

UNITE to unveil mobile drug prevention classroom

A mobile drug education classroom and a recovery "Hope Wall" will be unveiled by Operation UNITE during a ceremony held Friday, August 16, in Manchester.

Helping to announce the major education and treatment initiatives will be U.S. Fifth District Congressman Harold "Hal" Rogers, Kentucky First Lady Jane Beshear, Eastern Kentucky University President Dr. Michael T. Benson, Kentucky Senate President Robert Stivers and People (PAR) CEO Mike Barry.

The program, which is free and open to the public, begins at 1 p.m. at ECU's Manchester Campus, 50 University Drive.

"In UNITE's 10th year anniversary, it's time to celebrate the lives that have been saved through treatment and recovery efforts by unveiling stories of hope and encouragement for those still battling addiction. And as a leader in the war on the drugs, I applaud UNITE's effort to expand its educational outreach statewide, offering a new tool that takes UNITE on road," Rogers stated. "Together, we are making a difference!"

"From its inception, UNITE has operated under the belief that the most effective way to deal with our drug problem is to focus equally on law enforcement, treatment and education," said Dan Smoot, UNITE president/CEO. "This model has been cited for its effectiveness on the national level."

Taking a holistic approach to substance abuse among youth, who are of-

ten the unintended victims of drug use, is important, stated Beshear, who sits on the board for Recovery Kentucky, which provides housing and recovery services at centers across the state.

"Our efforts to battle substance abuse and misuse in Kentucky need to be as varied and wide-ranging as the problems and causes of drug abuse itself," Beshear noted. "Recovery Kentucky and UNITE are modern programs that use peer and community support, treatment and education as tools to aid in prevention and help victims successfully get clean and stay clean. UNITE's mobile classroom is a unique way to teach our children real-life instances of drug mistreatment, and we hope that it will go toward preventing future abuse and misuse."

"This state-of-the-art mobile classroom is one-of-a-kind," Smoot noted. "Education about substance abuse and prevention is so important, especially at an early age. Just think if we never had to worry about making arrests or providing treatment."

UNITE's "On The Move" education trailer will feature an interactive drug prevention program tailored to elementary, middle and high school students. In addition, youth will participate in three interactive training modules that focus on the consequences of distraction and impairment from alcohol and other drugs.

Use of the mobile education classroom will begin this September in Rockcastle and Pike counties.

Another component of

the "On The Move" initiative will be development of two community education kits for use by anti-drug community groups and organizations. The first kit, "Life With A Record," will be released later this fall.

The trailer is being funded through a \$150,000 per year Rural Health Outreach grant awarded through the U.S. Health Resources and Services Administration.

The "Hope Wall" will honor 150 individuals who have been recovering from an addiction for at least one year.

"At UNITE's first two National Rx Drug Abuse Summits we were struck by the power and emotion of a wall featuring images of individuals who had lost their lives because of drugs," Smoot said. "It is important to never forget the tragic human toll of addiction, but it is equally important to offer a message of hope to those currently caught in the grips of addiction."

"Sobriety is worth celebrating," Smoot continued. "This wall will provide encouragement for those battling this horrible disease to seek help and realize there is a hope for a brighter future."

The movable wall will travel to various events throughout southern and eastern Kentucky. Additional photos of those in recovery will be periodically rotated.

For more information about the "Hope Wall" contact UNITE Treatment Director Amy Yates at 606-330-1400 or ayates@centertech.com.

For information about Operation UNITE visit their website address at www.operationunite.org.

Kentucky Teen Institute

Three RCHS Student YMCA Club members attend conference in Louisville

Submitted by:
Shelby Ponder,
Chelsea Fleming

This past June, Rockcastle County High School's Student YMCA Club was fortunate enough to send three students, Chelsea Fleming, Shelby Ponder, and Rachel Blair, to a program called Kentucky Teen Institute. This conference, focused on health issues affecting our communities, was five days long and held on the University of Louisville's campus. At KTI, our team chose to design a service project that will bring more awareness to Type 2 Diabetes, a disease that plagues our

county.

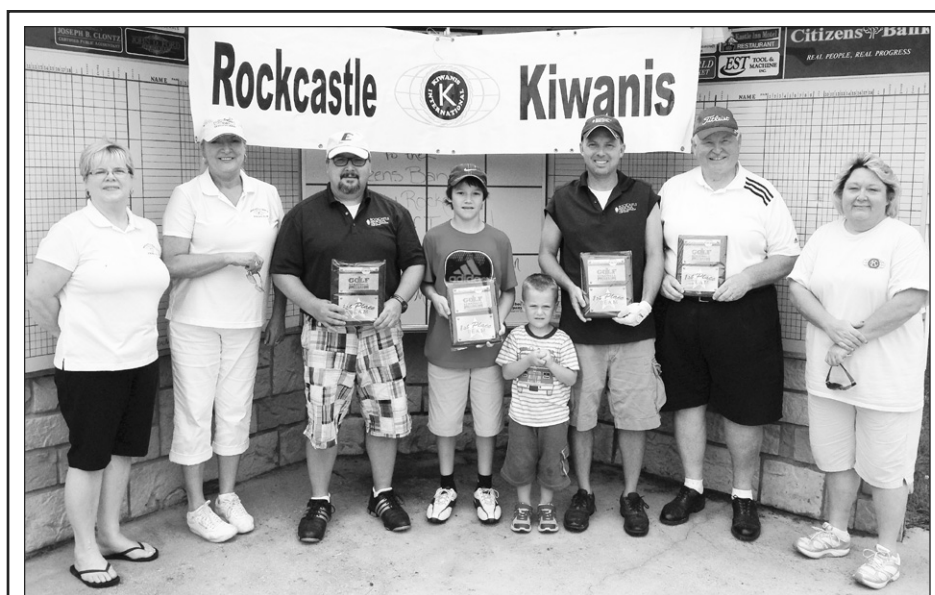
The Kentucky Teen Institute provided an incredible experience for all three of us that we will cherish forever. KTI included a multitude of activities, guest speakers, advocacy trainings, and created bonds that will last a lifetime. We had the opportunity of playing football with U of L's football team, and meeting some of the most influential health leaders in the state of Kentucky. The purpose of the conference was to create a year-long community service plan to educate our community about health issues they may face and ways to prevent further

troubles.

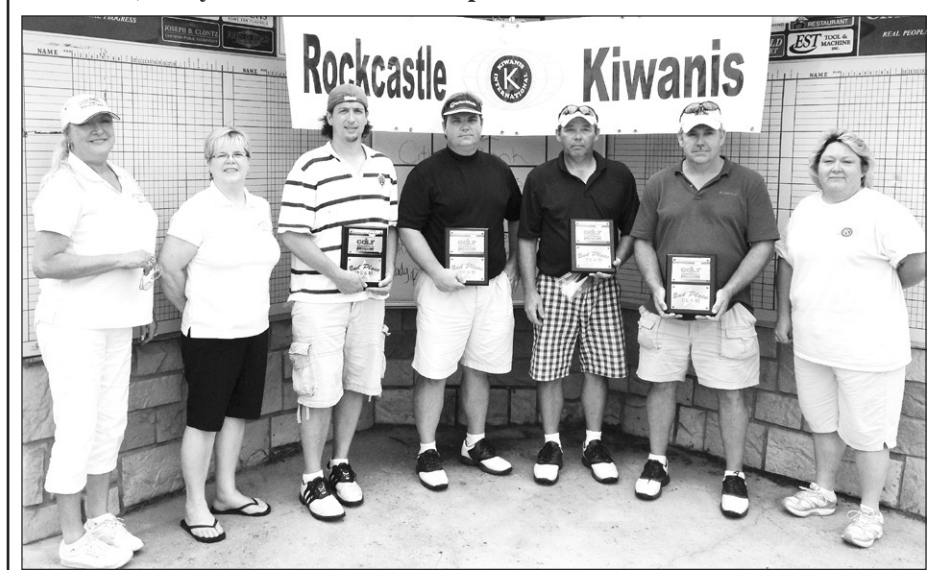
Our foremost goal is to get a farm-to-school program implemented in our school district. Not only will this movement drastically reduce costs and pollution, it will significantly improve the health of the current generation and those to come. In addition to these great benefits, our county's once thriving farming economy would be revived due to all produce being grown by our local farmers. We are very excited to see our finished product, and are very hopeful that the community will get involved and share our passion for helping each other.



Chelsea Fleming, Shelby Ponder, and Rachel Blair recently attended a program called Kentucky Teen Institute in Louisville. The conference, focused on health issues affecting our communities.



The Rockcastle County Kiwanis Club's 17th Annual Charity Golf Scramble was held on Saturday, August 10th at the Cedar Rapids Country Club. Local businesses and individuals sponsored the event which raised over \$1,500 for charitable causes in the community. Special thanks to everyone who worked or participated in the event and especially to our sponsors! Without local community support, Kiwanis would not be able to contribute to so many worthwhile projects making Rockcastle County a better place to live and work. If you are interested in becoming a member of Kiwanis, we meet every Thursday at noon in the Renfro Valley Lodge. In the top photo is the first place team, sponsored by Rockcastle Regional. From left are Kiwanis members Rose Brown and Glenda Smith, team members Jeff Burdette, Thomas Burdette, Conner Ford, John Ford, Billy George, Griffith and Teresa Jackson Elizabeth York. Shown below is the second place team, sponsored by Teresa Jackson Insurance - State Farm. From left: Kiwanis members Glenda Smith and Rose Brown, team members Al Tillery, Mark Rogers, John Rice, Terry Jackson and Kiwanis president Eliza York.



Hospital hosting cancer support group August 20th

Rockcastle Regional Hospital and Respiratory Care Center will host a cancer

support group on Tuesday, August 20 from 5:30-6:30 p.m. The topic of discussion

will be "Caring for the Caregiver" with Betty Purcell, RN, MSN, FCS, Wellness Coordinator. The support group will be held in the third floor of the Outpatient Services Center Education Center. A healthy meal will be provided. Cancer patients, family members and anyone interested in cancer support should attend this free program.

Cancer patients have additional needs besides the clinical treatment of their cancer. As they go through chemotherapy, radiation therapy or surgery, they may have special nutrition, rehabilitation or other medical needs. Cancer support groups can help deal with challenges associated with cancer and offers the opportunity to learn more about how to cope.

The cancer support group is one aspect of the supportive cancer care provided at Rockcastle Regional Hospital. For more information about any programs or to sign up for the cancer support group, contact Gayle DeBorde at 256-7798 or visit the website at www.rockcastlehospital.org.

Mt. Vernon School Reunion scheduled for September 14th

The annual Mt. Vernon School Reunion will be held September 14th at Rockcastle Middle School. If you were a student or staff member at Mt. Vernon Elementary or High School, any time between 1914 and 1972, you are encouraged to attend this reunion. You do not have to be a graduate. Each year, some people travel great distances to get acquainted with old friends and classmates. They would love to see you there. If you are not on the mailing list, please contact Brenda Hayes 606-256-0982 e-mail: bahayes@windstream.net or Berniece McHargue 606-256-5740 e-mail: bmchargue@hughes.net or Bennie Chaney 859-224-4248 e-mail: b.chaney08@insightbb.com to be added and to make your reservations.

Registration will be at 4:30 p.m. and dinner will be at 6 p.m. Cost is \$15 for pre-registration or \$20 at the door. Look on Facebook @ Mt. Vernon High School Reunion.

Next Lunch n' Learn event is August 29th in Brodhead

Rockcastle Regional Hospital & Respiratory Care Center will sponsor a Lunch and Learn Thursday, August 29 at Brodhead Baptist Church with Brittany Perkins-Saylor, MPAS, PA-C. The event starts at 12 noon and the topic of discussion is "What is Celiac Disease?" Brittany will explain a gluten-free diet and other digestive diseases.

A healthy lunch will be provided for those who sign up. This event will be similar to "Dinner with a Doctor" events hosted by Rockcastle Regional Hospital previously. Please register by August 26. For more information, contact Arielle Estes at a.estes@rhrc.org or 256-7880.

Livingston Leap now 5K

This year's Livingston Leap will see some changes that runners and walkers are going to appreciate. For one, because some of last year's Leap participants said the 2-miler was a bit too short, this year's race has been extended to 5K, or 3.1 miles, for both the run and the walk.

The race, which will be held Aug. 31 at 8 a.m., will still start at the trailhead at the intersection of Hwy. 25 and Hwy. 490. After crossing the bridge, participants will turn right, staying on Hwy. 490, same as they always have. But this year they'll turn around at the 1.55-mile mark instead of the 1-mile mark.

Another change: Until now registration has been at the fire department, a few of blocks away from the trailhead. But this year it will be more conveniently located at the new Livingston Trail Town Visitors' Center, across the street from the starting line.

Mayor Jason Medley is embracing the Leap. He'll participate in the 5K and do the first-ever Mayor's Challenge, and has recruited safety support to help with traffic control.

"Our goal is to create a community that promotes fitness and good health," Medley said. "Events like the Livingston Leap are great motivators as we stride toward that goal. We want to welcome all the participants and we hope they'll stick around and visit for a while." The Leap is always held on Livingston Homecoming weekend, so there is a lot going on. A pancake breakfast will be held until 10 a.m., and the parade starts at 11 a.m. Plenty of booths and vendors also will be set up on Main Street.

Livingston has made progress toward becoming an increasingly active community in recent months. Among the town's new features, trails have been marked for walking, running and riding, and the town has been designated a "Trail Town" by the Governor's office. Trail maps are available at the Visitor's Center. Livingston Leap 5K participants are encouraged to explore what Livingston has to offer after the race.

For more information about Livingston, go to www.livingstonky.com.