

Community art project complete in Mt. Vernon

Recently, a community art project was completed by community members, local artists and students. The four panels depicting the seasons – Spring, Summer, Fall and Winter were installed by the city crew in the Mt. Vernon city parking lot next to the old Cox Hardware building.

Funds to create the four panels and the custom trellis that surrounds them were awarded by ARC (Appalachia Regional Commission) to the Rockcastle County Development Board to complete the project.

Leadership Rockcastle graduates Courtney Hale and Janetta Begley orga-

nized the artists and art sessions. Community members and local artists Troy Hansel, Mabel Davidson, Zach Pensol, Louie Northern, Barbara Congleton, Lydia McLemore, Brian Duncan, Kathryn Pope, Betty Cain, Dorothy Lovell contributed their artwork.

Art class students in the middle and high school also completed artwork depicting the seasons in Rockcastle County. Jackie McLemore constructed the custom trellis design, Central Body painted the metal and Design and Service provided the art panels.

Hospital offers free cholesterol screenings

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

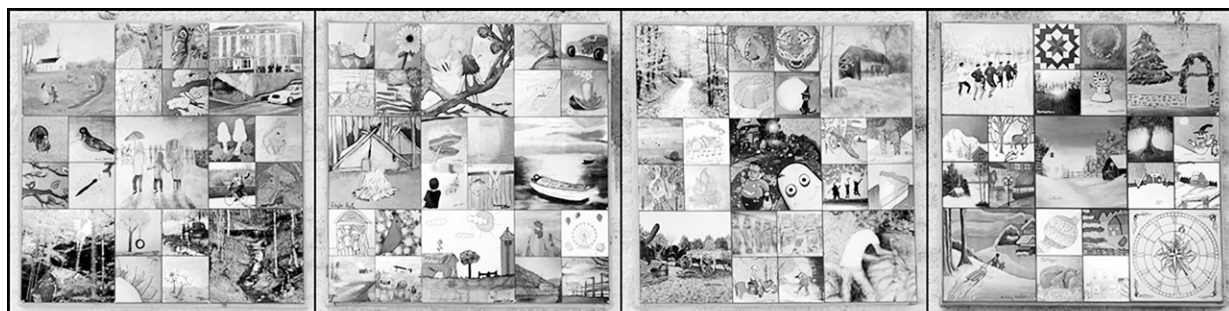
September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

September 23-27, 2013, Rockcastle Regional Hospital is offering free cholesterol screenings from 7 a.m. until 10 a.m. No appointment is necessary. Please arrive fast 12 hours prior to screening. Registration for the free screening will be in the second floor lobby in the Outpatient Services Center. For more information, contact Arielle Estes at 256-7880 or a.estes@rhrcc.org.

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. Source: CDC



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Ladies Night Out is October 3rd

Rockcastle Regional Hospital will sponsor the annual Ladies Night Out for breast cancer awareness on Thursday, October 3 at 5:30 p.m. at Rockcastle County Middle School. Women are invited to bring their girlfriends to participate in the free event for breast cancer awareness.

The free event titled "Give Cancer the Boot" will feature western themed fun; along with education, dinner, door prizes, and entertainment by the Bittersweet Cloggers. Every woman will receive a free gift. Guest speakers include: Markey Cancer Center Oncologist Dr. Mara Chambers, Markey Cancer Center Social Worker Jenny Delap and Rockcastle Regional Oncology Service Line Manager Melissa Brock.

The event will also be the kick-off for the first-ever Paint Rockcastle Pink that has been organized by the Grandtazztics (Grandmas for Awareness).

If you plan to attend, please call 256-7746 or email s.turley@rhrcc.org by September 27.

October is recognized annually as breast cancer awareness month; the most common form of cancer in women. Early detection is the first step in the fight against breast cancer. It is important to know your risk and the importance of early detection. The American Cancer Society recommends an annual mammogram, starting at age 40. Speak to your health care provider about what's best for you.

During the month of Oc-

tober, Rockcastle Regional Hospital will offer reduced rates on self-pay mammograms; a digital mammogram and radiologist reading will be \$100. To schedule your digital mammogram, call 256-7878. No referral necessary.

Bittersweet 5K run and 2 mile walk

The Bittersweet 5K run and 2-mile walk is set for Saturday, October 5 in downtown Mt. Vernon. This tradition-rich 5K has been the measuring stick of fitness for many participants for 20 years. It kicks off Saturday-morning activities of the Bittersweet Festival, and takes you down Mt. Vernon's historic Main Street.

The run/walk begins at 7:30 a.m. Race day registration is from 6:30-7:20 a.m. at Rockcastle County Courthouse. Cost is \$20 on race day or you may pre-register for \$15 by September 30 at 12 noon. Pre-registered participants are guaranteed a free t-shirt. Visit our website at rockcastleregional.org/countywidestrider for registration information.

This event is race number 10 of 12 in the Rockcastle Regional County-Wide Stride series. For more information contact Susan Turley at (606) 256-7746 or e-mail s.turley@rhrcc.org.



Kyle Coffey competed in the Poultry Show competition at the Kentucky State Fair. He received a Reserve Grand Champion for his Nargasette Turkey, 1st Place Blue Ribbons for his Red Pile pair, 1st Place Blue Ribbons for his Cuckoo pair, 2nd Place Red Ribbon for his Silver Duckwing and Blue Red Rooster and 3rd Place White Ribbon for his Quail.

Participants are required to take care of their birds while they are at the fair. Kyle spent the night in a tent inside the chicken barn in order to be close to his birds. He fed and watered them twice a day and kept their cages clean. Kyle answered many questions from fair visitors who were curious about chickens. Kyle also was asked to judge a rooster crowing contest. The winning rooster crowed 54 times in 15 minutes.



BRODHEAD RESIDENTS

Save time and gas money!

Rockcastle Adult Education will offer classes at the

Castle Village Community Room

Tuesdays & Thursdays
12:30 PM – 2:30 PM

Classes begin September 3, 2013



Call 256-0218 to reserve a spot.

All classes and services are **FREE.**



continue your chiropractic care right here in Mt. Vernon!

Call 256-0242 to speak with Dr. Smith

235 Richmond St. • Mt. Vernon
(Next to the Board of Education)



Blast from the Past!!!

This week's photograph is of the Blue Fly Saloon in Livingston. The back caption reads: "Off to war to fight the Kaiser! Blue Fly Saloon, March 3rd, 1916 Livingston, Ky." This of course would have been during WWI 1914-18. If you have a photograph for Blast From The Past contact David W. Owens at 606-256-9870 or scoopowens24@yahoo.com.