

The Center for Rural Development is Seeking Resident Assistants (RAs)

Have you completed a minimum of two years of college, are a positive role model for young people, and would like to spend your summer making a difference in the lives of students in Southern and Eastern Kentucky?

If you answered “yes,” The Center for Rural Development wants to hear from you!

The Center, a nonprofit organization based in Somerset, Ky., is accepting applications for Resident Assistants (RAs) to help coordinate activities during the summer of 2019 for its three youth leadership programs: Rogers Scholars, Rogers Explorers, and Entrepreneurial Leadership Institute (ELI).

RAs receive compensation in the form of a stipend for their work, and free lodging and meals. Throughout the months of June and July, RAs will work with middle school through high school students who have been selected to attend summer leadership camps held on seven partner Kentucky college campuses and at The Center in Somerset.

“The primary purpose of the RAs is to serve as a leading support role for The Center’s summer youth programs,” said Allison Cross, community liaison and youth programs coordinator at The Center. “RAs serve as positive role models for youth program participants and help meet their needs while attending each of our summer camps.”

To qualify as an RA, applicants must meet the following criteria:

- Possess a high school diploma with a minimum of two years of college completed
- Have excellent verbal and interpersonal skills
- Exercise good judgement with regards to managing groups of high school and middle school students
- Be a self-starter, outgoing and perceptive with strong organizational and interpersonal skills and the ability to work collaboratively with a wide variety of people
- Experience with planning and facilitating group activities. This includes leadership and “getting to know you/ice breakers” activities with program participants
- Communicate well in group and individual situations, establish rapport with a wide variety of people and to quickly evaluate crisis situations and respond appropriately
- Have a valid driver’s license
- Experience with photography and social media is preferred
- Ability to work in a fast-paced environment while adhering to a daily schedule of events
- Able to effectively take instruction and direction from all Center personnel

“RAs help with day-to-day activities at each of the three summer youth leadership programs and coordinate daily schedule of events,” Cross said. “We depend on our RAs to help keep everything running smoothly at the camps and make the experience one our participants will remember long after they return home.”

RAs are expected to be on duty for the duration of each camp and will be required to work longer than a normal eight-hour work day while camp is in session.

For more information or to apply for a position as an RA with The Center’s youth programs, submit a resume to Allison Cross at across@centertech.com or call 606-307-0561.

USDA Highlights Key Accomplishments in 2018 That Are Building Rural Prosperity

WASHINGTON, Dec. 21, 2018 – Assistant to the Secretary for Rural Development Anne Hazlett today highlighted accomplishments of the U.S. Department of Agriculture (USDA) during 2018 that assisted rural communities in building prosperity and contributing to America’s growing economy.

“Under the leadership of Agriculture Secretary Sonny Perdue, USDA has made major strides to create rural economic opportunities and improve the quality of life for rural Americans,” Hazlett said. “By partnering with rural communities and stakeholders, modernizing infrastructure and innovating to address real-world challenges, USDA is infusing America’s rural towns and cities with the resources they need to build sustainable, prosperous futures.”

Here are a few highlights of USDA Rural Development’s accomplishments for the 2018 fiscal year:

Infrastructure

- Invested in new and improved broadband e-Connectivity for more than 45,000 rural homes and businesses.
- Invested in modernized rural electric infrastructure for more than 7 million customers.
- Invested in new and improved water and wastewater infrastructure for nearly 3 million rural customers.
- Invested in new and improved community infrastructure including roads, aviation, ports, and water and storm water resources for 1.2 million rural Americans.

Partnerships

- Implemented a Memorandum of Understanding (MOU) with the Small Business Administration to increase access to capital in rural America and increase leverage of USDA’s guaranteed loan funds.
- Partnered with federal and state leaders, local government interests and industry to discuss model practices and explore prospects to maximize the opportunity for natural gas development in rural communities.
- Co-led the White House Rural Opioid Federal Interagency Working Group alongside the White House Office of National Drug Control Policy (ONDCP) to help address the opioid crisis by improving coordination of federal response in the Nation’s rural communities.
- Established a pilot program to increase homeownership on tribal lands in partnership with two Native community development finance institutions with long-standing relationships with South Dakotan and North Dakotan Tribes.

Innovation

- Cut red tape and broke down regulatory barriers to expedite the construction of rural infrastructure by streamlining the regulatory review process.
- Launched a major regulatory reform effort to streamline four guaranteed lending programs into one common process through the One Guarantee rule, helping businesses and community leaders access the capital they need to compete and grow.
- Invested in 145 innovative distance learning and telemedicine projects to use broadband e-Connectivity to help 4.6 million rural Americans access health care, education, and job training opportunities in more than 730 counties.
- Created a data analytics and evidence team in the Rural Development Innovation Center to enable data-driven decision making in targeting Rural Development program investments.
- Built greater capacity for innovation at the local level through a new Rural Economic Development Initiative that will provide technical assistance for asset-based planning.
- Created a suite of tools to help rural communities address the opioid crisis
- In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities.

Breathe Easier in 2019: Understanding Chronic Obstructive Pulmonary Disease

(Part One of a Four-Part Series)

Brought to You by Hometown Pharmacy of McKee and Written by Alyssa Radford, PharmD Candidate May 2019

Did you make a promise to be different – better, healthier, happier – as the ball dropped on New Year’s Eve Monday night? Several Americans are making New Year’s resolutions to lose weight or eat healthier. But, have you considered other areas of your health that need attention as well? This year, why not do something different and make a resolution that will set the stage for you to take charge of your health and well-being. This is what Hometown Pharmacy of McKee is here to help you do. This New Year’s season, we are particularly targeting lung health and people living with Chronic Obstructive Pulmonary Disease. So, if you or someone you care about suffers from this disease, then tune in to the over the next few weeks for a series of articles on this disease brought to you by Hometown Pharmacy.

Chronic Obstructive Pulmonary Disease, or COPD, is a disease in which persistent lung damage makes it increasingly more difficult to breathe. Chronic means that the condition is life-long. Obstructive means that the airways are blocked by weakened or damaged lung tissue. Pulmonary refers to your lungs. COPD is a progressive disease. This means that the damage from the disease, unfortunately, cannot be reversed, and damage continues to occur over time. However, medications can help slow the development of the disease damage.

Although the damage from COPD is not fully reversible, it is a fully preventable disease, meaning that you can be proactive by making choices and living a lifestyle that avoid putting you at risk for the disease. Smoking is the main risk factor for COPD. In fact, 80%-90% of all COPD cases are caused by smoking. Therefore, choosing not to smoke and also avoiding tobacco smoke is the best way to prevent the disease. In addition to smoking, the other 10%-20% of COPD cases are caused by breathing in secondhand smoke, air pollution, chemical fumes, gases, or dust from your job, untreated asthma, and frequent lung infections. Some people have an inherited condition, called alpha tripsin deficiency, which can cause COPD.

The three most common symptoms that people with COPD experience are shortness of breath, cough, and sputum production, which refers to coughing up phlegm. Other symptoms occurring with COPD include wheezing, chest tightness, and non-respiratory symptoms such as fatigue, weight loss, loss of appetite, fainting, rib fractures, ankle swelling, depression, and anxiety.

Please pursue seeing a doctor if you are having any of the three main symptoms of COPD, especially if you also have a risk factor for developing the disease. This is urged because the presence of multiple COPD indicators increases the probability of a diagnosis of COPD. A lung function test/breathing test called spirometry is required to make a diagnosis of COPD.

It’s very important to recognize that even if you have normal spirometry, this does not mean your lungs are physically normal. All it means is that the current state of the disease is not significant enough to affect overall lung function test results...yet. This moment in your life could very well be an early sign of active disease where if untreated, may result in significant damage and declining lung function over the next few years. Therefore, if your lung/breathing tests are “normal” but you continue to experience symptoms, this should not be ignored. You should pursue seeing a doctor so that you can be evaluated for other signs of illness using other diagnostic tests.

I have much more to say about COPD. My goal is that by the end of this series, you’ll be well informed about what you can do to live your best life if you are affected by this disease. Tune in next week to find out what the first and most important part of any treatment plan for COPD is, and how you can accomplish this. Until then, feel free to contact us here at Hometown Pharmacy. We’ll be happy to sit down with you and go over any questions you have regarding your healthcare and prescription needs. You can also go to uptodate.com and search “COPD Patient Education” for more information.

January Financial Aid Tip

Kentuckians seeking help to pay for college or technical training can take advantage of student aid programs administered by the Kentucky Higher Education Assistance Authority (KHEAA). Those programs include the:

Kentucky Educational Excellence Scholarship. KEES lets high school students earn money by getting good grades in school and doing well on the ACT or SAT.

College Access Program Grant. CAP awards help financially needy students pay for classes at Kentucky’s public and private two- and four-year colleges.

Kentucky Tuition Grant. Students enrolled full time in associate’s and bachelor’s degree programs at the state’s private colleges may be eligible for a KTG award.

Dual Credit Scholarship. This scholarship is available to Kentucky high school and home school students taking dual credit classes at a participating Kentucky college or university.

Work Ready Kentucky Scholarship. The WRKS helps Kentuckians who have not yet earned an associate’s degree afford an industry-recognized certificate or diploma.

For complete information about these and other programs visit www.kheaa.com and look for “KHEAA-Administered Programs” under the “Paying for College” tab.

KHEAA’s sister agency, the Kentucky Higher Education Student Loan Corporation (KHESLC), offers Advantage Loans to help students and parents pay for college or to refinance student loans. For more information, visit www.advantageeducationloan.com.

For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

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