

Minds in the Middle

Spring pictures will be held this Friday, February 22. This is a rescheduled date due to snow.

Plans for our fourth annual Reality Store are underway. The event will be held on March 12. We are currently looking for community volunteers to help with the project. This has been a very successful way of giving our 8th graders a dose of reality.

Several members of the RCMS Chorus represented our school at the Central Kentucky Music Education Association annual event in Lexington on Wednesday and Thursday. After hours of practicing, the group ended their experience with a concert on Thursday evening.

Mr. Angie Hunt's homeroom, along with some of our FCA members, will be visiting CAP on Monday for a party with the preschoolers.

Some of our Y-Club members will be in Louisville on Sunday for the KUNA candidates and officers training. The annual Kentucky United Nations Assembly is coming up the first weekend in March.

Baseball and softball events are now underway. Mr. David Riddle will be coaching our baseball team and Mrs. Sue Ellison will be head coach for the softball team.

Our 21st Century Community Learning Center activities are continuing. The Survivor Circles and quilting class take place on Monday and Tuesday afternoons. Also on Monday, we offer computers and an art class. Wednesday and Thursday are offered on Tuesday. Chorus is also held on Wednesday, along with art, French, and the book club. On Thursday afternoons, gymnastics, aerobics, and Families in Transition are taking place. For any information about these events, contact Mr. Jason Cogner at 256-5118.

HONOR ROLL

3rd Seven Weeks

Entrepreneurs Team: Chris Ayers, Tom Lymer Baker, Holly Brown, Leslie Burdette, Zack Burkhardt, Stephanie Carr, April Chestnut, Laura Childers, Monica Chisholm, Jay Cobb, Kayla Collins, Bethany French, Tim Harding, Pennie Hays, Kim Hays, Devin Hays, Kim Johnson, Angelica Jones, Brooke Kirby, Andrew Lawwell, Rocky Lear, Beverly Miller, Lewis Mink, Brian Mize, Rebecca Mounce, Nathaniel Mullins, Daniel Myers, Christy Napier, Kayla Owens, Dustin Poynter, Sara Rowe, Christy Scott, Morgan Thacker, Melinda Thompson, Tyler Vaughn, Kierston Willis, Jake Woodall.

Travellers Team: Rhonda Abney, Courtney Bullock, Courtney Bustle, Sara Can, Gary Caldwell, Brandon Carpenter, Joey Chastain, Brent Cromer, Jessica Cummins, John Davis, Rebekah Gevedon, Brenda Hydon, Brittany Hyde, April Johnson, Dustin Johnson, Johnny Jones, Erik Jordson, T.J. Kidwell, Adrienne Lovell, Megan Loeval, Blake McKinney, Zach Miller, Sally Mize, Josh Moberly, Christopher Mullins, Jeffery Mullins, Brandy Owens, Dustin Owens, Amy Poynter, Brittany Pruitt, Christy

Randolph, Katie Williams, Andrea Wynn, Nicki Wynn.

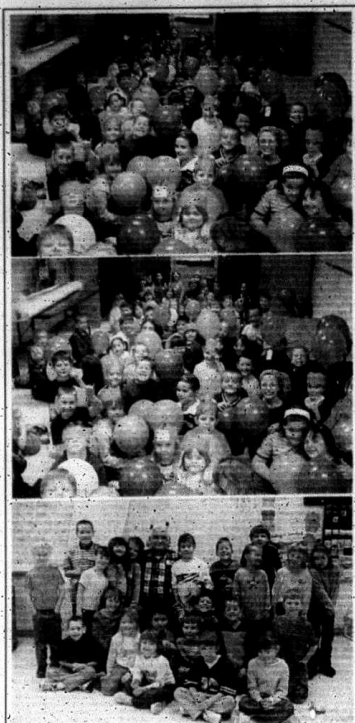
Shooting Stars Team: Megan Alcorn, Danielle Alexander, Jamie Alexander, Karla Ashley, Josh Blair, Megan Bradley, Mercedes Burdette, Ainsley Busell, Kyle Busell, Morgan Cain, Ashley Cash, Shawn Childers, Danny Clark, Michael Clark, Victoria Clinton, Rebecca Cummins, Drew Davidson, Brandon Deborde, LaTasha DeBord, Laura DeKauwe, Brandon Dykes, Brittany Gregory, Megan Griffin, Justin Harris, Jessica Hayes, Justin Jensen, Jessica Hodge, Alicia Jackson, Billy Jones, Morgan Kinser, Matthew Martin, Stephanie Mason, Jesse McCauley, Casey McClure, Lorie McClure, Erica McKinnis, Emily Mink, Ashley Mullins, Josh Nation, Lisa Northern, Jill Owens.

Becky Frewitt, Megan Rader, Emily Reddington, Jacob Renner, Steve Renner, Bethany Smith, Clint Walker, Josh Willis.

Adventurers Team: Danielle Adams, Amy Albrecht, Lance Baldwin, Curt Burton, David Carpenter, Derrick Carpenter, Lura Cash, Cotti Childers, Kim Cottrell, Brandon Cromer, Cheri Cuningan, Ashley Collins, Steven Eversole, Josh Garrison, Bryan Olmstead, Jacob Harding, Leanna Holden, Chandler Hunter, Chris Hurst, Jacob Jones, Courtney Kirby, Mackenzie Marrie, Kelli Martin, Shane McClure, Krystal McFerron, Jack McQuary, Veronica Miller, Leann Mink, J.L. Polly, Jessica Poynter, Hillary Proctor, Anna Reynolds, Brittany Robinson, Lisa Robinson, Meredith Robinson, Brandy Scalf, Kelly Slomp, Heather Spires, Ashley Stewart, Bethany Taylor, Amanda Vann, Emily Whitaker, Kayla Whitaker, Rachel Wright.

Challengers Team: Justin Albright, Amber Allen, Danielle Arnold, Kenny Bartlett, Amanda Blankenship, Kendra Blanton, Christin Bryant, Elizabeth Bobo, Sarah Bullock, Elizabeth Bussell, Michael Campbell, Allison Carter, Hannah Childers, Elizabeth Coffey, Charles Crampton, Brandon Durham, Kayla Felner, Stacy Gabbard, Rebecca Graves, Ashley Harrison, Allison Hedrick, Rebecca Lawrence, Cody Lester, Melinda Lindsey, Michael Lovell, Derrick McClure, Wesley McFarlane, Justin Miller, Lori Miller, Karen Mink, Tabitha Nickle, Travis Powell, Andrea Reynolds, Jessica Robinson, Tim Rowland, Tyler Shearer, Ashley Smith, Kasea Smith, Shawneisha Smith, Wendy Stewart, Matthew Taylor, Renee Taylor, Andrea Witt.

Comets Team: Derek Adams, Jody Alexander, Jessi Aheer, Kayla Barnett, Ty Bottoms, Jared Brown, Ashley Bullock, Melanie Bullock, Courtney Cordey, Trenten Griffith, Carter Hammond, Kayla Hayes, Maria Henkins, Mary Hensley, Heather Hopkins, Natasha Howard, Holly Kidwell, Brittany Kinser, Kevin Mason, Kelly Mullins, Leslie Robins, Tressie Robinson, Elizabeth Scarborough, Abisha Smith, Brittany Smith, Gabe Stallworth, Leslie Stewart, Neisha Taylor, Brad Terrell.



The Static Team at Broadhead Elementary celebrated the 100th day of school with a balloon launch! The children put tags with their names and school address on the balloons, asking people to write the school and let them know where their balloons were found. The students will be "mapping out" the locations where their balloons are found. Broadhead City Mayor, Mr. Walter Cash, bottom photo, visited the students in Ms. Margie Bishop and Ms. Gina Bussell's classes last week. Mr. Cash shared with the children his experiences as the mayor of Broadhead. The children also learned that he attended the old Broadhead school.

School Menu

February 25-March 1, 2002
Breakfast

Monday: Pancake porky or cereal, toast/jelly, juice and milk.

Tuesday: Cinnamon roll or cereal, toast/jelly, juice and milk.

Wednesday: Egg and biscuit or cereal, toast/jelly, juice and milk.

Thursday: Waffles and syrup or cereal, toast/jelly, juice and milk.

Friday: Egg and toast of cereal, toast/jelly, juice and milk.

Lunch

Monday: Chuckwagon on burr or sandwich, french fries, cole slaw, pudding pop and milk.

Tuesday: Soup and sandwich, veggie'and dip, crackers, fruit and milk.

Wednesday: Ham, potatoes, broccoli and cheese, bread, cookie and milk.

Thursday: Manager's Choice.

Friday: Chili-chips-cheese or sandwich, potato wedges, glazed carrots, fruit dessert and milk.

EKU Spotlight Day

If you are a high school senior or a community college student considering Eastern Kentucky University but have more questions than answers at this point, you're far from alone. But the best news of all is that you can get many of your questions answered Saturday, March 2 at EKU's Spotlight Day.

High school seniors, prospective transfers and their parents at Rockcastle County have a special invitation to visit the Richmond campus for the event, which will begin in Brock Auditorium at 8 a.m. and continue in various campus locations through 12:30 p.m. Students planning to attend must preregister by calling 859-622-2106 (toll free 1-800-465-9191), or on-line at www.enrollment.eku.edu/spotlight, spring, 2002. Registration forms also are available from high school guidance counselors.

Spotlight Day will include academic exhibits, campus tours, refreshments and information about admissions and various student services. Included are financial aid, scholarships, housing residential development and education, co-op education, Career Services, financial services, Student Development activities, Multicultural Student Services, Student Support Services and the Student Success Institute.

Students and parents will benefit from activities designed especially for them and geared to student success and academic expectations. Students will attend a session on "Preparing to Succeed in College" and hear a panel discussion on "Life at EKU." Parents will attend sessions on admissions and financial planning and another on academic expectations for EKU students.

"Students and parents will be able to talk with current students, faculty members and residence hall directors," said Stephen Byrn, director of EKU's Division of Admissions. "They can get a sense of what EKU has to offer."

"Already about 200 Rockcastle Countians are studying with us at Eastern," Byrn said. "We're delighted that some of the county's best and brightest students have come to Eastern, where we've committed to each student's success."

"The combination of innovative academic programs will be represented at the event. The exhibits will be set up like an information fair, where students can browse and get as much information as they want."

"Choosing the right place to continue an education is an important decision," Byrn said. "We believe Spotlight Day gives students a feel for the special atmosphere of our University."

A second Spring Spotlight Day will be held Saturday, April 13.

For more information about EKU, visit www.eku.edu.

Helton and Mullins earn degrees from SCC

Two residents of Rockcastle County earned their two-year Associate Degrees from Somerset Community College at the conclusion of the Fall, 2001, semester in December. A total of 85 students graduated from the college in December.

Eric C. Helton, of Broadhead, earned his Associate in Applied Science degree in Physical Therapy Assistant.

Dusty M. Mullins, of Mt. Vernon, earned an Associate in Arts degree in English Language and Literature.

Somerset Community College is part of the Somerset Community and Technical College District. There are five locations that make up the district. They are Somerset Technical

College, Somerset Community College, Laurel Technical College, McCrory County Center and the Laurel County Center. SCTCD is one of 16 districts that make up the Kentucky Community and Technical College System.

"The colleges of KCTCS prepare Kentuckians for employment in today's competitive workforce, provide upgrade or additional training for those already in the workforce, train those who desire to change occupations, offer degree and transfer programs to four-year colleges and universities and provide lifelong learning opportunities in a community-based setting."

National Children's Dental Health Month

February is National Children's Dental Health Month. Daily brushing and regular visits to the dentist are important for healthy smiles. Dental sealants can also preserve those pretty smiles.

Dentists have long helped patients in the prevention of tooth decay. One of the tools in the war against decay is the dental sealant, a plastic material that the dentist applies to the chewing surfaces of the back teeth—the premolars and molars. The sealant forms a barrier that protects teeth from plaque, a sticky film of bacteria that constantly forms on teeth.

The bacteria in plaque use sugar and starch in food as a source of energy. They convert this food into harmful acids that attack teeth and may cause cavities.

Thorough brushing and flossing help remove food particles and plaque from smooth surfaces of the teeth: Pits and fissures, however, are

places that are extremely difficult to clean. Toothbrush bristles cannot reach all the way into the depressions and grooves to remove food and plaque. The normal flow of saliva, which helps food particles from other areas of the mouth, cannot adequately cleanse the pits and fissures. They become places that are especially prone to decay. Most cavities form in pits and fissure areas, and permanent molars are extremely susceptible to this form of decay.

Applying dental sealants takes only a few minutes for each tooth. Sealants hold up well under the force of normal chewing and usually last several years before a reapplication is needed. As long as the sealant remains intact, the tooth surface is protected from decay. The dentist checks the condition of the sealants during the dental examination and reapplies them as necessary.

Sealants—an investment in maintaining a healthy smile.

2002 National FFA Week

There are not many organizations in which a teenager can both learn to design a golf course and perform genetic research, that is unless the young person is one of the 457,000 members of the National FFA Organization.

FFA is found in all 50 states, including Puerto Rico and the Virgin Islands. FFA provides more than 300 careers in agriculture, as well as preparing students for these careers. Opportunities range from a future in

marketing, law to science, to international business and much more. From Feb. 16-23, FFA chapters nationwide will organize events and activities to build awareness of the promising and diverse opportunities available through agriculture education. This year's focus will revolve around "FFA makes it real."

Career success is not the only thing that FFA provides for young people. Involvement in FFA develops potential for personal growth and

premier leadership. "Our students are prepared to excel in all aspects of their lives," explains National FFA advisor Dr. Larry D. Case. "FFA uses real-life applications to reinforce classroom learning."

FFA is not extracurricular. The program completes a three-part model of education. Classroom instruction includes hands-on supervision agriculture experience programs (SAEs), which are strengthened through curriculum enhancing activities

and programs. Students learn by simply doing. They are taught to practice real skills that they will need for success in the future. The teaching and learning method that is used in the FFA program works together to achieve success from all students, regardless of their particular career interest.

Nearly half a million young people nationwide appreciate the experiences and education provided through FFA. On Feb. 16-23, the people that have gained success through the FFA program hope to help others also realize their dreams and future plans by joining FFA.

FFA is a national youth organization of 457,278 student members. There are 7,312 local chapters in all 50 states, Puerto Rico and the Virgin Islands.

The Rockcastle County High School FFA has a total of 147 members. The FFA is the largest club in the school where members have to be enrolled in a specific course to actually be a member. FFA at Rockcastle is also very structured and strives completely towards premier leadership, personal growth and career success through agriculture education.

National FFA Week's goal is to reveal the unending benefits and success of the FFA program. For more information visit www.ffa.org.

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FFA officers met with County Judge-Executive Buzz Carlifolis for the signing of the proclamation that declared this National FFA Week. Back row from left: Heather Adams, Eric Adams and Jamey Robinson. Front row from left: Brad Russell, Judge Carlifolis and Chris McGuire.

Fish for Pond Stocking

Delivery will be: Monday, February 25th

Broadhead - Adams Feed & Supply

1:00 - 2:00 p.m. Phone 606-758-8813

To place an order call the store above or call 1-800-247-2615

Farley & Farley Fish Farm

Cash, Arkansas 72421

Public Service Message

Rockcastle residents are advised that our county has five public water utilities. When reporting leaks, trouble or even paying your bill please make sure you are contacting the proper water company. When reporting a leak or water problem, leave your name, phone number and the name of the road where the problem is located. Check your monthly bill for the name and number of the company servicing your area.

Broadhead Water Works - 758-8635

Liveston Water Works - 453-2061

Mt. Vernon Water Works - 256-2879

Rockcastle Water Association - 256-5480

Western Rockcastle Water Association - 256-8283

Thank you for your attention and cooperation in this matter.