

Tennis workshops begin Saturday

Youth tennis workshops will be held soon at the City Park on Williams Street. The first will be this Saturday, June 15, from 8:30 until 9:30; the next will be Thursday, June 27 from 5:00 until 6:00. The workshops are for 6, 7, and 8-years olds who are Rockcastle County residents. The sessions will be designed to introduce kids to tennis basics and to spark an interest in the game. You must pre-register by emailing Dwain Harris at dwain42728@yahoo.com. Leave name of child, name of parent/s, contact info including address and phone number. Limit 6 per workshop. Participants should bring a tennis racket and wear comfortable, athletic clothing. Those who participate will receive a free can of tennis balls while supplies last. This program is free of charge and is made possible through a Rockcastle Healthy Communities grant.

JHAC hosts seventh annual horse show

Submitted

It's that time of the year again. Flowers are in full bloom and the summer festivities have officially began, and the Just Horsin' Around Crew is hosting their 7th Annual Fun Horse Show this Saturday June 15th at the Brodhead Fairgrounds at 5:30 p.m. There is fun for the whole family at our show. We have youth classes, various pleasure classes and all sorts of fun classes including the balloon pop contest, egg and spoon class, barrel racing, and pole bending, among many others. For those of you who choose to stay un-mounted we have foot races, vendors, and a fun show to see. If nothing else just bring your appetite. We have the usual hot dogs and hamburgers, but most importantly we have the best homemade barbeque pulled pork and tenderloin sandwiches that you'll find in Rockcastle County. As many of you may know this is a charity horse show and this year we have chosen to donate our proceeds to Lexington's American Cancer Society's Hope Lodge. The Hope Lodge provides free overnight lodging for cancer patients and their care givers, creating an environment which eases both the stress of the cancer journey and the financial challenge of receiving life saving treatment. Please come out and help us support this cause, as each and every one of us has been touched by cancer either through family or a friend. For more information, directions, or to make a donation call Kayla Leger at 606-308-3762 or Ashley Reynolds at 606-308-5352 or visit our website at www.facebook.com/jhachorshow. We hope to see everyone Saturday.

Community Health Needs Assessment released

Tuesday morning, Rockcastle Regional Hospital released its first Community Health Needs Assessment, a document that details the local health and healthcare landscape. Key components of the assessment, which as part of the Affordable Care Act is a new requirement of all non-profit 501(c)(3) hospitals, include the results of a written survey and three local focus group discussions held earlier this year. Some of the top health concerns identified by locals include substance abuse, obesity, smoking, access to physical activity and cancer. The document also outlines the hospital's priorities and strategic implementation plan assembled in light of the assessment. "Rockcastle Regional Hospital is committed to providing quality healthcare, while listening to the needs of the community we serve," said Stephen A. Estes, President & CEO. "This community health needs assessment was reviewed by hospital leadership and will be utilized and considered as we make decisions in the future. An important goal for us is to evolve and use innovative thinking, based on the priorities of our patients." The 62-page assessment, which will be conducted every three years, has been put on the front page of the hospital Web site (www.rockcastleregional.org). Anyone can access it by clicking on the link "Community Health Needs Assessment 2013." It will remain on the Web site for six years, or until the next two assessments are posted. There are also printed copies available at the hospital reception window. The assessment was completed by the Southern KY Area Health Education Center (AHEC) with the help of Rockcastle County community partners. Comments about the assessment may be directed to Dwain Harris, Director of the Southern KY AHEC, at 606-256-0950.

Community garden hosts several families

The Mt. Vernon Community Garden is hosting several families in the community this year who have adopted plots where they are growing food for themselves. A family is given seeds and allotted a plot of land which includes a raised bed and a row as long as they agree to maintain their plot. Then, the families harvest what they grow. The rest of the garden is worked by Appalachia- Science in the Public Interest interns who will sell the produce at the farmer's market. A community garden is a garden where members of the community sign up for a plot of land to grow their own food. Individuals take ownership of their particular plot by working it and harvesting what they grow. Community gardens have many benefits when it comes to the environment, health, economics, and community. Some benefits include reduced expense on food, healthier food, and no harmful pesticides, and a more beautiful community. If other members of the

“I-75”

(Cont. from front) weekend traffic. Speed limits will also be reduced from 70 to 55 mph through the work zone and double fines will be in effect. Work is scheduled to be completed by the middle of July. The duration of work may be adjusted for inclement weather or other unforeseeable delays. Drivers should expect delays and are encouraged to allow extra time in reaching their destinations. Dial 511 or log onto <http://511.ky.gov> for the latest in traffic and travel information in the Commonwealth of Kentucky. You can also get traffic information for the District 8 counties at www.facebook.com/KYTCDistrict8.

“Day”

(Cont. from front) hibitions throughout the day. Rockcastle Regional Hospital is also sponsoring the Fit Family Run during the event, which is the sixth of the 12 events in the County-Wide Stride Run/Walk series. The Fit Family Run includes a fastest kid in town race at 6:15 pm, a family fun relay race at 6:45 pm and a 1-3 mile self-timed run/walk at 7:15 pm. These races will be at the RCMS track and admission is three cans of non-perishable food items. The food items will benefit the Christian Appalachian Project Grateful Bread food pantry. For more information about the Fit Family Run visit www.rockcastleregional.org/race. Longest Day of Play Event Coordinator W. Anne Harris said that she encourages the community to join them for a night of outdoor fun at the Longest Day of Play. “We do this in an effort to increase physical activity among adults and youth in our county,” Harris said. “We invite families to come out and play for an evening and encourage the incorporation of physical activity in their daily routines.” For more information about the Longest Day of Play contact Harris at 606-256-7891 or Nancy Keber at 606-256-2242.

“County” (Cont. from front) bid for asphalt. That bid was up \$5 a ton over last year's price. Holly Hopkins, Executive Director for the Rockcastle County Industrial Development Authority was present to present the court with a check for \$75,000 which represents the cost of the acreage purchased by White House Clinic in Rockcastle Business Park South. Later in the meeting, the court applied that money, along with an additional \$25,000, to their land and infrastructure loan with KACo for RBPS. Hopkins also asked that the \$201,777. reimbursement check she had earlier turned over to the county for part of a state grant be entered into the minutes. That money will be used to extend the road in RBPS to the new emergency services center, along with lighting, signage, etc. for the facility. After that work is completed, the county will then be reimbursed for the remaining funds of the grant, around \$200,000.

In addition to the principal payment on the land and infrastructure loan, the court also voted to pay an additional \$100,000 on the KACo note for road surfacing, \$100,000 on the principal of a note to Community Trust Bank for the SourceHOV building and to pay off a note for a fire truck at Livingston in the amount of \$31,300. Also \$40,000 had to be transferred to the road department, since they will not receive any funding until mid-August and \$50,000 was transferred to the jail. In other action, the court heard a recommendation from Sam Hamilton that a parks and recreation board be appointed to start the process of obtaining recreation facilities in the county. Hamilton told the court that “appointing a parks and recreation board would start the process of the court getting serious about a recreational facility comparable to other county's” and, Hamilton said, would demonstrate the county's commitment to the project. Hamilton also called into question how the money, that was supposed to be set aside for recreation, culture and tourism, each year from occupational tax funds had been used. County Judge/Executive Buzz Carloftis and Magistrate Bill McKinney defended their use of the funds, saying that more than the allocation each year was spent on recreation and tourism with donations to the fireworks show at Renfro, the hefty donations to Little League programs, the Boy Scouts and Girl Scouts, etc. Carloftis also pointed out that the county could commit to any amount of funds for recreation but, if the jail needed funding, then they had no choice but to make that a priority since it is state mandated that counties must house and feed prisoners whatever the cost. This fiscal year alone, he noted, around \$500,000 had to be transferred to the jail and these funds had to be gathered up from all other allocations made from the occupational tax monies. Carloftis did tell Hamilton that there was, indeed, something being done about recreation, something even the magistrates were not aware of and which would be made known in due time. The court approved the second reading of their 2013-14 budget with only a couple of changes. The main change came from the expected carry-over funds in the general fund. With the additional payments to principal on loans, the carryover was reduced from \$500,000 to \$250,000.

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“First Lady”

(Cont. from front) has completed all three phases of the Trail Town program and has recently submitted the final application to be designated as a Trail Town. The application also included long range plans to continue the development of Livingston as a destination for horseback riding, canoeing, hiking and bike riding. Livingston Mayor Jason Medley and County Judge/Executive Buzz Carloftis would like to invite everyone to come out and be a part of the Trail Town designation event. Refreshments will be served after the ceremony at the newly remodeled Visitor Center in the former Livingston Elementary School. For more information contact Livingston City Hall at 606-453-2061.

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2013 Rockcastle County Dance & Act Summer Camp
June 24 – 28

This camp is designed to encourage an interest in Acting and Dance in a fun and upbeat atmosphere. Age-appropriate theatre games, improvisation activities, and dance combinations add energy to this new camp! Campers will share their newly developed skills in a mini closing performance on the final day for family and friends. The camp is designed for each student to enjoy an hour of both acting and dance activities each day. Please come in clothing that is comfortable to move in and close toed shoes. For grades K-12. Camp will be held at MVES Gymnasium.

Schedule of Events:

Monday – Thursday: Grades K-2 & 3-5 12 – 2pm
Middle & High School 2:30- 4:30pm

Friday: Final Performance at 6 pm

Price: \$55 per camper – DEADLINE for applying June 20, 2013
For any questions call: Drew Davidson (606) 392-8323
Email: drewdavidsonactor@gmail.com

Send name and grade with payment to school or mail to:
424 Rolling Hills Rd. Mount Vernon, Ky 40456

Student Name: _____ Grade: _____
Parent _____
Email: _____

*Checks Make Payable to: Rockcastle Dance and Act Camp

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INTRODUCING:
Chelsen Larkey, LPCA
Counselor

Counseling services are now available at Rockcastle Regional Hospital's Rural Health Clinic. Chelsen Larkey, a Licensed Professional Counselor Associate, has joined the clinic.

Chelsen received her Bachelor's of Arts in Human Services and Counseling from Lindsey Wilson College. She received her Masters of Education in Counseling and Human Development with an emphasis on mental health counseling from Lindsey Wilson College School of Professional Counseling. She is licensed by the Kentucky Board of Licensed Professional Counselors and is a National Certified Counselor.



Office Location:
Rockcastle Medical Arts Building
140 Newcomb Ave
Mt. Vernon, KY

For more information or an appointment speak with your healthcare provider.

www.rockcastleregional.org