

Livingston Leap extended to 5K

This year's Livingston Leap will see some changes that runners and walkers are going to appreciate. For one, because some of last year's Leap participants said the 2-miler was a bit too short, this year's race has been extended to 5K, or 3.1 miles, for both the run and the walk.

The race, which will be held Aug. 31 at 8 a.m., will still start at the trailhead at the intersection of Hwy. 25 and Hwy. 490. After crossing the bridge, participants will turn right, staying on Hwy. 490, same as they always have. But this year they'll turn around at the 1.55-mile mark instead of the 1-mile mark.

Another change: Until now registration has been at the fire department, a few of blocks away from the trailhead. But this year it will be more conveniently located at the new Livingston Trail Town Visitors' Center, across the street from the starting line.

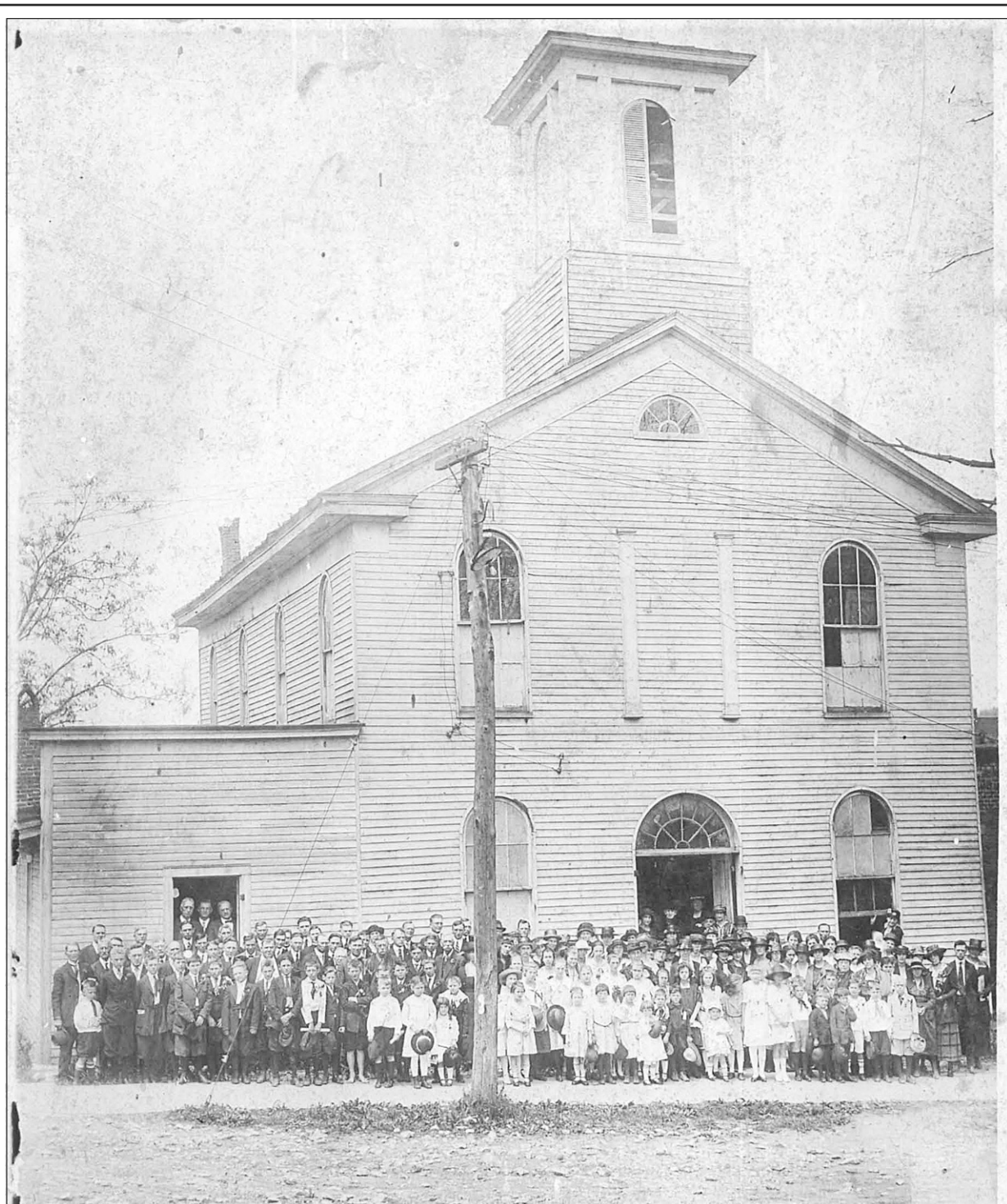
Mayor Jason Medley is embracing the Leap. He'll participate in the 5K and do the first-ever Mayor's Challenge, and has recruited safety support to help with traffic control.

"Our goal is to create a community that promotes fitness and good health," Medley said. "Events like the Livingston Leap are great motivators as we stride toward that goal. We want to welcome the participants and we hope they'll stick around and visit for a while."

The Leap is always held on Livingston Homecoming weekend, so there is a lot going on. A pancake breakfast will be held until 10 a.m., and the parade starts at 11 a.m. Plenty of booths and vendors also will be set up on Main Street.

Livingston has made progress toward becoming an increasingly active community in recent months. Among the town's new features, trails have been marked for walking, running and riding, and the town has been designated a "Trail Town" by the Governor's office. Trail maps are available at the Visitor's Center. Livingston Leap 5K participants are encouraged to explore what Livingston has to offer after the race.

For more information about Livingston, go to www.livingstonky.com.



Blast from the Past!!!

This week's photograph is of the old Mt. Vernon Christian Church. It stood where the present Lambert Law Office now sits on Church Street across from the Courthouse. If you have a photograph for Blast From The Past contact David Owens at 606-256-9870 or scoopowens242yahoo.com.

Hospital hosts cancer support group Aug. 20

Rockcastle Regional Hospital and Respiratory Care Center will host a cancer support group on Tuesday, August 20 from 5:30-6:30 p.m. The topic of discussion will be "Caring for the Caregiver" with Betty Purcell, RN, MSN, FCS, Wellness Coordinator. The support group will be held in the third floor of the Out-patient Services Center Education Center. A healthy meal will be provided. Cancer patients, family mem-

bers and anyone interested in cancer support should attend this free program.

Cancer patients have additional needs besides the clinical treatment of their cancer. As they go through chemotherapy, radiation therapy or surgery, they may have special nutrition, rehabilitation or other medical needs. Cancer support groups can help deal with challenges associated with cancer and offers the opportunity to learn more about

how to cope.

The cancer support group is one aspect of the supportive cancer care provided at Rockcastle Regional Hospital. For more

information about any programs or to sign up for the cancer support group, contact Gayle DeBorde at 256-7798 or visit the website at www.rockcastleregional.org.

Next Lunch n' Learn event is August 29th in Brodhead

Rockcastle Regional Hospital & Respiratory Care Center will sponsor a Lunch and Learn Thursday, August 29 at Brodhead Baptist Church with Brittany Perkins-Saylor, MPAS, PA-C. The event starts at 12 noon and the topic of discussion is "What is Celiac Disease?" Brittany will explain a gluten-free diet and other digestive diseases.

A healthy lunch will be provided for those who sign up. This event will be similar to "Dinner with a Doctor" events hosted by Rockcastle Regional Hospital previously. Please register by August 26. For more information, contact Arielle Estes at a.estes@rhrc.org or 256-7880.

Mt. Vernon School Reunion scheduled for September 14th

The annual Mt. Vernon School Reunion will be held September 14th at Rockcastle Middle School.

If you were a student or staff member at Mt. Vernon Elementary or High School, any time between 1914 and 1972, you are encouraged to attend this reunion. You do not have to be a graduate. Each year, some people travel great distances to get reacquainted with old friends and classmates. They would love to see you there.

If you are not on the mailing list, please contact Brenda Hayes 606-256-0982 e-mail: bahayes@windstream.net or Berniece McHargue 606-256-5740 e-Mail: bmchargue@hughes.net or Bennie Chaney 859-224-4248 e-mail: b.chaney08@insightbb.com to be added and to make your reservations.

Registration will be at 4:30 p.m. and dinner will be at 6 p.m. Cost is \$15 for pre-registration or \$20 at the door. Look on Facebook @ Mt. Vernon High School Reunion.

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August 17th at Lake Linville

4th annual Rockcastle Run, Bike or Hike

The fourth annual Rockcastle Regional Hospital Run Bike or Hike will be held in Rockcastle County Aug. 17.

The event, which will begin and end at the Lake Linville Recreational Area (near I-75 exit 62), will feature a 2-mile walk, 5K run, and a duathlon.

The duathlon is a 3.1 mile run followed by a 16.8 mile bike ride and a 2.2 mile run.

The event attracts athletes from across Kentucky and some from other states. Organizers expect more than 200 to participate this year.

Pre-registration for runners and walkers ends Aug. 12 at 12 noon, but they may

also sign up on race day. The duathlon is pre-registration only (Aug. 12 at 12 noon).

The Rockcastle County Chamber of Commerce and UK HealthCare is co-sponsoring this year's event. Proceeds go to the American Cancer Society's Hope Lodge in Lexington.

For more information, go to rockcastleregional.org/runbikeorhike.

OPERATION UNITE

Drug Tip Hotline

1-866-424-4382

(not free - your name is not required)

Toll-free Treatment Help Line

1-866-90-UNITE

Choose a glass of water instead of a sugar filled drink.

Your teeth will thank you!

DRINK MORE WATER

Bright Smiles Coalition