business concept that can be directly applied to Southern and Eastern Kentucky. The concluding event will be a team competition, where team members pitch their business concepts to a panel of regional business leaders acting as potential investors.

The winning team members of ELI's Business Concept Competition earn scholarship opportunities within the region.

Application forms for the 2013 summer session of ELI are available online and may be downloaded at <http://centertech.com/leadership/eli/>.

All applications must be completed and mailed to The Center for Rural Development, 2292 South U.S. 27, Suite 300, Somerset, Ky., 42501, by the March 15th deadline.

The program is tentatively scheduled for the week of June 9-14. All lodging, meals, and program expenses (with the exception of transportation to and from the program site) are free to participating students.

"ELI gives high school students a unique opportunity to work and learn from some of the region's top business leaders and entrepreneurs," said Stephens. "Participants get to see what it takes to operate a successful business venture, concentrating on all aspects of that business."

For more information on ELI, contact Delaney Stephens at 606-677-6000 or youth@centertech.com.

Need help to quit smoking?

If you would like to quit smoking, the Kentucky Cancer Program can help. Using an innovative smoking-cessation program called the Cooper-Clayton method we can help you become a non-smoker.

A 12-week program sponsored by Rockcastle Regional Hospital will begin **March 19, 2013**. Classes meet Tuesdays at 6 p.m. in the hospital's large conference room. Thanks to the ASAP (Agency for Substance Abuse Policy) Grant, free nicotine replacement patches will be available.

Join the hundreds of other Kentuckians who have **quit for life!**

Interested in participating?
Call Rodney Weaver at 256-2195 ext. 5525