

MINDS IN THE MIDDLE

On February 16, we will be conducting our school-wide spelling bee. Each team will have one representative to participate. The winner will then compete in the district spelling bee on February 23.

Congratulations to our seventh grade basketball team in defeating Meade Middle School Saturday in the conference tournament by a score of 41-32. Brandon Griffin led scoring with 22 points. The seventh grade team suffered a defeat Thursday night in their conference game, losing to Northern Pulaski 64-44. Tim McIntosh led scoring with 17 points.

This Friday there will be a Valentine's dance. Remember that students need parent and team permission in order to attend. The cost is \$3.00 and students should be picked up at 5:00.

Also this Friday night at 7:00, our 8th graders are invited to attend the RCMS 8th grade Step-Up night. The students are getting geared up for their pending transfer to the high school.

Our Parent-Teacher Conference Day has been rescheduled due to the snow days we have had. This will be held on Thursday, February 17 from 3:00-6:00 p.m. Report cards will be available in the team areas at this conference.

Congratulations to Anna Guilfoi who placed second in the Composition section of the Academic Team Governor's Cup Competition. She will now compete in regional competition, as will our Future Problem Solving team who also placed second in their competition.

The county 4-H variety show will be held at Mt. Vernon Elementary School on Thursday, March 16 at 6:30 p.m. Students who wish to participate must register with the county extension office by Friday, March 10 by calling 256-2403.

Next Tuesday will begin the annual Livingston Lions' Club 6th grade tournament. Because we have cancelled several games due to the weather, we have not yet been able to have our 8th grade recognition night. We will be doing this during the 6th grade tournament honoring our 8th grade boys basketball players, cheerleaders, and dance team members.

We are in the process of planning our annual 8th grade Reality Show. This event gives the students an opportunity to spend the day as an adult with adult responsibilities (families, bills, shopping, etc.). We could use parent volunteers to help on this day. The Reality Show is scheduled for March 2.



Rockcastle Tobacco-Use Prevention Coalition recently elected officers for their Executive Committee. Above, from left are: Chelsen Stratton, vice-chair; Casey Taylor, secretary; and Cheyenne Carmack, chair.

Rockcastle Tobacco-Use Prevention Coalition forms

On Thursday, January 27, 2000, the American Legacy Foundation released the 1999 National Youth Tobacco Survey (NYTS) data measuring use of all forms of tobacco among middle and high school students at the Healthy People 2010 Conference in Washington, D.C. The American Legacy Foundation in collaboration with the CDC Foundation conducted the survey. The Centers for Disease Control and Prevention provide scientific and technical assistance.

The NYTS is the first-ever study to measure the prevalence of current tobacco use among middle school students and to document the emergence of beds (also called bedies) and kreteks (also called clove cigarettes) use among middle and high school students.

Additional findings are as follows: About one in 10 (9.2 percent) middle school students and more than a quarter (28.4 percent) of high school students were current cigarette smokers.

Cigars were the second most preferred tobacco product used by middle and high school students. Among middle school students 6.1 percent reported smoking cigars in the past month. African American middle school students (8.8 percent) were significantly more likely to smoke cigars than white students (4.9 percent). Cigar use among high school students was 15.3 percent. An estimated one in five male students (20.3 percent) has used cigars compared to about one in 10 female students (10.2 percent) in the past year.

Use of novel tobacco products, such as bidi and kretek cigarettes, is an emerging public health problem

among youth in the United States. The use of beds (5.0 percent) and kreteks (5.8 percent) among high school students nearly equaled the use of smokeless tobacco (6.6 percent).

These are disturbing statistics and several local citizens have united to try and make a change in the prevalence of tobacco use among youth in Rockcastle County.

On January 25 the Rockcastle Tobacco-Use Prevention Coalition officially elected officers to serve on its Executive Committee. Cheyenne Carmack is the Chair and Chelsen Stratton is the Vice-Chair. Both are students at Rockcastle High School. Casey Taylor, a middle school student, was selected as the secretary. The duties of the committee are to set the partnership's agendas and to review the activities of the coalition.

Other members of the coalition consist of local representatives from the health department, school system, youth services, hospital and religious affiliations.

The mission of the coalition is to strive to create an environment free tobacco-related diseases and mortality for the community, to improve the health of the residents of Rockcastle County by significantly reducing tobacco use, to reduce the initiation of tobacco use among youth, to inform the public on health issues as they relate to tobacco, and to act as an advocate for positive reform.

For more information about the coalition or any tobacco related issues, local citizens may contact the Cumberland Valley Tobacco-Use Prevention Resource Center at 256-5917. The center is located next door to the health department.

Rockcastle Schools announce Mentor Program training date

The mentoring program for Rockcastle County Middle School will conduct its training on Saturday, February 19th at the school. The training, which will last from 10:00 a.m. to 1:00 p.m., will include a working lunch. Mentors are encouraged to come out at 9:30 a.m. for a continental breakfast. Coming out early will allow them to meet the other mentors

and get a head start on filling out paper work. Please call Shelby Reynolds at 256-2125 or Andy Beichler at 606-985-3553 to confirm your participation in the training. While we encourage all mentors to come to the February 19th training date, there will be a repeat training for those that cannot make it. That date will be determined later.

Brown member of Beta Zeta

The Beta Zeta chapter of Delta Delta Delta at Transylvania University in Lexington announces that Suzanne Brown, daughter of Ronnie and Debbie Brown of Mt. Vernon, has been initiated as an active member of the chapter. Brown, a Rockcastle County High School graduate,

is a freshman at Transylvania. The Beta Zeta chapter was founded at Transylvania's campus in 1908. The chapter's purposes are friendship, scholarship, high standards of personal, community service, quality activities and career development.

Roundstone Honor Roll and Perfect Attendance

Midkiff Honor Roll: Jacob Harding, Jody Howard, Lisa Norborn, Jill Owens, J.L. Polly, Megan Rader, Jacob Renner, Bethany Smith, Jonathan Whitehead and Brandon Cromer.

Perfect Attendance: Zack Durham, Jacob Harding, Jody Howard, Monica Kidwell, Jill Owens, J.L. Polly,

Megan Rader, Bethany Smith, David Smith and Amanda Weaver.

Violin Honor Roll: Danielle Alexander, Morgan Cain, Danny Clark, Shanna Hensley, Alicia Jackson, Amanda Miller, Clint Walker, Amy Anderkin and Mackenzie Marrie. Perfect Attendance: Danny Clark, Monica Kidwell, Jon Weaver and Amy Anderkin.

BES raises \$3,578.52 for St. Jude's Children

St. Jude Children's Research Hospital announced today the successful completion of Math-A-Thon at Broadhead Elementary School in Broadhead. Math-A-Thon, now in its 21st year, is an educationally based fund-raising program in which students obtain sponsors for the number of math problems completed in special workbooks provided for students in grades K-9. The program is sponsored nationally by St. Flagg Theme Parks, who provides free passes to their parks for every student raising \$35.00 or more.

The students who participate in the program learn to do more than just math problems; they also learn the importance of helping children who are less fortunate than themselves. Through the Math-A-Thon, they are able to help provide a future for St. Jude Children's Research Hospital. Children with more than 200 forms of cancer and other catastrophic diseases find hope at St. Jude. Since its founding in 1962 by the late entrepreneur, Danny Thomas, the survival rate for most forms of pediatric

cancer have risen dramatically. In fact, today more than 70% of all children with cancer will survive their bout with the disease. St. Jude fully credits these successes in treatment to the generous support of people around the world, including the students at Broadhead Elementary School.

"We are very proud of our students for working so hard on the Math-A-Thon," said Mr. Mark McKinney, volunteer coordinator. "With their help, St. Jude Hospital will be able to create new treatments for many forms of cancer that will benefit the children of our state, our country and around the world. I also want to extend our thanks to the Broadhead community for supporting our students. It takes all of us to make a difference in the lives of children with cancer, and we can all feel proud of our response."

BES students raised \$3,578.52 in 1999. Broadhead Elementary has participated in this program since 1987 raising over \$20,000 total.

Rockcastle County Elementary School

Menu

February 7-11, 2000

Breakfast
Monday: Muffins or cereal, toast/jelly, juice and milk.

Tuesday: Waffles (2), syrup/butter or cereal, toast/jelly, juice and milk.

Wednesday: Scrambled egg, toast/jelly or cereal, toast/jelly, juice and milk.

Thursday: Breakfast pizza or cereal, toast/jelly, juice and milk.
Friday: Sausage & biscuit or cereal/toast/jelly, juice and milk.

Lunch
Monday: Chicken nuggets or sandwich, parsley potatoes, broccoli with cheese sauce, biscuits, milk and cookie.

Tuesday: Spaghetti/wheat sauce, slaw, applesauce, Texas toast, milk and pudding.

Wednesday: Chicken noodle soup, sandwich, vegetable sticks with dip, milk and fruit.

Thursday: Hot dog or chili dog, french fries, peaches, milk and cake.
Friday: Chicken patty on bun or hamburger on bun, spicy fries, lettuce/pickles, milk and jello w/whipped topping.

Rockcastle County Middle & High School

Menu

February 7-11, 2000

*Breakfast will be served each day.

Monday: Chef salad or chicken nuggets or sandwich, parsley potatoes, broccoli with cheese sauce, biscuits, milk and choice of desserts.
Tuesday: Chef salad or spaghetti/wheat sauce, slaw, applesauce, Texas toast, milk and choice of desserts.

Wednesday: Chef salad or chicken noodle soup, sandwich, vegetable sticks with dip, milk and choice of desserts.

Thursday: Chef salad or hot dog or chili dog, french fries, peaches, milk and choice of desserts.

Friday: Chef salad or chicken patty on bun or hamburger on bun, spicy fries, lettuce/pickles, milk and choice of desserts.



Emily S. Mullins, daughter of Richard "Buddy" and Anna Rose Mullins of Mt. Vernon graduated from Eastern Kentucky University on Dec. 11, 1999, with a Bachelor's of Science degree in Police Administration. She also achieved minors in Anthropology and Psychology. Currently, she is pursuing a Master's degree in Criminal Justice and serves as a graduate assistant to Dr. Pam Collins of EKV's Justice and Safety Center. Emily is a 1996 graduate of Rockcastle County High School.

Fish Fry

North Atlantic Cod

Lil's Place

Main St., Livingston

Sat., Feb. 12th, begins 2 p.m.

Adults \$5. Children \$2.50

Everyone Welcome



Members of the RCMS 8th grade band were selected to participate in the 2000 District 11 Middle School Honor Bands this year. Those students were selected by submitting a taped audition and participated in a concert given at Eastern Kentucky University along with students from across the state. Those selected were from front row from left: Amy Gilleard, Jessie Blevins, Jessie Denny, Back row from left: Scott Cain, Sarah Mullins, Amy Elliott, and Josh Ott.



The Nature Lovers Club at Rockcastle County Middle School has been collecting money for a flower garden and a float bed. The club consists of seventh graders from the Shooting Stars team. The children held a raffle and brought in donations in order to pay for these items. The club members are: Keri Mazurek, Dallas Cope, Stephanie Proctor, Derrick Hensley, Regina Bullock, Emma Milburn, Kara Martin, Jackson Bray, Tim Simpson, Chad Cunningham, Laree Baker, Nikki Mullins, Charis Gabbard, Shane Cox, Jesse Jones, Scarlet Frick, Teddy Stallworth, Corey Powell, Nick Eaton, Mickel Seals, Scott Cromer, Stacy Purcell, Justin Burkhardt, and Randy Bussell. The club has constructed the flower garden in front of the Rockcastle County Middle School and has built the float bed to seed and raise flowers for the garden. The club would like to especially thank the following people and businesses for their donations and assistance in this project: John Hale, Glen VanWinkle, Andrea Miller Stonemason, Rockcastle County Readymin, McNew Monuments, Randy Singleton Excavation, John Boone and Karen Taylor, Eddie Stallworth, Glen and Patricia Bullock and Ronnie Bullock. The club will continue accepting donations for supplies for the float bed and garden. If you would like to help, please contact Steven Bullock, club sponsor at the school at 256-5118.

Cumberland College announces fall graduates

The Cumberland College Office of Academic Affairs announces that the following local students are 1999 Fall graduates of Cumberland College.

Robert Aaron Cox, son of Jerry and Vicki Cox of Mt. Vernon, Cox earned a Bachelor of Science degree. Lora T. Todd, wife of Terence Todd, and daughter of James H. Lambert and Marjorie E. Fields of Mt. Vernon, Todd earned a Master of Arts Education degree.

Jeremiah R. Taylor, son of Joe and Rita Taylor of Mt. Vernon, as well as earning a Bachelor of Arts degree, Taylor graduated Summa Cum Laude, meaning he had a grade point average between 3.95 and 4.0.

Cumberland College, located in Williamsburg, is a private liberal arts college in its 111th year of operation. Cumberland offers four undergraduate degrees in 37 major fields of study, 30 minors and nine pre-professional programs.

School-to-Work to sponsor parent forum at RCMS

On February 17 at 6:00 p.m. following the Parents-Teacher Conference, School-To-Work Local Labor Market Area #16 will sponsor a parent forum at Rockcastle County Middle School titled "Parent Involvement: The Key to Student Success." The forum, presented by Hasan Davis of Empowerment Solutions and Andy Beichler of the GEAR UP program, will offer parents some strategies they can use to help children understand and succeed in the world after school. In describing the forum, Davis said, "We want to let parents know that there are things they can do at home to prepare their children for success. For instance, in a recent poll, employers ranked communication skills as the most important personal char-

acteristic they look for in a job candidate. Simply talking to and listening to your child can help develop these skills. And these skills are important whether a student plans to go to college, technical school, the military or straight into the world of work." Other topics which will be covered include the importance of a positive attitude, basic skills needed in the work world and Kentucky's Career Counselor.

School-To-Work invites all community members to these presentations and extends a special invitation to all parents of 5th grade students that will be attending these schools next year.

Please note: Due to bad weather this event was rescheduled from February 10th to February 17th.

Local students named to EKV fall semester Dean's List

Thirteen Rockcastle Countians are among 1,489 students at Eastern Kentucky University who were named to the Dean's List for Fall Semester study.

Local students named to EKV's fall semester Dean's List include: April Abbey of Mt. Vernon, Deborah Bentley of Broadhead, Nathaniel

Bullock, Jonathan Burdette, Sara Cogger, Christopher Dillingham, all of Mt. Vernon; Elizabeth Jones of Broadhead, Melissa Kirby, Angie Lawless, both of Mt. Vernon, Eric McKinney of Broadhead, Emily Mullins, Angela Parsons and Marcus Repper, all of Mt. Vernon.

To achieve Dean's List honors at EKV, students attempting 14 or more

credit hours must earn a 3.5 grade point average out of a possible 4.0. Students attempting 13 credit hours must earn a 3.65 GPA, and students attempting 12 credit hours must earn a 3.75 GPA.

"We are pleased to recognize outstanding academic achievement at Eastern Kentucky University," said EKV President Bob Kustra. "These students' classroom performance reflects both their diligence and the hard work of our faculty."

Of all the Dean's List students last semester, 550 earned a perfect 4.0 grade point average.

Eastern Kentucky University is a comprehensive university serving about 15,500 students in its 725-acre Richmond campus, at its educational centers in Corbin, Danville and Manchester, and throughout Kentucky.