

Rockcastle County students speak to national leaders

U.S. Rep. Harold "Hal" Rogers introduced three students from Rockcastle County High School (RCHS) to several National Rx Drug Abuse Summit during the 2nd National Rx Drug Abuse Summit hosted by Operation UNITE in Orlando, Florida this week.

RCHS students, Hannah Eaton, Sean Watkins, and Avery Bradshaw bravely shared their heartbreaking stories of losing parents and close relatives to drug-related deaths with Dr. Margaret "Peggy" Hamburg, Commissioner of the U.S. Food and Drug Administration (FDA), Director of the U.S. Centers for Disease Control and Prevention (CDC), Dr. Nora Volkow, Director of the National Institute on Drug Abuse (NIDA) and U.S. Drug Czar Gil Kerlikowske.

"I'm very proud of these three young people who are not afraid to speak out on the very real problems that our young people face everyday as a result of prescription drug abuse," said Rogers. "They have been on national television, they have testified before Congress on Capitol Hill, and now they continue to march forward, capturing the attention of national leaders who can actually initiate change in this country."

Hannah, Sean and Avery are remarkable young leaders and I commend them for their tenacity to make a difference."

"We have a lot of education in our school and in our region, but so much more needs to be done across the country," Hannah Eaton expressed to several leaders.

"Everyone I know, even high school students, first got addicted from an injury like a car crash or a sports injury, and it has destroyed their lives," said Sean Watkins who lost his mother to prescription drug abuse and now lives with his grandfather.

"A lot of great efforts have been made, but we need to start teaching kids about the effects of drugs at a younger age," urged Avery Bradshaw, who lost his father to prescription drug abuse and now lives with his great-grandparents.

"The impacts of drug abuse on our students is the most powerful message we can relay to our national leaders," said Karen Kelly, President of Operation UNITE. "Dr. Frieden encouraged us that we can stop this epidemic, and with these young leaders taking the initiative to lead the way, I believe we can and will."

The National Rx Drug Abuse Summit continues through Thursday, April 4th.



Rockcastle County High School students share their stories with U.S. Rep. Hal Rogers and FDA Commissioner, Dr. Margaret Hamburg. Pictured from left are: Hannah Eaton, Rogers, Sean Watkins, Hamburg and Avery Bradshaw.

Bobby Wilson; living history

By David W. Owens

Have you ever wondered what it might have been like to actually live in the past? Short of having a time machine would be to attend a Living History Reenactment. Reenactments provide the observer a chance to step back in time. To see how our ancestor's conducted their daily lives as well as methods of conducting war.

One of the best known and respected history reenactors in the state of Kentucky is local Livingston native Bobby Wilson. Known in the reenactment community as Gray Owl; Wilson is a dedicated and talented living historian. Wilson brings a unique persona and capabilities to the task of commemorating the service and sacrifice of our nation's veterans. In the process he teaches Revolutionary and Civil War history in a very personal way.

Wilson who loves to teach history in this fashion says that is ironic because as a student he did not particularly like history. He stated he got interested in history later in life when he began to shoot at muzzle loading competitions with his sons. At one such event he was invited to participate in a reenactment and "got bit by the reenacting bug" and has loved it ever since.

Wilson himself, a Navy veteran, is a mainstream reenactor with a growing unquenchable thirst for history to improve his presentation. For Wilson reenacting history is a powerful educational medium that breathes life into our heritage. Wilson believes there is no better way to learn about a period of history than by living it.

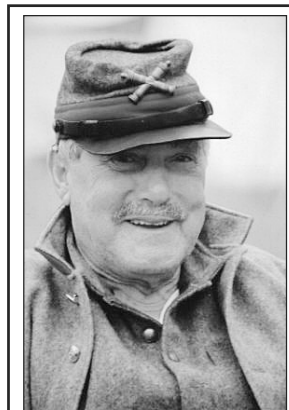
Wilson stated that for some students history is boring when taught from a history book but at Living History events students get to

observe first hand how soldiers dressed, operated and fired their weapons, and troop movement on the battle field. They get to hear the booming of the cannons, smell the gun power, see the cavalry come riding in on their horses, as the Turtle Man would say, "It's live action."

"I really like period food and wearing the period clothes to get a feel of what it was actually like to be a soldier and the sacrifices they went through. From my experiences they were a lot tougher than we are now."

Wilson related that at Living History Reenactments you just don't, "Get a show" you can actually see how camp life was conducted from starting a fire with steel and flint to preparing and cooking the food. You might observe a company drill or how lye soap was made. On Sundays you can attend a period worship service.

Wilson presents as a Confederate artillery soldier in the 2nd Kentucky Light Artillery for Civil War events and as a Colonial militia soldier during Revolutionary War events. He believes it's every reenactors' responsibility to research and learn as much as they can to portray an accurate presentation to honor the soldiers of yesteryear. Besides teaching the public Wilson also loves the camaraderie of his fellow reenactors. Meeting and in-



Bobby Wilson presenting as a Confederate Artillery Soldier.

teracting with new friends as well as the fellowship of old friends.

"I love the camp life especially at night when we set around campfires and entertain ourselves as the soldiers did then. I love to get up early in the morning and smell the food cooking, drink coffee from my old tin cup, while the bugle sounds the wake up call. It just takes me back to that time. This is not sitting in an arm chair reading or watching

history on the television. In reenacting you will see the sights, smell the smells, feel the dirt, sweat and sacrifices as did our ancestor's."

Wilson has reenacted in almost all the Revolutionary and Civil War events in the state and says his favorite two are the Siege of Boonesborough and the Battle of Camp Wildcat. Wilson is now retired and if you ask him what he will be doing this weekend will reply, "Living History."



Bobby "Grey Owl" Wilson presenting as a Soldier of Rodger's Rangers.



Jan Luster Wilson, Wilson's lovely wife of 47 years shown in Civil War era dress.

City of Mt. Vernon receives ARC grant

The City of Mt. Vernon was awarded a \$10,000 Appalachian Regional Commission (ARC) mini-grant last Thursday at The Center in Somerset.

The city will use the grant funding to develop an architectural landscape plan for an attractive and functional campground and park.

According to the city's proposal, The Lake Linville Campground and Park, which will better connect the campground to the boat dock facility, would attract more campers to the area and increase tourism dollars spent in Rockcastle County.

The City of Mt. Vernon is one of 10 communities and organizations in Southern and Eastern Kentucky to be awarded funding through The Center's Developing and Implementing Community Strategies Program.

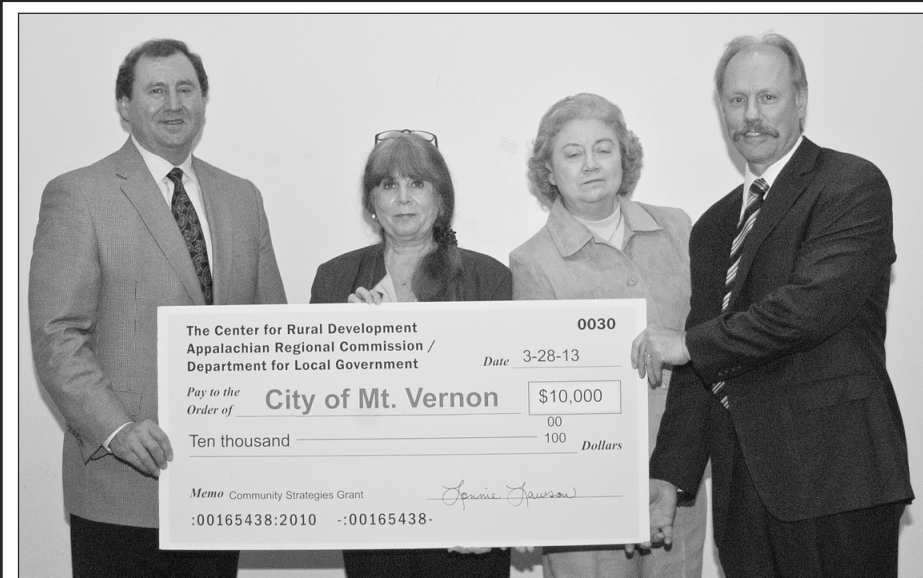
"This ARC seed funding is vital to helping our small communities 'plan their work and work their plan,' through a challenging economy," Congressman Harold "Hal" Rogers said. "Our communities are

working hard to make improvements and create vision, and this funding provides the kick-start they need to move forward. I commend The Center, the ARC and our local leaders for working together to make Southern and Eastern Kentucky a better place to live."

Funds can be used for either the successful creation of a strategic plan or the implementation of priority community development projects identified in existing strategic plans. All projects must be completed within a six-month period.

"This funding will assist these communities in developing or furthering plans and strategies that will help fuel positive and tangible economic and community development activity in our region for years to come," Center President Lonnie Lawson said.

Since 2005, The Center has awarded more than \$577,000 in ARC mini-grant funding to communities or organizations in 21 counties across Southern and Eastern Kentucky for strategic planning efforts.



The City of Mt. Vernon has been awarded a \$10,000 Appalachian Regional Commission (ARC) mini-grant to advance strategic planning efforts in the region as part of the latest round of grant funding presented by The Center for Rural Development. From left are Commissioner Tony Wilder, Governor's ARC Alternate; Lynn Tatum, Vitalize Mt. Vernon manager; Peggy Satterly, ARC program manager and Lonnie Lawson, president and CEO of The Center. The presentation was made last Thursday at an ARC Summit and awards ceremony at The Center in Somerset.

Program helps cancer patients "Look Good, Feel Better"

Women who are undergoing or have recently undergone treatment for cancer are invited to the American Cancer Society's Look Good...Feel Better sessions, held regularly at Rockcastle Regional Hospital.

The American Cancer Society offers the makeovers free to women who wish to enhance their appearance and self-image while or after fighting the disease. The program is led by trained volunteer cosmetologists who teach cancer

patients beauty techniques. Women learn ways to disguise hair loss with wigs, scarves and other accessories. They are also given free cosmetic kits to help with skin changes.

The next Look Good...Feel Better session is Monday, April 15, at 1 p.m. in the Education Center at Rockcastle Regional's Outpatient Services Center.

The American Cancer Society saves lives and creates more birthdays by helping people stay well, by helping people get well, by

finding cures and by fighting back. For more information on Look Good...Feel Better, please contact Melissa Brock at 256-7703 or the American Cancer Society at 1-800-227-2345 or visit us at cancer.org.

**OPERATION
UNITE**

Drug Tip Hotline
1-866-424-4382
(other - your name is not required)

Toll-free Treatment Help Line
1-866-90-UNITE