

MVFD sponsorship raises awareness for breast cancer

The Mt. Vernon Volunteer Fire Department is requesting a sponsorship fee for a pink helmet to raise awareness about breast cancer.

The business or individual will sponsor a helmet for \$200 for the first year which will cover the cost of the helmet and graphics. Every year after that the sponsor fee will be \$100 which will be donated to the Rockcastle County Cancer Assistance Fund (Hope Fund.)

The business or individual will have possession of the helmet for eleven months of the year to be put on display in their location. MVFD will have possession of the helmets in October during National Breast Cancer Awareness Month.

The firefighters will wear the helmets during fire education at local schools, parades and special events. The helmets will not be worn on fire runs or anytime where they might be damaged.

To purchase a helmetsponsorship contact Chief David Bales at mtvernonfire@twc.com.



The Longest Day of Play and Community Health Fair was held last Thursday at the RCMS track. The event was sponsored by Rockcastle Healthy Communities and was free of charge to the public. The event is held annually to encourage everyone to rediscover the fun of play and physical activity. The event also provided health promotion and disease prevention education.

Rockcastle Community Bulletin Board

Sponsored By
Cox Funeral Home

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Bookmobile Schedule

Mon., July 1st: Calloway, Red Hill, Livingston, Lamero and Pine Hill. **Tues., July 2nd:** Green Hill, Fairview, Lambert Rd. and Sweetwater. Maple Grove, Orlando and Climax. **Wed., July 3rd:** Seek n' Learn and Brindle Ridge.

Early Deadline Next Week

Due to the July 4th holiday, the *Mount Vernon Signal* will have a 4 p.m. deadline on Monday for news and advertising.

BES SBDM Nominations

Due to a recent resignation of a BES SBDM parent member we will be accepting nominations for a parent member until July 8th. This person must be the parent or guardian of a child who will attend BES during the 2013-2013 school year. Please send nominations to BES PTG. You may call the school for more information. Elections will be held at 12 noon on July 9, 2013.

Health Dept. Hours

The Rockcastle Health Dept. will be open Monday thru Friday from 8 a.m. to 4:30 p.m. the week of July 1-5, except for July 4th when the office will be closed for Independence Day.

WRFD 4th of July Celebration

Western Rockcastle Fire Dept. will be holding their annual 4th of July celebration on Saturday, June 29th starting at 6 p.m. at the Quail Firehouse on Main Street. Food and drinks will be for sale and live music from Level Green and also Julie Hines and Jennifer Bishop White. Come on out and enjoy lots of fellowship and good times. Door prizes will be given away also.

Attn: Brodhead Elementary Parents

If you did not turn in your parent pick-up tag at the end of school, please drop that off at BES at your convenience. The office is open Monday through Friday from 8 a.m. to 3 p.m.

Foster/Adoptive Parent Meeting

Are you interested in becoming a Foster or Adoptive Parent? The Cabinet for Health and Family Services will be holding an informational meeting on July 18, 2013 at 6 p.m. at the Rockcastle County DCBS office at the Scott Building on Main Street in downtown Mt. Vernon. New classes will begin on July 15th. For more information, contact Brandy Baldwin at 606-287-7114.

State Service Office in London

A certified and trined State Service Officer will be at the London DAV building on West 80, behind Clark Truck, on July 2nd from 9 a.m. to noon (or longer) to assist all veterans and their dependents with VA claims. DAV does not charge for this service. For more info, call 606-862-0032 or 606-877-1308. If no answer, leave a short message.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Alcoholics Anonymous

Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at the Renfro Valley Lodge. Everyone is invited.

Historical Society Hours

The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

Sons of Confederate Veterans

The Sons of Confederate Veterans (SCV), Rockcastle Camp, meets the second Tuesday of each month at 7 p.m. on the third floor of the county courthouse. For more information, contact David Owens at 606-256-9870.

American Legion Post 71

American Legion Post 71 meets the second Thursday at 7 p.m. of each month on the third floor of the courthouse. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.



One of the events sponsored by Rockcastle Regional Hospital was the Family Fit Run during the Longest Day of Play last Wednesday. The Family Fit Run is the sixth of 12 events in the County-Wide Stride Run/Walk series. The Family Fit Run included the Fastest Kid in Town Race, Family Fun Relay Race and a 1-3 mile self-timed run/walk. Shown above are some of the children getting ready to cross the finish line in the Fastest Kid in Town race.



All Longest Day of Play events were outdoors at the RCMS track and play stations were set up with fun activities for all ages. There were also clogging and karate exhibitions throughout the day.

Deadline for next week's paper is 4 p.m. Monday due to the July 4th holiday!!



OPERATION UNITE

Drug Tip Hotline

1-866-424-4382

(toll-free - your name is not required)

Toll-free Treatment Help Line

1-866-90-UNITE

2013 LINCOLN COUNTY FAIR

Fair Schedule

MONDAY JULY 1 9:00-11:30 am Check in Floral Hall Floral Hall 3:00 pm Tractor Driving and Small Engine Warm-up Track 6:30 pm Open Youth Dairy Shows Livestock Show Barn 7:00 pm Miss Lincoln County Fair Pageant Building 8:00 pm Lincoln County Fair Olympics Basketball Court 7:30 pm Broken Horn Rodeo Motor Sport Track 8:30 pm Mother/Daughter Look a Like Pageant Building	THURSDAY JULY 4 6:30 pm Open Goat Show Livestock Show Barn 7:00 pm Singles Cornhole Tournament Basketball Court 7:00 pm Backseat Driving Contest Warm-up Track 7:30 pm KIPA Truck and Tractor Pull Motor Sport Track 7:00 pm Little Mr and Miss Pageant Building 8:00 pm Tiny Tots Pageant Building 10:30pm Fireworks Fairgrounds
TUESDAY JULY 2 6:00 pm Lincoln County Fair Olympics Basketball Court 6:00 p.m Rabbit/Poultry Show Livestock Show Barn 7:00 pm 3 On 3 Basketball Outdoor Half Court Basketball Court 7:00 pm Miss Pre Teen Pageant Building 7:30 pm Moon Pie Eating Contest Floral Hall Patio 7:30 pm Motocross Freestyle Madness Motor Sports Track 8:00 pm Miss Teen Pageant Building	FRIDAY JULY 5 10:00 - 11:30 am Fairgrounds open for Free Visit to all Senior Citizens 6:00 pm Lincoln County Fair Olympics Basketball Court 6:30 pm Beef Show - A, C, L & Other Livestock Show Barn 7:00 pm Doggie Fun Fest Basketball Court 7:00 pm HorseShoe Pitch Single Horseshoe Pit 7:00 pm Cola Cola Talent Contest Pageant Building 7:30 pm KIPA Truck and Tractor Pull Motorsport Track
WEDNESDAY JULY 3 9:00 - 11:30 am Check in floral, garden, field crop, & horticulture exhibits Floral Hall 7:00 pm Market Lamb Show Livestock Show Barn 6:30 pm Power Wheels Warm up Track 7:00 pm Baby Show Pageant Building 7:00 pm Doubles Cornhole Tournament Basketball Court 7:30 pm Pedal Pull Floral Hall Patio 7:30 pm Demolition Derby Motor Sport Track	SATURDAY JULY 6 9:00 - 11:00 am Check Out Floral Hall Exhibits Floral Hall 6:00 pm Lincoln County Fair Olympics Basketball Court 6:30 pm Beef Show - A.S.C.H.A.O.B Combined Livestock Show Barn 7:00 pm Horseshoe Pitch - Singles Horseshoe Pit 7:00 pm KIPA Truck and Tractor Pull Motor Sport Track
DAILY 6:00 pm to Midnight Myers International Midway Carnival Area 6:00-10:00 pm Floral Hall Open Floral Hall 6:00 - 10:00 pm Commercial Exhibits Open Commercial Building 6:00 pm to Midnight Three Shoes BMX Freestyle Madness Horse Show Ring	

For Event Rules visit us at www.lincolnfair.net
Admission \$10 per person