



83 year-old Jamie Payne completed the 5K.

3rd Annual Second Sunday Wellness Event great success with 489 miles logged

By Lisa Hagman

The Second Sunday event is not just one afternoon of physical activity. It is designed to raise awareness of the need for local infrastructure that promotes a healthy lifestyle in an otherwise sedentary population. The Second Sunday event is the 2nd Sunday in October and the purpose is for Kentuckians to take advantage of a statewide day for physical activity and commit to making healthy lifestyle changes. One hundred fifteen Kentucky counties participated this year.

For many years Kentucky has had one of the highest obesity rates in the country. According to a new report by the Trust for America's Health and the Robert Wood Johnson Foundation, Kentucky has the seventh-highest

obesity rate in the nation at 29 percent and the fourth-highest percentage of overweight youth at 37.1 percent. Second Sunday is a perfect opportunity for Kentuckians to display their resolve in remedying these statistics and in turn improving the health of all in the state. It is an opportunity for Hancock County to utilize our available resources for physical activity and make efforts to promote these resources to their neighbors, friends and family.

This year the local event incorporated the October theme of Breast Cancer Awareness and asked participants to walk/run a 5k. After completing one lap around Vastwood Park trail, each participant received a bottle of water. After completing the second lap, they earned a

Breast Cancer Awareness butterfly pin. The completion of the third lap earned them a t-shirt and a ticket for prize drawings with the grand prize being an iPod Touch.

One hundred fifty-five participants came out on Sunday and logged 489.5 miles! There

were 8 participants aged 65 or older, 87 adults aged 18-64, and 50 children.

The event was a collaborative effort and was sponsored by Hancock County 4-H, Hancock County Community

Education, Hancock County Partners Coalition, HC2, Hancock County Family & Consumer Sciences Council, Hancock County Fiscal Court, and Rob McCormick.




Signing out after completing the 5K walk are: Ricki, Shonna, Rebecca and Caleb Wilson.



Marcie Gaynor got lucky and won the iPod Touch.

DEBBIE'S BOOK CORNER




By Debbie Gaynor

A Romance Forever: The True Story of a Wartime Romance and 60 Amazing Years Together

By George A. Eddy
A Romance Forever is the story of a haunting romance that will warm the heart of the reader. It was the 1940s and humanity was in the midst of WWII. George Eddy enlisted in the Navy as an Aviator. Was it fate or coincidence that his seat on a flight was bumped? Kathryn Jane was the airline hostess that informed him of the change in his flight plans. From the moment he laid eyes on her he knew she was his dream girl. A Romance Forever continues with their love story. The handsome couple married, raised children and lived happily ever after until Alzheimer's struck Kathryn. Kathryn was an accomplished artist, devoted mother and passionately in love with her husband. Because of personal experiences with Alzheimer's I was particularly touched by George's loving tribute to his wife. We live in a society that does not understand the definition of true love or commitment. It is refreshing to read a true story about a couple deeply in love. The Eddy's have been married over 65 years. Many of the "stories" in A Romance Forever have a humorous quality, such as the story concerning the wood floor. A Romance Forever is an upbeat look at life. Eddy's admits part of his reason for writing his memoirs was to help him remember. His book touched me. I admit to having a few tears in my eyes and a smile on my face as I read this book. Eddy's style is conversational. He has included photographs. They bridge a connection between the reader and the Eddy's. A Romance Forever is easy to read and understand. It is a delightful tale that will warm the hearts of readers.

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Owensboro Medical Health System

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