

Mount Vernon Signal

Serving Rockcastle County Since 1887

Second Section

Thursday, September 19, 2013



The Mt. Vernon School Alumni held their annual reunion Saturday, September 14th at the Rockcastle County Middle School. Pictured are members of the Class of 1963. They are from left: Robert Kelsey, Bobby Kendrick, Doug Ponder, Phyllis Houston Fielder, Roy Martin, Priscilla Cloud, Charles Makin, Joy Gentry Seifert, Lawrence Bullock, Shirley Sowder Cox, Ellen Peek Roedl and Charlene Renner Dailey.

Photo by Jim Snyder



Incoming 2014 officers were elected for the Mt. Vernon School Alumni. They are, from left: Joan Maggard Spurlock-Historian; Sam Ford - President; Larry Burdette - Vice President; and Betty Cameron Frederick - Treasurer. Not pictured: Brenda Jones Hayes - Secretary and Bernice Bullock McHargue - Coordinator.

Photo by Jim Snyder



Kenneth Hopkins, Class of 1939, pictured with daughter in law, Donna Hopkins at the Mt. Vernon High School reunion.



Janie Hines, Class of 1937, attended the Mt. Vernon High School annual reunion.

Hospital offers free cholesterol screenings

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

September 23-27, 2013, Rockcastle Regional Hospital is offering free cholesterol

screenings from 7 a.m. until 10 a.m. No appointment is necessary. Please fast 12 hours prior to screening. Registration for the free screening will be in the second floor lobby of the Outpatient Services Center. For more information, contact Arielle Estes at 256-7880 or a.estes@rhrc.org.

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at

risk for heart disease and stroke.

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. Source: CDC



Mt. Vernon High School Class of 1943. Picture are, from left: Billy McHargue, Sadie Owens McHargue, Earl Adams, Lucille Adams and Lena Hurst.

Second annual Strides Against Cancer raises over \$14,000

The second annual Strides Against Cancer horse show was held Saturday, September 14th at the Lincoln County Fairgrounds to benefit the "Hope Fund." The event raised \$14,900 with 91 horses registered, plus two exhibition rides.

Proceeds from "Strides Against Cancer" will benefit

patients of the chemotherapy clinic at Rockcastle Regional Hospital. An affiliation with UK Markey Cancer Center enables Rockcastle Regional Hospital to provide quality cancer care to the community and eliminate the drive to Lexington for patients needing chemotherapy. The "Hope Fund" was established in 2012 to help cancer patients and the horse show is the primary fundraiser. The "Hope Fund" assists cancer patients with financial barriers such as travel expenses, transportation services, overnight lodging, etc.

This benefit would not have been possible without Dr. David Bullock and his wife Vanessa.

The support of the following sponsors also contributed to the success of the event: Don Marshall, Citizen's Bank, Lonestar Farm and Home, CPC Feeds, Don Franklin Automotive, Main St. Pharmacy, Dana Pitcock, Ford Brother's, Weichert Relators, SPC Home Medical, Chad Renner Farrier, RTEC

(in honor of Tim Wheat), Collins Respiratory, Brodhead Pharmacy, Clay Smith, Kent Smith Insurance, Tina Moss, Nelson Thompson, Dr. Kimberley Cornelius, Snack Shack, Rockcastle Kiwanis, Dr. Callie Shaffer, Cottonwood Stables, Brent Grider, Linda Patton, Charles Stivers, Shane Mullins Stables, Rockcastle Vet Clinic, Climax Water, UK Markey Cancer Center and Rockcastle Regional Hospital.

MVFD holding Portrait Fundraiser

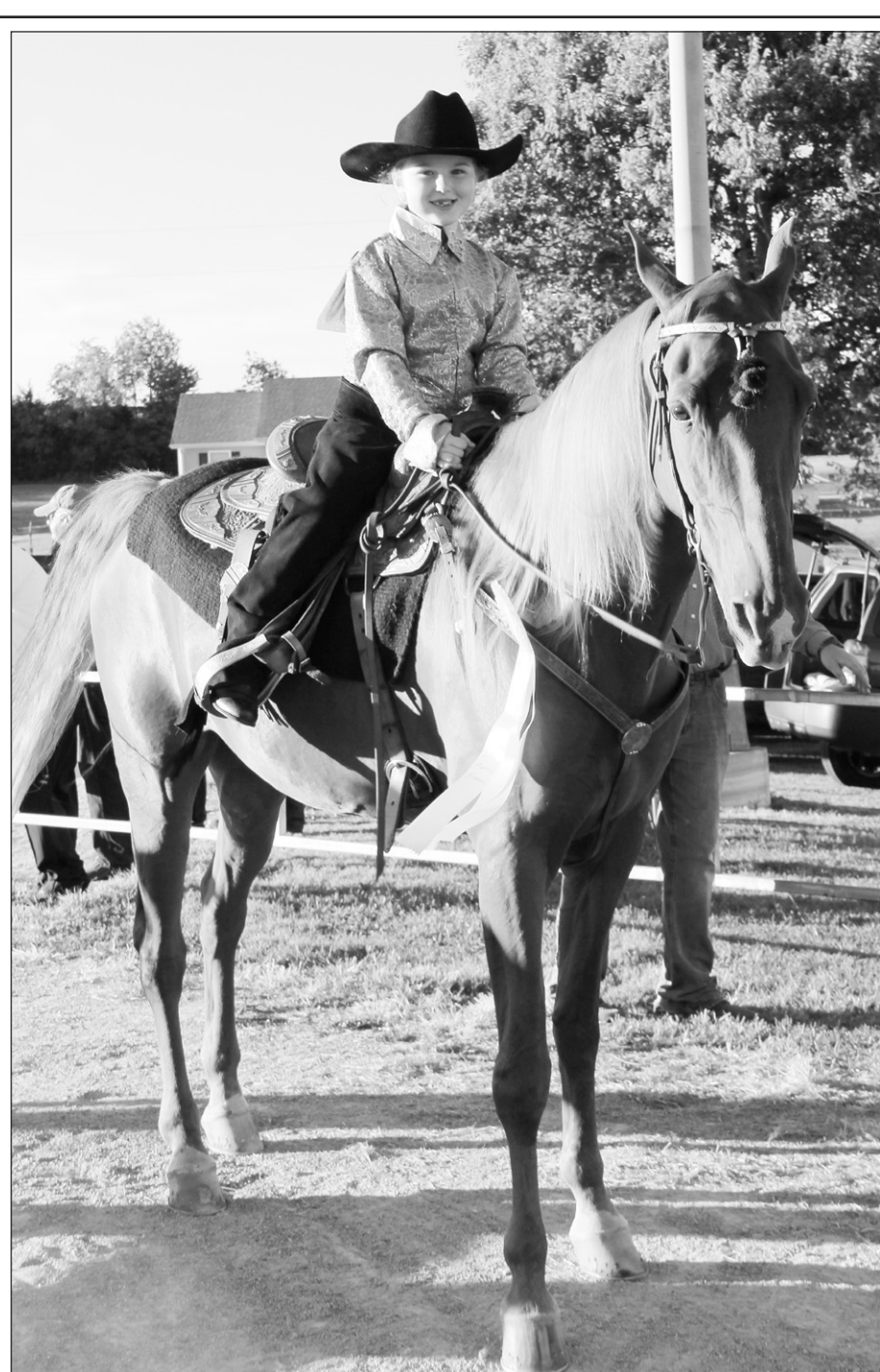
The Mt. Vernon Fire Department is holding a Portrait Fundraiser. anyone participating with a \$20 or more contribution will receive a free 8x10 family portrait. You will be contacted at your residence.

Blood drive is next Tuesday

The Kentucky Blood Center is hosting a blood drive in Mt. Vernon next Tuesday.

Those wishing to donate in Rockcastle County can do so at First Baptist Church in Mt. Vernon from 1:30 to 6:30 p.m.

To schedule a donation visit kybloodcenter.org or call 1-800-775-2522. Blood donors must have a photo ID, be seventeen-years-old, weigh at least 110 pounds, be in good health and meet other requirements. Sixteen-year-old donors must have a signed parental permission slip which can be found at www.kybloodcenter.org.



The second annual Strides Against Cancer horse show was held Saturday, September 14th at the Lincoln County Fairgrounds to benefit the "Hope Fund." The event raised \$14,900. Pictured above, Davany Bullock, daughter of David and Vanessa Bullock, brings home 3rd prize in the 11 and under Country Western class.