

## 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.

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@rhrcc.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

## Livingston to host second Rockcastle's Got Talent

The Livingston Community Lions Club will be hosting the second annual Rockcastle's Got Talent on Saturday night, November 2nd at the Rockcastle County High School auditorium beginning at 7 p.m. The show will be open to persons living in Rockcastle County, even if they participated last year. The application will be ten dollars per act again this year.

The divisions will be Children 12 and under, Teens 13-17, Adult duets, Adult Soloists, and Adults in Groups of 3 or More. Last year's winner, Julianna Singleton, will be performing at some point during the show. There will be an overall Grand Champion winner as well as first, second, and third place winners in each category, and honorable mentions.

The club is working hard to make improvements over last year with even bigger and better awards.

Tickets will be 6 dollars for adults, 5 dollars for teens, and children 3 and under free. Contact information to register and where you may purchase tickets will follow shortly. Watch the Signal for more information. All proceeds will aid in the Livingston Community Lions Club to serve. Mark your calendars now for a most exciting evening of local talent.

## Bittersweet 5K run and 2 mile walk is October 5th

The Bittersweet 5K run and 2-mile walk is set for Saturday, October 5 in downtown Mt. Vernon. This tradition-rich 5K has been the measuring stick of fitness for many participants for 20 years. It kicks off Saturday-morning activities of the Bittersweet Festival, and takes you down Mt. Vernon's historic Main Street.

The run/walk begins at 7:30 a.m. Race day registration is from 6:30-7:20 a.m. at Rockcastle County Courthouse. Cost is \$20 on race day or you may pre-register for \$15 by September 30 at 12 noon. Pre-registered participants are guaranteed a free t-shirt. Visit [rockcastleregional.org/countywidestrade](http://rockcastleregional.org/countywidestrade) for registration information.

This event is race number 10 of 12 in the Rockcastle Regional County-Wide Stride series. For more information contact Susan Turley at (606) 256-7746 or e-mail [s.turley@rhrcc.org](mailto:s.turley@rhrcc.org).

## Team attends Brushy Fork Institute

The Rockcastle County Development Board organized a team to attend the 2013 Brushy Fork Annual Institute at Berea College September 18, 19, and 20th. The team was selected to represent Rockcastle's three cities: Lynn Tatum - Mt. Vernon, Mayor Jason Medley - Livingston and Courtney Hale - Brodhead.

Each year Brushy Fork Institute offers training for community leaders. In addition, scholarships are offered to distressed counties and teams qualify to apply and receive ARC grants (Appalachian Regional Commission) to create community capacity. This year the Rockcastle County Development Board will apply for an ARC grant to revise the 2009 County Strategic Plan in 2014. Typically, plans are revised every five years so it can remain current. Many of the suggested projects identified in the 2009 plan have been completed and new visions need to be identified to continue progress over the next five years.



## DAR Rockcastle Chapter commemorates September patriotic events

September is filled with patriotic events in which the Rockcastle Chapter DAR participated. Chapter members assembled display boards and informational pamphlets (above) about the writing of the U.S. Constitution to be displayed in the local school libraries during Constitution Week (September 17th-23rd).

In honor of Patriot Day, Amanda McNew, representative of the Woodmen of the World, presented the chapter with the 9/11 Flag of Honor (below) at their September meeting. The flag was created by John Michelotti and it contains the names of all those that perished in the World Trade Towers, the Pentagon, United Flights 175 and 93 and American Flights 11 and 77 during the terrorist attacks of September 11, 2001.



## Blast From The Past...

One of this week's Blast From the Past comes from Bobbie Ann Durham who taught at Sowder School in 1958-59. This was Ms. Durham's, who was 19 at the time, second school to teach. She was able to identify all the children in the photo and said they "were the sweetest and best children in the world. I'll always cherish the time I spent with them." In the photo are, front row, from left: Floyd Bradley, Garner Mink, Gordon Mink, Jerry Moore, Barbara Wheat and Lavonia Wheat. Second row: John Fletcher, Carter Mink, Bob Bradley, Joann Moore, Willene Mink and Wathalene, holding Ms. Durham's baby (Sherry Lynn Durham, 9 months old). Back row: Bill Fletcher, Jack Bradley, Darlene Cromer, Lorene Hasty and Maudie Fletcher.

# WE DEPEND ON ADULTS

# TO KEEP US SAFE.



Natural hazards can be scary - especially for kids. We count on the adults in our lives to help keep us safe.

That's why there's a website that can show you and your family how to prepare for all kinds of hazards - [PrepareKY.com](http://PrepareKY.com).

You can learn what to do if a dangerous material spill happens, and how to take shelter during bad thunderstorms.

Remember, we're counting on you to keep us safe.

**BE AWARE. LEARN HOW TO PREPARE.**  
START HERE [PrepareKY.com](http://PrepareKY.com)

