

10 graduate from Leadership Rockcastle

On Thursday, October 17th, Leadership Rockcastle, sponsored by the Rockcastle County De-

velopment Board, graduated 10 local residents.

The program began in March with a full day open-

ing session. Participants then met once a month for a half day to tour the county or discuss county issues.

Graduation began with a discussion about future county projects class participants would like to see pursued.

Development Board Chair, Kathy Robinson, stated that many of the 2009 county strategic plan visions have been completed. In 2014 we will begin developing committees to discuss new visions for county improvement that will carry us into 2020.

Class participants reported on their community projects which included solar pathway lights for the Livingston Trail Town Campus, re-constructing trails and primitive campsites at the ASPI Lower River Road facility, community fundraising, trail development, volunteering time to help renovate the Livingston School and a savings program for young adults.

Graduate Greta Tompkins indicated an interest in developing a cultural tour of Rockcastle County and invited classmates to help her develop the concept.

Several city and county officials spoke briefly about the merits of the Leadership Rockcastle program and the importance of community involvement to get projects started and completed.

Attending officials included: Rockcastle County Judge Exec Buzz Carloftis, Livingston Mayor Vernon Medley and Mt. Vernon Mayor Michael Bryant. Development Board Chair, Kathy Robinson presented the certificates and lapel pins. Brushy Fork Institute, Associate Director, Rodney Wolfenbarger was the keynote speaker.

This year the 2013 Leadership Rockcastle graduates were: Suzi VanEtten, Patsy McFalls, Katha Carpenter, Chris Mullins, Kristen Harper, Greta Tompkins, Natasha Howard, Jane McClure, Holly Nolan, Duane Lewis. Plans will begin in December to develop a class for 2014. Contact Lynn Tatum, Facilitator for Leadership Rockcastle at 308-4646 or 256-8007 if you would like to join the 2014 class.

LVFD holding 4-wheeler ride this Saturday

Livingston Volunteer Fire Department will hold a 4 Wheeler Ride Fundraiser on Saturday, October 26th, beginning at 10:30 a.m. The ride will leave from 8500 Highway 1955 (the Martin place). Riders must be 16 years of age or accompanied by a parents. Helmets are suggested. Lunch will be provided. Donations for ride and lunch appreciated.

Renfro Valley to recognize Pete Stamper Saturday

Long time Renfro Valley entertainer Pete Stamper will be recognized for his contribution to the entertainment industry during the Barndance Show on Saturday night, October 26th, beginning at 7 p.m.

Stamper made his first appearance on the Barndance in 1950, and is still an important part of the Barndance today. He began work at WRVK radio station in 1957 and is one of the voices still heard on the station every day.



Recognized and loved by so many people, Stamper is a legend in the music field. Except for a period of time when he left to become Dolly Parton's road manager and when he performed on Red

Foley's Ozark Jubilee, Pete has been fully committed to Renfro Valley, WRVK and to Rockcastle County.

Please make plans to attend this special Barndance Show on October 26th and join in recognizing Pete Stamper.

Tickets can be purchased on line at www.renfrovalley.com or by calling 800-765-7464.

Also, the annual Barndance Alumni Show is scheduled for Sat., Nov. 2nd. Details in next week's Signal.

Hospital Security Program recognized

Rockcastle Regional Hospital & Respiratory Care Center was recognized by the International Association for Healthcare Security and Safety (IAHSS) at the 2013 Healthcare Coalition Conference in Covington, Kentucky on October 16.

Rockcastle Regional Hospital Facilities and Environment of Care Manager Gary Asher presented the Spain Award by the Kentucky Chapter of IAHSS for security excellence. The Spain Award recognizes one hospital security leader in the state who has made the most dramatic improvement in their hospital security program.

"I am honored to receive this award on behalf of Rockcastle Regional Hospital," said Asher. "Our team of security, including hospital staff, local police, sheriff department and security personnel, are continuously seeking to strengthen and improve patient safety on our campus."

Nominations were taken by the KY-IAHSS and selection is made by the board for the one leader that is most deserving. According to a press release from IAHSS, Mr. Asher and Rockcastle Regional Hospital were selected for the many improvements made during 2013 to the hospital security program. Improvements included: conducting a comprehensive security survey of the facility, increasing the physical security of the hospital by making several enhancements including locking down the Emergency Department, providing training and classes to hospital staff, and creating a position for a dedicated hospital security manager.

"The safety of our patients is a number one priority at Rockcastle Regional Hospital," said Stephen A. Estes President & CEO. "We have specific performance improvement initiatives in our security management plan. I am proud to be recognized for the efforts."

The Spain Award was created to honor an outstanding security leader who made significant improvement in their hospital security program. The award also honors long time Security Professor at Eastern Kentucky University, Dr. Norman Spain. Dr. Spain is recognized nationally as an expert in security and has made massive improvements to the security industry.



The Livingston Community Lions recently donated two cases of hearing aid batteries to Rockcastle Regional Hospital. Pictured are: Jessie Barron; Stanley Cook, Lions Community Lions Club Vice-President; Courtney Hale, Livingston Community Lions Club President; Angie Adams; and Worth Ann Harris.



2013 graduates of Leadership Rockcastle were, from left: Patsy McFalls, Duane Lewis, Katha Carpenter, Holly Nolan, Suzi Van Etten, Kristen Harper, Greta Tompkins and Chris Mullins. Not pictured: Jane McClure.

Dispose of unwanted drugs October 26th

Residents living in southern and eastern Kentucky wishing to dispose of unwanted or expired prescription medications have plenty of options at this coming Saturday's National Prescription Drug Take-Back Day.

Over the past year, Operation UNITE has helped establish 41 permanent medication drop box sites in 34 counties. These boxes are available free to citizens during operating hours that vary by location.

In addition, special take-back sites will be available between 10 a.m. and 2 p.m. on October 26 at Kentucky State Police Posts and other law enforcement agencies in 12 of UNITE's counties.

"Having unsecured prescription and over-the-counter drugs around the home makes them susceptible to diversion, misuse and abuse," said Dan Smoot, director of UNITE. "We are proud to partner with the U.S. Drug Enforcement Administration (DEA) to offer easy-to-access locations for disposal of these medications."

During the Take-Back Day event held this past April, nearly 1,200 pounds of prescription medications were collected at UNITE drop-box locations.

Residents are asked to please remove all identifying labels from prescription bottles before bringing them to the drop-off sites.

According to the 2011 Substance Abuse and Mental Health Administration's National Survey on Drug Use and Health, twice as many Americans regularly abused prescription drugs than the number of those who regularly used cocaine, hallucinogens, heroin and inhalants combined.

That same study revealed more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

An August 2013 Reuters/Ipsos poll found that 1 in 10 Americans admit taking a prescription drug they have not been prescribed, and a quarter of those people have used them just to get high.

"With increased abuse comes an increase in the number of overdose deaths," Smoot said. "Unfortunately, this part of the commonwealth is being impacted the most."

Seven of the top 10 counties with the highest rate of overdose deaths for 2011 and 2012 combined are located in southern and eastern Kentucky, according to the 2012 Overdose Fatality Report issued by the Kentucky Office of Drug Control Policy.

In 2012 there were 1,004 overdose fatalities in Kentucky – the first decline in a decade – down from 1,023 the year before. Of the deaths, 888 were unintentional, 59 were suicides and 57 remain undetermined, the report stated.

Medications, mostly prescription drugs, were involved in nearly 60 percent of the 38,000 drug overdose deaths in the United

States in 2010, overshadowing those from illicit narcotics, according to the Centers for Disease Control and Prevention.

• For a list of permanent drop box locations in the UNITE service region visit <http://operationunite.org/investigations/med-drop-box-sites/>.

• For a list of permanent drop box and National Take-Back Day locations statewide visit the Kentucky Office of Drug Control Policy website at: odcp.ky.gov/Kentucky+Prescription+Drug+Disposal+Sites.htm.

The National Prescription Drug Take-Back Day, which began in October 2010, aims to provide a safe, convenient and responsible means of disposal, while also educating the general public about the potential for abuse of these medications. More than 2.8 million pounds (1,409 tons) of pills were removed from circulation in the first six DEA Take-Back Days.

For more information about Operation UNITE visit their website at www.operationunite.org or <http://www.operationunite.org>.



Brodhead wins PRIDE trophy

Brodhead earned the Volunteer Recruitment Award as the city with the greatest increase in PRIDE Spring Cleanup volunteers from 2012 to 2013. During PRIDE Spring Cleanup Month in April 2013, 81 volunteers contributed 335 hours to pick up litter in the city. In the photo, Mark Buras, the city's PRIDE Coordinator, accepted the city's trophy from PRIDE's Mark Davis. Volunteers are encouraged to pick up litter in October to make sure roads look their best for scenic drives.



County Judge Executive Buzz Carloftis attended the October UNITE Coalition meeting and is shown signing a Proclamation declaring this Friday, October 25th countywide "Wear RED Day." He is joined by county school's UNITE Club representatives, with the exception of RCHS who were present at the meeting, but had to leave early. "Rock Your Red Day," as some refer to it, is a day set aside for our community to show unity in our stand against drugs. By wearing red, you will be showing your support for a drug free Rockcastle community. Pictured are, from left: Paige Ruppe, Haley Mink, Lindsey Jones, Faith Harris, Judge Carloftis, Bailee DeBorde, Kylee Fain, Kerrigan Medley, and Valerie Franklin.