

Annual Brodhead Hustle is Saturday, May 25th

The fourth Annual Brodhead Hustle is being held at the Brodhead Elementary School on Saturday May 25 beginning at 8:30 a.m.

The race will begin and end at the school. The race will also feature a different course this year with the new route going through downtown Brodhead.

Pre-registration for the Hustle is \$12 until May 20th. Race day registration is \$15. All participants will receive a free t-shirt while supplies last.

The Hustle is the fifth race of Rockcastle Regional Hospital's "Countrywide Stride" twelve race series. For more information about the race series or the Brodhead Hustle, contact Susan Turley at 606-256-7446 or email her at s.turley@rhrcc.org.

River Days revived for Livingston Founders Day

Appalachian Science in the Public Interest (ASPI) will be conjoining with Livingston's Founders Day Trail Festival, Saturday May 11th, to host an Open house all day.

The Nature Center and 250 acres of land with 2.5 miles of hiking trails will be open to the public for structured and self guided activities for adults and children. Sustainable living demonstrations will be available to the public.

On the River is a picnic pavilion. ASPI staff and contributors welcome you to visit our Livingston Site located on Lower River Rd.

Join us for much fun and enjoy the beauty of the outdoors. We are reviving River Days. For more information visit our website www.aspi.org.

Grow Appalachia to host work day on Richmond St.

Did you know? Community gardens can be a significant source of food and/or income for community members. This is especially helpful for families and individuals without much land who would not otherwise be able to produce their own food and studies show that community gardens can increase neighborhood property values.

Grow Appalachia and the Mt. Vernon Community Garden would like to invite you to a work day, (today) Thursday May 9th at 4 p.m., on the Richmond Street site putting together what will become an oasis for those who garden. You have seen the construction process, come with your work boots and old clothes to help with a great cause. We would love to speak with you and are open to hear how the community sees this project.

For more information call Melinda Alcorn 859-200-0951 or email melinda@kyenvironmentalfoundation.org or visit our ASPI office on 50 Lair Street.

Old Fashion Days this weekend at Save-A-Lot

Mothers and school employees will be honored throughout Old Fashion Days, scheduled for this Friday and Saturday at Mt. Vernon Save-A-Lot.

The two-day event will also include yard sales and flea markets, both days, starting at 8 a.m. and 50s and 60s music is also on the entertainment schedule for both days with employees wearing attire from that era.

Linna Stewart, Save-A-Lot manager will emcee events on Friday and Sara Lee will be providing free hotdogs, starting at 11 a.m., from a smoker grill.

Beginning at 6 p.m., the Kentucky Romp and Stomp Cloggers will perform until 8 p.m. The Flavor Rich crew will be present and there will be basketball goals and cornhole boards provided for event-goers. There will also be door prizes given away throughout the day.

On Saturday, Charlie Napier will emcee the day's events and will also be doing live WRVK radio **21st Stamp Out Hunger Food Drive is this Saturday**

The 21st annual Stamp Out Hunger Food Drive is this Saturday. The event is sponsored annually by the United States Postal Service whose mail carriers, across the nation, will pick up donated food items from beside homeowner's mailboxes.

Mail carriers will place a sturdy plastic bag in mailboxes before the event, scheduled for Saturday, May 11th. Participants are asked to fill the bag with non-perishable food items and leave it by their mailbox on the 11th.

If you are interested in participating in the event but can't leave your donation by your mailbox, please take it to the nearest post office.

All the food collected goes to local organizations to help feed the hungry in our community. For more information please visit www.stampouthunger.info.

remotes, beginning at 10 a.m.

At 11 a.m., there will be a three point shooting basketball tournament with the winners taking home a new goal and ball.

The Kentucky Romp and Stomp cloggers will again be entertaining, beginning at 11:30 a.m. and the car show will start at noon.

Cars and trucks will be judged for the top 10 plaques and also five plaques will be given for best GM, best Ford, best moped, best overall car and truck. The first 35 entries will receive a dash plaque.

Jacqueline Bullock will provide the entertainment until 3 p.m. when the cornhole tournament begins. The winner will receive a new game board and bags.

Charlie Napier and Larry Settles will provide the entertainment until 4 p.m. when the car show will be judged and plaques presented at 4:30 p.m.

A Cruise-In will start through downtown Mt. Vernon at 5 p.m.

50s and 60s music from Charlie Napier and the cloggers will be providing more entertainment until 7:30 p.m. when the Level Green Band will perform until 9 p.m. to end festivities for the week-end.

During festivities Saturday, the Rockcastle School System will be recognized and mothers will be honored throughout both days.

Also available during the event will be the Hancock Brothers BBQ pit, serving up delicious sandwiches with chips and drinks sold inside the store. Chester the Cheetah will join us from 10 to 12 noon on Saturday and there will be games and face painting for children.

Ford Brothers will be providing a tent with seating for the comfort of those staying the day and there will be lots of meat and produce on sale, both days, as well as many items at super low prices.



Rockcastle Regional Hospital & Respiratory Care Center had its most successful year to date for the March for Babies. The March of Dimes team raised \$7,015. Pictured are team members, front from left: Twila Burdette (and Baby Lydia), Dawn Harris, Melissa Brown, DeBorde, Chelsen Larner and W. Anne Hissette. Second row from left: Melissa Fain and Emily Valentine. Third row from left: Selenia Mink, Lindsay Gabbard, Morgan Kincer, Cheryl Mullins, Amy Mink, Arielle Estes, Susan Turley and Kennesha Daniels.

Rockcastle County represented during work study trip

TOUR Southern and Eastern Kentucky (TOUR SEKY) hosted a spring work study trip to Boone, North Carolina April 30th-May 2nd. Boone is located in the heart of North Carolina's High Country and is known for its outdoor recreation opportunities.

More than 30 people from communities throughout the state participated in the three day work shop. Susan Laws, Mt. Vernon - Rockcastle County Tourist Commission, attended the trip. Livingston Business Owner Carl Swanigan (A Country Pedaler) also participated. Other attendees included Judge Executives, Mayors, and tourism professionals from across the region.

During the visit, participants were able to see firsthand the role tourism and outdoor recreation plays in the community. Participants visited downtown Boone and Blowing Rock. The trip also featured the Mile High Swinging Bridge at Grandfather Mountain and Kayaking on the New River in Todd, North Carolina. In addition to visiting local attractions, the group took part in presentations from local tourism leaders, entrepreneurs and outdoor adventure marketing professionals.

"Outdoor recreation is a huge tourist draw," said Jeff Crowe, TOUR SEKY President/CEO. "We are blessed with a multitude of outdoor recreation opportunities in

our own backyard and this trip allowed our folks to learn about what works, what doesn't work and get a basic understanding of how to make their communities a destination for outdoor enthusiast."

TOUR SEKY hosts at least one work study trip each year and it has been a great success for TOUR's

educational programs. To learn more about the work study trips please contact Maggie Bill at 606-677-6093 or mbill@tourseky.com.

TOUR SEKY is an award winning initiative of Congressman Hal Rogers. The organization's mission is to educate, expand, develop and market the exist-

ing and potential tourism industry throughout southern and eastern Kentucky, while contributing to the economic, cultural growth, health and awareness, and overall quality of life of the region. For additional information about TOUR SEKY visit www.tourseky.com, or call 606-677-6093.



Brodhead City Commissioner Mark Burris, contractor Mark Dyehouse, and Brodhead Mayor Walter Lee Cash looking over the construction of a new shelter and entrance to the Dix River Park that will eventually have a half mile of walking trails and landscaping when completed. The main entrance and shelter are being built alongside the original railroad bed that came into Rockcastle County shortly after the Civil War. The park will be completed in several phases. The City has already applied for a second phase and is being assisted financially and with equipment and manpower by the Rockcastle Fiscal Court. The City plans to sell bricks inscribed with family names and businesses to become a part of the park's entrance walk.



McCracken signs with Tulsa Welding School

On May 3rd, Rockcastle ATC Welding student Eric McCracken took part in a scholarship signing with Tulsa Welding School. Eric received an \$18,000.00 scholarship for placing 1st in the state in the Welding II Competition at the State SkillsUSA Leadership Conference in April. Eric will attend the Jacksonville, Florida campus in June and continue his welding training for approximately seven months. Congratulations to Eric and his family on his monumental achievement.

Pictured are, front from left: Sherman Cook, Welding Instructor; Joyce McCracken, mother; Eric McCracken; and Randall McCracken, father. Back row from left: David Pensol, RCS Superintendent; Ralph Baker, Principal RATC; Dale Winkler, KDE Associate Commissioner; and Garrett Milby, Tulsa Welding School Representative.