

RCHS leaders work together in recent GEAR UP challenge

Blindfolded and instructed to rob a bank without touching any laser sensors, Frankie Woodall was out of ideas. "Without my partners, I probably wouldn't have made it," said the 9th-grader from Rockcastle County High School. But, with the help of 19 other freshmen, he made it through the lasers, which were really ropes, and all the way to the end of the Asbury University Challenge Course's low ropes activities.

"I gained the knowledge of how to lead a little bit better," he said, "but also, it was really fun in the process."

The 20 9th-graders started the day by dividing into teams and playing games that required coop-

eration, creative thinking, and even frenzied gestures when talking was not allowed. The students then followed their challenge course guides into the ropes area, where they balanced the entire group on a large seesawing platform, helped each other walk along ropes suspended above the ground, and even made it through the crisscrossing ropes that represented laser security at a bank.

The visit to the challenge course was part of an ongoing leadership training program run by Berea College's GEAR UP partnership with Rockcastle County schools. The students were selected by teachers, administrators and community members because they showed prom-

ise as future leaders. Last spring, the group met leaders from other schools participating in Berea College's GEAR UP Partnership on the college's campus. There, they defined leadership and began the process of forming their team at the local level, but also found themselves part of a bigger, regional group of young leaders.

Linda Stone, the GEAR UP service coordinator for Rockcastle County, said that the training was part of a plan to get the students working together. "This would give us an opportunity to give these kids an experience where maybe they weren't always comfortable," she said. "Blind-folding a student who is very comfortable taking control and always being in charge, and then they have to be led, is instrumental in helping create that team and helping them see that everybody has a voice and has the opportunity to lead in that group."

Juliann Kirby saw her fellow 9th-graders change from her competitors to her teammates over the course of the day. "At first everybody just assumed it was part of a competition, since there were two teams," she said. "But later on you realized that you had to depend upon each other to get by."

Kirby said she even appreciated being asked to do

something she would not normally do. "It got everybody out of their comfort zone, having to be with others," she said. "And when you'd open your mouth and say something, then you'd always find a way to get some kind of positive feedback."

Stone says that the leadership training will be integral in helping meet GEAR UP's objectives of increasing high school graduation rates and preparing students for college and career success. "We know that students have a voice. And they listen to their peers," she said. "Their goal will really be to make college something that every student is going to strive for. Not just the students that everybody thinks will go to college, but all students will be focused on 'What am I doing when I get out of here?' 'Where am I going when I graduate high school?'"

Woodall feels ready for his new role as a student leader. "I learned here that it's okay to speak your mind as a leader, and that it's easy once you get to know the people around you." He has come a long way since he was blindfolded and trapped by lasers. "I really didn't think I would be cut out to be a leader, but it's really not that hard, when you think about it."

To find out more about GEAR UP in Rockcastle County, contact Linda Stone at (859) 985-5118, or Linda_Stone@berea.edu.



Congratulations to Rockcastle Regional Hospital Scholarship recipients Nataasha Bohlman and Olivia Caudill. Both are 2013 graduate of Rockcastle County High School and are attending Eastern Kentucky University to pursue a Nursing career. Pictured above is Nataasha Bohlman with Carmen Poynter, Human Resources Director at Rockcastle Regional Hospital. Pictured below is Olivia Caudill and Carmen Poynter.



Mt. Vernon Message

School News

Welcome Back to school. This is the beginning of an exciting year for MVES. There have been a few changes in our school for this year. The biggest change, is that we have a new principal. Mr. J.D. Bussell comes to us from RCHS. We are looking forward to an exciting and fun-filled year of learning as he guides us through 2013-2014. A couple other changes include our self-contained classrooms and uninterrupted reading time. Self-contained classes allow students and teachers to stay together for the entire day, with the exception of arts block classes. There will be less interruptions and allow relationship building time

between teacher and student. The uninterrupted reading time will have the first 90 minutes of the day devoted entirely to reading groups and instruction.

We've been here for a couple weeks and already a break is approaching. Students will not be in school on Monday and Tuesday, September 2 and 3.

Picture day has been scheduled for Wednesday, September 4. Wear your brightest smile.

Our FRC is sponsoring a Soup Bean Supper for Grandparents on September 6 from 4:00 until 6:00. Flyers have been sent home. If you have any questions, please contact our FRC at 606-256-5173.

Adoptable Shelter Dogs



Hey everybody! We are American Bulldog mix puppies and we are so excited about being placed in new families since our owner surrendered us to RCAS. We are about 8 weeks old and we already weigh in at approx. 18-20 lbs.!! We will make VERY LARGE dogs as we reach adulthood so be prepared to give us plenty of love, room and food and in return we will give you loyalty and companionship for the rest of our lives. If you could open your heart to one or all of us then give the shelter a call @ 256-1833. (kennel 13)



Hello, Mount Vernon Signal readers! We are the newest puppies to be brought in to RCAS. We are 1/2 Jack Russell and 1/2 Chihuahua. We are about 7-8 weeks old and we love to run and play! There are 4 of us, 2 males and 2 females and we would love to be a part of your family. We would make great companions for anyone who is looking for a dog that will stay small. Better hurry though, I suspect we won't have any trouble being placed into loving homes! If you are interested in one or all of us then please call the shelter @ 256-1833. (kennel 15)

Camp for grieving children is Sept. 6-8

It's not too late to register for Camp Hope, a weekend retreat for children who have lost a loved one.

Camp Hope is designed for children ages six to 12 whose loss occurred within the past two years. It will take place Sept. 6-8 at Cathedral Domain Camp and Conference Center in Irvine. Some spaces are still available. If interested, contact Nora Brashear right away at the Hospice Care Plus central office at 859-986-1500 or 800-806-5492.

Registration is typically \$35 per child. However, children living in Hospice Care Plus's service area, including Estill, Jackson, Lee, Madison, Owsley, and Rockcastle counties, may attend at no cost.

Hospice Care Plus co-sponsors Camp Hope along with Hospice of the Bluegrass and Heritage Hospice. Transportation is provided.

The Signal office will be closed Monday for Labor Day

2nd Annual
Strides Against Cancer

HORSE SHOW

**Saturday,
September 14, 2013**

Proceeds benefit "The Hope Fund"

Lincoln County Fairgrounds • 5 p.m

General Admission \$5

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SUMMER CLEARANCE EVENT

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NEVER LEAVE HOME AGAIN TO GET A GREAT DEAL ON A NEW CAR OR TRUCK.
IF WHAT YOU WANT IS POSSIBLE MANN CHRYSLER CAN GET IT DONE. EVEN IF YOU SEE A COMPETITORS AD IN LOUISVILLE OR CINCINNATI, JUST BRING IT IN AND WE'LL HONOR IT.

NEW 2013 DODGE Avenger SE MSRP: \$20,186 SALE \$16,999	NEW 2013 DODGE Dart SE MSRP: \$18,885 SALE \$16,999	NEW 2013 CHRYSLER 200 MSRP: \$22,695 SALE \$17,999
NEW 2013 CHRYSLER 300 MSRP: \$31,140 SALE \$25,999	NEW 2013 CHRYSLER Town & Country Touring MSRP: \$30,999 SALE \$26,999	NEW 2013 DODGE Charger SXT MSRP: \$32,425 SALE \$27,499
NEW 2013 DODGE Challenger RT MSRP: \$33,485 SALE \$29,999	NEW 2013 RAM 2500 Crew Cab MSRP: \$39,180 SALE \$31,899	NEW RAM Dump Truck MSRP: \$58,388 SALE \$39,988

WAC. Price does not include tax, tag and fees. All rebates assigned to dealer. Due to ad deadlines, vehicles may be sold. Artwork for illustration only. Thanks for reading the fine print.

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