

Firefighters complete rope rescue course

Over the past few months firefighters from Brodhead Fire Dept., Mt. Vernon Fire & Rescue, Livingston Fire & Rescue, Fogertown Fire Dept. (Clay County), London City Fire Dept., and Laurel County Rescue Squad completed a Rope Rescue Technician Course. The class is a 40 Hr. Technician Level certification that expands into several other rescue disciplines. The departments represented are all volunteer agencies requiring the class

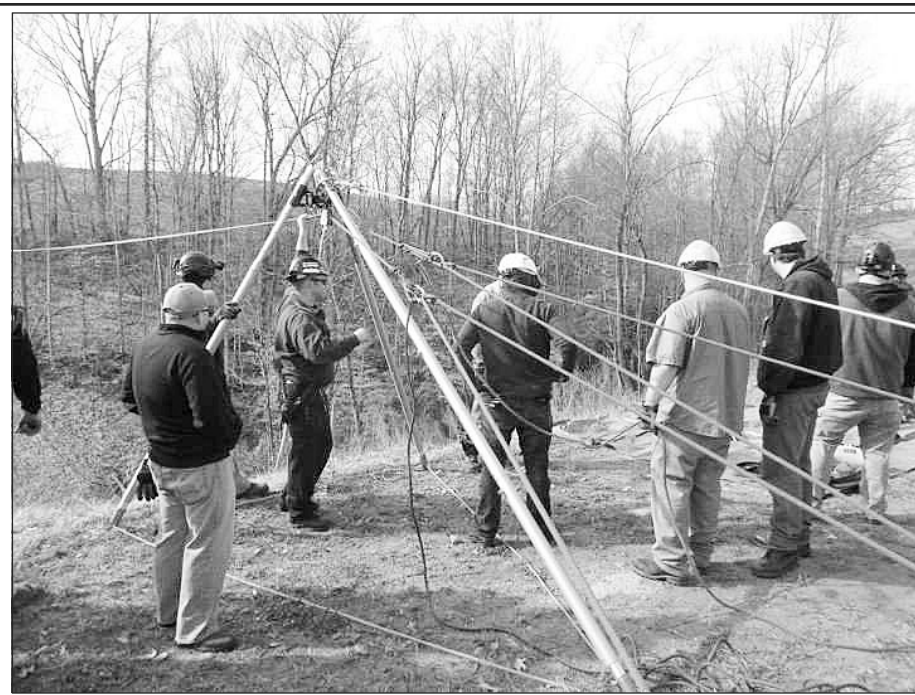
to be spread out over a month and a half during the evenings after work and on Saturdays.

Over the past few years Fire Departments in Rockcastle have noticed a strong need for expanded rescue training due to many factors. One area that was lacking was rope rescue. The recently completed class is the second technician level course held in Rockcastle in the past two years. "We now have over 30 rope rescue technicians

representing four of the seven fire departments as well as 4 current members of the Rockcastle Ambulance Service." According to Brodhead Asst. Chief John Dyehouse, Instructor for the class.

The training received has already been put to use. In the early morning hours of March 16th the members of Mt. Vernon Fire & Rescue and Brodhead Fire Department rescued a man that fell into a vent opening at the rock quarry. Members had to lower a rescuer in to the opening down 30 plus feet, place the patient into a Stokes Basket, and haul the victim to safety. "Rope Rescue is a very technical skill that must be carried out with purpose and proficiency to ensure the safety of the rescuer on rope and the patient". Says Dyehouse.

During the class students had to complete the total required 40 hrs. of training as well as pass two skills based tests and a final written exam. According to Dyehouse this class is patterned after the Rope Rescue Technician Course that is used by the Lexington Fire Department to certify members of their rescue team. More classes like this one are planned for the future to expand the ability of First Responders to better serve the citizens of Rockcastle County.



Class participants work to set up the Kootenay Highline System over a 260 ft. void at Dysart Way and Spiro Rd. This high line is used to pass rescuer, patients, or both across a void horizontally.

Livingston to host Red Bud Ride event this Saturday

Livingston will be hosting its second annual Red Bud Ride stop this Saturday, at the trail head at the Memorial Park from 9:00 AM until 12:00 noon. The Red Bud Ride is an opportunity for bicycle riders to tour the beautiful countryside here in Southeastern Kentucky and see nature at its finest. Last year 200 cyclists stopped in Livingston for rest and refreshments on one of the several tours of the area, beginning in London, Kentucky. The tours are sponsored by London Downtown.

The Livingston Community Lions Club will be hosting the riders again this year. The club won first place over several other stops in the area with their stop, "Pioneer Days", last year and will be "Lost in the 50s" this year.

Livingston and the Lions Club invite everyone to come out and welcome as many as 400 bicyclists from other states and countries as they pass through Livingston on Saturday. Of course, there will be several area riders as well. Radio station WRVK will be broadcasting live so come on down to Livingston and feel free to just listen or

dance to the 1950's music in the park. Bring a folding chair and make a morning of it. There will be a costume contest sponsored by the Lions Club. A men's, women's, and children's division will be held for the most authentic 1950s costume. Prizes are to be

awarded for the most authentic. There will be a mini classic car show and a few vintage bikes on hand, as well. Come out and see what's new in Livingston, and welcome the riders with our small town charm and hospitality. Be there or be square.

Applications being accepted for mini-grants in Rockcastle

The Center for Rural Development and Brushy Fork Institute are accepting grant proposals from Rockcastle County through April 22 for Appalachian Rural Development Philanthropy Initiative (ARDPI) mini-grants to fund philanthropic capacity-building activities.

Government and non-profit organizations in 43 Southern and Eastern Kentucky counties are eligible to apply for up to \$8,000 in federal grant funding through the Appalachian Regional Commission (ARC) for an ARDPI community foundation capacity building mini-grant project.

ARDPI mini-grants are competitive grants available to non-profit entities or units of government that are in the initial stages of developing

a comprehensive community philanthropy effort. The grants are awarded to communities that want to better understand what options are available and make informed decisions as they determine the appropriate philanthropy strategy.

Peer learning opportunities, educational programs and related events, as well as other tools, are available to recipient communities through ARDPI partners during the 2013 funding cycle.

Eligibility guidelines, funding availability, and grant application materials may be downloaded at <http://centertech.com/ardpi/>.

For more information on ARDPI mini-grant guide-

(Cont. to B2)

Nearly 400 turnout for 7th Annual Redbud Walk

Nearly 400 people participated in the 7th Annual "Blooming with Good Health" Awareness Walk. The free event was held April 1st at The Kentucky Music Hall of Fame in Renfro Valley, KY. TOUR Southern and Eastern Kentucky (TOUR SEKY), Mt. Vernon-Rockcastle County Tourism, The City of Mt. Vernon, Rockcastle Regional, Kentucky Music Hall of Fame, Renfro Valley Entertainment Center and the Christian Appalachian Project worked together to sponsor the event.

Participants walked along a predetermined path where they received health tips along the way. The walkers also received free redbud seedlings, tote bags filled with gifts from walk sponsors, free health checks and a healthy lunch from the Mt. Vernon Subway. Performers from Renfro Valley Entertainment Center provided entertainment for the

crowd.

April is Redbud Month in Southern and Eastern Kentucky. The "Blooming with Good Health" Awareness Walk is just one of many events held in celebration of the month. A Redbud Garden Party is planned for April 19th at the Middlesboro-Bell County Tourism office from 1:00 - 3:00 pm. Visit tourseky.com for a complete list of Redbud Month activities and events.

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. The organization's mission is to educate, expand, develop and market the existing and potential tourism industry throughout southern and eastern Kentucky, while contributing to the

economic, cultural growth, health and awareness, and overall quality of life of the region. For additional information about TOUR SEKY visit www.tourseky.com, [facebook.com/tourseky](https://www.facebook.com/tourseky) or call 606-677-6093.

Foster/Adoptive Parents needed

Are you interested in becoming a Foster or Adoptive Parent? The Cabinet for Health and Family Services will hold an informational meeting on April 17th at 6 p.m. at the Rockcastle County DCBS office in the Scott Building on West Main Street, Mt. Vernon. For more information, contact Brandy Baldwin at 606-287-7114.



Farmers Market reorganization meeting...

Vegetable producers interested in becoming members of the Rockcastle Farmers Market for 2013 are invited to a reorganization meeting Friday, April 12th at 1 p.m. at the Extension Office on West Main Street.

Participation in Kentucky Department of Agriculture Senior Nutrition Coupons and Health Department WIC program require membership in an organized Farmers Market group. The annual reorganization meeting allows for officer election and collection of a small membership fee.

Tom Mills, Extension Agent of Agriculture will provide training on eligible foods, marketing and program guidelines.



Blast from the Past!!!

This week's photographs are of the William Whitley House near Crab Orchard and Tulla Owens' Barber Shop which was located behind U.G. Baker's Store on mainstreet in Mt. Vernon during the 1930s and 40s. If you have a photograph for Blast from the Past!!! Contact David Owens at 606-256-9870 or scoopowens24@yahoo.com.

