

Christian Appalachian Project

Volunteers needed for Grateful Threadz Store

Christian Appalachian Project's (CAP) Grateful Threadz Thrift Store is seeking volunteers to help in the "Prep Room" area, where gently used donated clothing and household items are processed and prepared for display within the thrift store.

The mission of Grateful Threadz is to provide the community with a place where they can find gently used clothing, at below discount prices. Those interested in partnering with us to help make a difference in our community can contact Sherri Barnett at (606) 256-3035 – email: sbarnett@chrisapp.org or Carolyn Lindsey at (606)

256-5921 ext. 4 - email: clindsey@chrisapp.org.

You can also learn more about how you can volunteer by visiting us online at www.christianapp.org and click on the "Volunteer" tab. Details regarding volunteering and contact information are available for your review. Previous experience is not required, only a willingness to serve.

Christian Appalachian Project is an interdenominational non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services.

Structural Collapse Technician Course

Brodhead Fire Department completes technician course

Five members of the Brodhead Fire Department recently completed an 80 hour course to become structural collapse technicians. These members spent eight 10 hour days at the Lexington Fire Academy training with responders from all over the Commonwealth. The class was hosted by the Lexington Fire Department and the Kentucky Office of Homeland Security. Brodhead F.D. has been working with several agencies in the state to become part of the Kentucky Heavy Search and Rescue Initiative known as Kentucky Task Force 1. This group is organizing to respond to disasters such as tornadoes, earthquakes, and floods in the State of Kentucky.

The class was broken into several parts including Heavy Lifting & Moving, Breaching & Breaking, Cutting, and Shoring. Everyday the students were different with practicing these disciplines. The last day of this class all the stu-

dents were given a final exam scenario that required proficiency in each of the skills. "This class has been one of the best classes I have ever taken in the fire service. It was very challenging class that provided everyone with a vast array of skills. I hope we never have to use what we have learned but we are better prepared if the need arises." According to Asst. Chief John Dyehouse.

With the equipment received in a grant this past spring and training the Brodhead FD can now better severe our community, county, and region. The skills learned are for accessing trapped victims in a collapsed structure no matter what causes the collapse. Brodhead FD was the only volunteer fire department represented in the class. Other departments in Rockcastle, Laurel, Madison, and Pulaski Counties have shown interest with practicing the different skills in each of these disciplines. The last day of this class all the stu-



Rockcastle Regional Hospital sponsored the fifth annual Ladies Night Out for breast cancer awareness on Thursday, October 3rd at RCMS. 159 women attended the western themed event titled "Give Cancer the Boot." The event featured health education, door prizes and speakers from UK Markey Cancer Center.



The Grandmas for Awareness "Grandtazztics" presented \$300 checks to the Hope Fund at Rockcastle Regional Hospital and Hope Ministries at the fifth annual Ladies Night Out for breast cancer awareness. The donations were made possible by Paint Rockcastle Pink supporters and partners and also fundraisers organized by the grandmas. Pictured from left: Melissa Brock, accepting the check on behalf of the Hope Fund, Bonnie Neeley, Carol Pybas, Gayla Winstead, Sue Hamm, and Kaye Rader, accepting the check on behalf of Hope Ministries.

Secure a spot for your act in Rockcastle's Got Talent

The Livingston Community Lions Club will be hosting their annual Rockcastle's Got Talent on November 2, at 7 p.m. The event will be held at the Rockcastle County High School Auditorium. The admission will be \$6 for adults and \$5 for students and senior citizens over 60. Children four and under will be free.

The club is in need of acts, so if you have any family oriented talent please help us to help the community by demonstrating your talents. Acts from last year

are encouraged to participate again this year. The registration fee will be \$10. Please register ASAP to get your spot. We are looking for all age groups and a variety of talent. The over all winner will receive a trophy and a \$100 award. There will be awards in every category.

To register please call 453-2218, 308-1851 or 308-1971. The dead line to register will be Monday, October 28, by 12 noon. The judges will be from out of the county and any Lion or their family will not be eligible to participate.

Farm Bureau 2013 Fruit and Nut Orders being taken

Orders for fruit and nuts will be taken by the Rockcastle Farm Bureau until October 25th. You may place your order by phone or fax. Call 606-256-2050 Monday thru Thursday from 8 a.m. to 4:30 p.m. and Friday from 8 a.m. to 5:30 p.m. or fax 606-256-9307. Shipments usually arrive the first or second week of December.

Hunter's Education Course

There will be a Hunter's Education Course given on October 11th, 12th and 13th. Classroom section will be at Rockcastle Co. Courthouse 3rd floor conference room the 11th and 12th from 6 to 9 p.m. Range section will be given at the River Road Range in Sand Hill from 4 to 7 p.m.

Any questions, please call Justin Richards at 859-868-1016.



Five Brodhead Fire Department members completed an 80 hour Structural Collapse Technician Course at the Lexington Fire Academy. Pictured from left are: Sgt. Josh Hayes, Capt. Rick Branham, Asst. Chief John Dyehouse, FF Devon Mason, and Lt. Brian Bullock.



Capt. Rick Branham works with a crane and rigging to move a 1700 lbs. steel beam off a car in the final scenario.



Make time for your Mammogram

October is Breast Cancer Awareness Month

Early detection and treatment provide the best chance of surviving breast cancer – and getting a mammogram is the first and most effective step for early diagnoses.

If you are age 40 or older, take that step! (Speak with your healthcare provider about when to get your mammogram; if you have certain health risks or a family history of breast cancer.)

As a special offer for self-pay patients, a digital mammogram and radiologist reading will be \$100 during the month of October.

Call today to schedule your digital mammogram. No referral necessary.

256-7878

ROCKCASTLE
REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER

rockcastleregional.org

UKHealthCare.
Network Affiliate

Markey Cancer Center