

Longest Day of Play set for June 20th

Mark your calendars and plan to attend one of the most fun and exciting events planned for the whole community. The event is free of charge. The Longest Day of Play and Community Health Fair will be held in conjunction with the Fit Family Run on June 20th, from 6-9 p.m., at the Rockcastle County Middle School track. The event encourages you to rediscover the fun of play and physical activity and provides health promotion and disease prevention education.

All events will be outdoors and stations will be set up with fun activities for all ages. You don't have to be a child to enjoy the Longest Day of Play. It is for the young and the young at heart. Community agencies are planning to not only educate, but also entertain you and your children at their stations. There will also be karate and clogging exhibitions.

Rockcastle Regional Hospital is sponsoring the Fit Family Run, which is event 6 of 12 in the County-Wide Stride run/walk series. The Fit Family Run includes a fastest kid in town race (6:15 p.m.), a family fun relay race (6:45 p.m.), and a 1-2 or 3 mile self-timed run/walk (7:15 p.m.). These races will be located at the Rockcastle County Middle School track. The admission to participate is three cans of food. The food will go to benefit the Christian Appalachian Project. Grateful Bread food pantry. For additional race info, visit www.rockcastleregional.org/race

"We hope the community will join us for a night of outdoor fun at the Longest Day of Play," said W. Anne Harris, event coordinator. "In an effort to increase physical activity among adults and youth in our county, we invite families to come out and "play" for an evening and encourage the incorporation of physical activity in their daily routines."

The Longest Day of Play and Community Health Fair is an annual event sponsored by Rockcastle Healthy Communities and supported by local community partners. Come join us for fun and games that will activate your body to maintain or improve your health. For more information, please call W. Anne Harris at 606-256-7891 or Nancy Keber at 606-256-2242.

Hospital hosts cancer support group June 18

Rockcastle Regional Hospital and Respiratory Care Center will host a cancer support group on Tuesday, June 18 from 5:30-6:30 p.m. The topic of discussion will be "Keeping Well in Mind, Body and Spirit" with Bro. Luther Allen, Rockcastle Regional Hospital Chaplain and W. Anne Harris, Rockcastle Regional Hospital Social Worker.

The support group will be held in the third floor of the Outpatient Services Center in the Education Center. A healthy meal will be provided. Cancer patients, family members and anyone interested in cancer support should attend this free program.

ditional 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.rockcastleregional.org.



Hannabeth Owens (right) of Crab Orchard, medaled by two strokes for a score of 1-over-par 72 in the Girls Division at the PBE Qualifier - Ringold hosted by WindStone Golf Club. Owens finished the front nine at even-par 35, and made two birdies during her round en route to 1-over-par 72.



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This week's photograph is of Bob's Place Restaurant in down town Brodhead. Date unknown. If you have a photograph for Blast From The Past contact David Owens at 606-256-9870 or scoopowens24@yahoo.com.

Hospital sponsors summer Lunch & Learn series

Rockcastle Regional Hospital & Respiratory Care Center will sponsor a series of Lunch and Learn events this summer.

The first event titled "Wellness for all Ages" will be on Thursday, June 27 at Bible Baptist Church with Ginger Mink-Cash, APRN. The second event titled "Cholesterol: Know your Numbers" will be on Wednesday, July 24 at First Baptist Church with Angela Parsons-Woods, MPAS, PA-C. The third event titled "What is Celiac Disease?" will be Thursday, August 29 at Brodhead Baptist Church with Brittany Perkins-Saylor, MPAS, PA-C. All events start at 12 noon.

"We've planned a summer series with our healthcare providers and hope to see our friends in the community join us," said Arielle Estes, Rockcastle Regional Community Relations Director. "We want to raise awareness and encour-

age proactive behavior with regard to wellness and health education."

A healthy lunch will be provided for those who sign

up. These events will be similar to "Dinner with a Doctor" events hosted by Rockcastle Regional Hospital. To register (by June 24,

July 19 and August 29) or for more information, contact Arielle Estes at a.estes@rhrc.org or 256-7880.



The Rockcastle County Public Library has a display of artwork by local artist Cory Bond. Paintings of Cory's favorite subject, animals are displayed in the children's area and in the main library. Library hours are 9:30-6 Monday-Friday and 9:30-2 on Saturday.

BEFORE CONSOLIDATION The Golden Age of Rockcastle County Basketball

David Owens and M.T. Publishing Company, Inc. are joining forces to bring you *Before Consolidation: The Golden Age of Rockcastle County Basketball*. This history/pictorial book will explore times before consolidation, when the county had three high schools, Mt. Vernon, Livingston and Brodhead.

The 1950s was known as the Golden Age of Basketball throughout Kentucky, which was probably when the county rivalry was at its height. This extraordinary book will take you through intense rivalries, when 36 players instead of 12 represented Rockcastle County or when passion was so strong that local police had to come to prevent hostilities from breaking out between Red Devil, Blue Devil or Tiger fans!

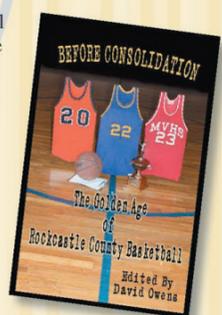


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*Final cover image subject to change.

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