

Carmack named All-State in Track

Rockcastle County High School track athlete Cheyenne Carmack was recently named to the All-State Track and Field Team. Cheyenne placed fourth in last season's 400-meter dash state championship and also placed seventh in the 200 meter dash finals. Awards were given to only four individuals in state class 2A in each event. Besides her outstanding performances at the state championships, Cheyenne was also ranked third in the final regular season standings in the 400 meter dash. She also ranked in the top ten in the 200 meter dash during the entire regular season. In order to be chosen for this award, Cheyenne had to finish in the top four at the state championships, as well as maintain a top four ranking during the regular season.

The Nike Indoor Classic, a national high school track and field meet held in Bloomington, Indiana.

...Congratulations, Cheyenne!



Cheyenne Carmack was recently named to the All-State team in the 400 meter dash.



Cheyenne Carmack, Tara Abney and Theresa Chislum were chosen All-State Academic.

Track members named All-State Academic

Several members of the Rockcastle County High School track and field team were recently named to the Academic All-State team for their efforts on the track and in the classroom during the 1999 season. In order to be chosen for the team, each individual was required to maintain a 3.75 grade point average and each

must also rank in the top ten in the state in their event or qualify for the state championships. Cheyenne Carmack, Tara Abney, Rachelle Hammond, Mindy Bullock, and Nathaniel Bullock, all received all-state honors. Three members of the team were awarded Honorable Mention All-State. In order to receive this award, each individual must maintain a 3.5 grade point average and must rank in the top ten in their event or qualify for the state championships. Clarissa Hubbard, Theresa Chislum and Jeremy Saylor were among those honored with this award.

Each member of the team received an all-state academic plaque and certificate in recognition of his/her accomplishment. Rockcastle was among a select few in the state to have a large number of student/athletes selected.



Rachelle Hammond was chosen All-State Academic.



Nathaniel Bullock was chosen All-State Academic.

Outdoors in Rockcastle

By Mike Carpenter
Beating Cabin Fever: Part 2
Last week's article talked about things to help the fishermen get ready for the upcoming fishing season and help cure cabin fever, so this week we are going to focus on you hunters with cabin fever. With most of the hunting seasons closed except for grouse, coyote and crow season most hunters have decided to give it up for the winter. If you hunters get bored and it seems there's nothing to do, here are a few things that just might help.

Most department stores such as K-Mart, Wal-Mart and other stores have put their hunting supplies on clearance, so you can really save money by shopping now. This is also a good time to take your firearms apart and give them a good cleaning

and oil them up. Firearms are one of the most expensive items a hunter can have, so we need to take good care of them so they will last. For you archers this is a good time to go to your local archery shop and change the string on your bow if it is needed. Bow strings stretch and now is a good time to get your bow tuned up and ready for next season.

For you turkey hunters, opening day will be here before you know it. The probable opening day will be April 17, 2000. That's not very far away, so now is the time to be practicing your shotgun and practicing your turkey calls so you can be ready on opening day.

Until next time, get out and take your kids, the future outdoors men and women of Rockcastle County, and enjoy the great outdoors!

Little League Baseball Sign-Ups

WHO:

Boys and Girls, ages 6-12 on Aug. 1, 2000.

WHERE:

Sign-up will be at the following sites:

- February 12th from 10 a.m. to 1 p.m. at **Brookhead Elementary Gym**
- February 12th from 10 a.m. to 1 p.m. at **Brookhead Elementary**
- or from 10 a.m. to 1 p.m. at **Mt. Vernon Elementary**

Forms may also be returned to or picked up at **Rite-Aid Pharmacy** Monday, Tuesday, Thursday and Friday from 10 a.m. to 4 p.m. thru **February 18th**

FEE:

\$30 first child • \$20 Second Child
\$15 Third Child and after

Uniforms Provided Free

Ford Brothers, Inc. welcomes Sandy Bullen

Ford Brothers, Inc. welcomes Sandy Bullen to our real estate firm. Sandy has earned a Bachelor's Degree in Paralegal Science with a minor in Political Science from Eastern Kentucky University, where she completed real estate courses and recently passed her Kentucky Real Estate exam.

Sandy resides in Ottawa with her husband Charles and daughter Madelyn Rose. You can give Sandy a call at 758-8418. She will be happy to assist you with all your real estate needs. Welcome, Sandy!



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Rockcastle Co. High School Welcomes

Family, Friends, Community Members, and all Rocket Fans to join us for

SENIOR RECOGNITION NIGHT



Senior Recognition Awards will be presented as follows:

Monday, February 21, 2000
Rockettes Dance Team
Lady Rockets Basketball

Friday, February 25, 2000
RCHS Pep Band
Cheerleaders
Rockets Basketball

Senior presentations will be between the Junior Varsity game and the Varsity game. Approximate time of presentation will be between 7:00 - 7:30 P.M.

Monday, February 21
Rockcastle Lady Rockets vs. Bell Co. Bobcats
Friday, February 25
Rockcastle Rockets vs. McCreary Central Raiders