

MINDS IN THE MIDDLE

Congratulations to Anna Guilfoil. Anna won our school spelling bee last week. She competed in the district spelling bee on Wednesday.

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. Anyone who is interested in the 4-H sewing project may pick up information in our Youth Services office.

Baseball tryouts are being held this week. Participants will meet in the gym from 3-5:00 Wednesday, Thursday, and Friday.

Congratulations to Ms. Patty Reese who was nominated by our team leaders as a Campbellsville University Teacher of the Year nominee. Ms. Reese teaches mathematics in the 6th grade.

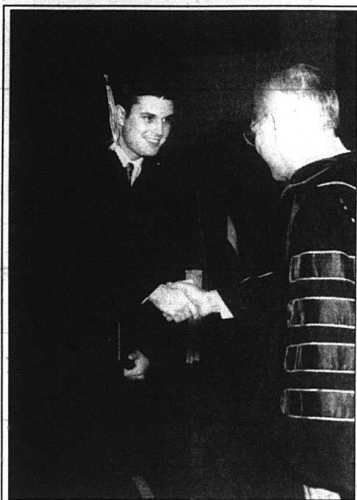
Last week, the Shooting Stars announced their science fair winners and this week, we have our winners from the Adventurers team: Ben

Graves, Mark Dyehouse, Gena Allen, Ashley Mize, Delon Graves, Josh Bustle, Matthew Whitaker, Donnie Sowder, Amy Parsons, and Amanda Wright. All school science fair winners will go on to compete at Cumberland College.

Next Tuesday, there will be a school wide assembly program at 8:15. The cost to students is \$0 cents.

We have scheduled our annual 8th grade Reality Store for next Thursday, March 2. 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 or local businesses to help on this day. This is an all day event, but we would appreciate any help at all. Call Ms. Cromer if you are willing to help.

We would like to thank all of those parents who attended our Parent Teacher Conference Day last Thursday. Parental involvement can make a huge difference in a child's academic success.



Eric Victor Tod McKinney graduated on December 18, 1999 from Eastern Kentucky University. He received a Bachelor of Science degree with a major in Construction Technology and a minor in Business. Eric transferred to Eastern after three years of study in Civil Engineering at the University of Kentucky.

Dr. Robert B. Rogow, Dean of the College of Business and Technology, presented Eric with the Dean's Award and congratulated him for having maintained his position on the Dean's List for the past three consecutive semesters.

Eric has accepted a position as Assistant Project Manager at 3D Enterprises in Lexington, where he began work on February 7th. Eric currently resides in Richmond. He is the son of Danny and Betty Jo McKinney and grandson of Arthur and Clarice McKinney and J.L. Brown and the late Myrtle Cable Brown.

Wilson participates in drama play at Centre

Katie Wilson assisted in Centre College's winter drama production, *The Beauty Queen of Leenane*. Wilson filled the role of assistant director.

The Beauty Queen of Leenane is Martin McDonagh's most successful play. It is part of the writer's first trilogy of Connemara plays, including *A Skull in Connemara* and *Lonesome West*. It was the winner of four 1998 Tony awards, Drama Desk, Drama League and Outer Critics Circle Awards, and was named co-winner of the 1998 Lucille Lortel Award. *Beauty Queen* has only recently been released for amateur and educational production, and currently it is the most popular play in America.

Wilson is the daughter of Thomas and Judith Wilson of Mt. Vernon and is a graduate of Rockcastle County High School.

Founded in 1819, Centre is a four-year liberal arts college with a selective admission policy. The college is currently listed by the *U.S. News & World Report* as one of the top 50 liberal arts colleges in the country.

Tiger Pause

BES recently welcomed over 20 visitors. Mrs. Jenny Sweetalong with over 20 educators from all over Kentucky visited our Micro-Society. Miss Ainsley Russell, our mayor, welcomed these visitors and led them on a guided, informational tour of our Micro-Society.

The 4-H Sewing Class will meet Wednesday right after school in the cafeteria. Parents will need to pick up their children no later than 4:30.

The BES Parent Conference and Spring Festival will take place on

Tuesday, February 29, 2000, beginning at 1:00. Please be sure to schedule a time to meet with your child's teacher. We believe "working together works" therefore meeting with you is just another way to see that your child receives the best education possible.

Festival Workers Needed
If you would like to volunteer to work at the festival we would like your help. To volunteer please contact Ms. Satia Morgan at Brodhead Elementary School.

Hammond elected Vice President of Public Relations at Transy

The Beta Zeta chapter of Delta Delta Delta at Transylvania University announces that Bethanie Rae Hammond, daughter of Larry and Rebekah Hammond of Mt. Vernon, has been elected Vice President of Public Relations for the chapter. Hammond, a Rockcastle County High

School graduate, is a junior at Transylvania.

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

Abrams graduates from tracked vehicle recovery specialist course

Army Pfc. Walter Abrams has graduated from the tracked vehicle recovery specialist course at Fort Knox.

The student was provided with the necessary training and knowledge to perform recovery operations with an M88A1/A2 tracked recovery vehicle.

The soldier received field and classroom training in the proper use of tools, equipment, technical data and applicable references needed to determine recovery methods, locate recovery sites, operate a tactical communications equipment, and maintain recovery vehicle armament systems.

The trainee also learned to drive, maintain and perform preventive maintenance on recovery vehicles, received operating instructions in recovery vehicle component equipment, auxiliary power units, and use of proper recovery safety procedures.

Abrams is a tank turret mechanic assigned to the 16th Cavalry Regiment at Fort Knox. He is the private is the cousin of James Abrams of Rural Route 3, Mt. Vernon.

He is a 1996 graduate of Rockcastle County High School.

SCC announces Dean's List

Somerset Community College is pleased to announce that 253 students enrolled for the Fall semester, 1999, have been named to the Dean's List. Qualifying students must earn a

3.5 scholastic average out of a possible 4.0 in order to be recognized.

From Rockcastle those students named to the Dean's List are Melissa Kidwell and Pamela Mills.

Local students enroll at STC

David M. Gardiner and Michael M. Hamm, of Rockcastle County, have enrolled this semester at Somerset Technical College, joining an incoming class marked by academic and technical strengths.

David has chosen Auto Body Technology and Michael chose Machine Tool Technology as their majors.

At Somerset Technical College, David and Michael are part of a diverse and talented student body that represents three states and two foreign countries as well as counties throughout Kentucky.

Somerset Technical College is an institution in the Technical Branch of the Kentucky Community and Technical College System. Somerset Technical College prepares individuals for employment in today's competitive workforce, provides upgrade or additional training for those already in the workforce, retraining those who desire to change occupations, and provides lifelong learning opportunities in a community based setting.

Somerset Technical College offers training in twelve training program areas. Programs at STC are designed for individuals who demonstrate the ability, interest and aptitude to benefit from training. Business and industry play a significant role in the development of each program's curriculum, ensuring that training meets current industry and national standards.

Somerset Technical College's mission is to provide education and training to develop a skilled and versatile workforce.

Mt. Vernon Message

For the week of February 24, 2000. Our PTA will be having its monthly meeting on Monday, February 28 at 6:00 p.m. Come see a performance by our PTA students. PTA is also planning an after school dance soon. Look in the Signal for more details.

Our Family Resource Center is sponsoring an ecology program for our school on Tuesday, February 29. Entry level students went on a field trip last week. They took a tour of the post office and the Bank of Mt. Vernon. The classes have been studying about President's Day. They took a tour of the bank and got a firsthand look at the new money and the money vault. The students also mailed postcards from the post office.

See following for information on School-to-Careers.
Many times parents will ask for ways to enable their children to handle conflict. The following article from The Parent Institute has some very practical solutions.

Teach Your Child the Skills to Help Resolve Normal Conflicts

Whether it's a fight between siblings or an argument on the school playground, all kids are going to be involved in conflicts. As a parent, you can teach your child these skills in resolving conflicts peacefully.

Talk about problems before they become conflicts. While little things are ignored, they grow into major disputes.

• Listen. Children can never see another person's point of view if they don't listen to what that person has to say.

• Don't play "the blame game." If there's a problem it probably doesn't matter whose fault it is. Help your children spend their time fixing the problem, not fixing the blame.

• Use "I-Messages." Help your children learn to talk about their feelings, not the other person's mistakes. Instead of "YOU always leave my bike out in the rain," your child could say, "I feel angry when you leave my bike out in the rain because it may rust. If you are going to use it, please put it away."

• Be willing to cooperate and compromise. If two people have a conflict, they both have a problem. To solve it, they'll probably both have to make some changes.

Talk to adults. Sometimes, children think they have to solve all their problems themselves. A trusted adult, parent, teacher, or counselor - can sometimes help children see solutions they hadn't thought of themselves.

• Practice. Just like learning to ride a bike or read a book, learning to solve conflicts peacefully takes practice. Help your child role-play different ways to resolve conflicts.

• Thought for the week: As the blossom cannot tell what becomes of its fragrance, so no one can tell what becomes of his influence.

Rockcastle County Elementary Schools Menu

February 28-March 3, 2000

Breakfast

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

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

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

Thursday: Peanut butter/jelly sandwich or cereal, toast/jelly, juice and milk.

Friday: Sausage and biscuit or cereal, toast/jelly, juice and milk.

Lunch

Monday: Pizzar/sandwich, corn, fruit, milk and chocolate oatmeal square.

Tuesday: Fish on bun or corn dog, french fries, macaroni and cheese, fruit, milk and cookie.

Wednesday: Cook's Choice.

Thursday: Ham sandwich or hamburger on bun, spicy fries, lettuce/pickles, milk and choice of dessert.

Friday: Hot dog on bun or sandwich, spicy fries, macaroni & cheese, milk and choice of dessert.

Rockcastle County Middle & High School Menu

February 28-March 3, 2000

*Breakfast will be served each day.

Monday: Chef salad or pizza or sandwich, corn, fruit, milk and choice of dessert.

Tuesday: Chef salad or fish on bun or corn dog, french fries, macaroni and cheese, fruit, milk and choice of dessert.

Wednesday: Cook's Choice.

Thursday: Chef salad or ham sandwich or hamburger on bun, spicy fries, lettuce/pickles, milk and choice of dessert.

Friday: Chef salad or hot dog on bun or sandwich, spicy fries, macaroni & cheese, milk and choice of dessert.



Ronald McDonald performed his new school show "On The Inside" for students at Mt. Vernon Elementary on Friday, February 11th. The show reinforces that what's "On The Inside" counts...qualities like trustworthiness, respect, responsibility and fairness. Several students and teacher volunteers assisted Ronald during the show, and he would like to extend his thanks to those volunteers, and to the children in the audience, as all were most courteous. The "On The Inside" school show was brought to Mt. Vernon Elementary by McDonald's Restaurant of Mt. Vernon.

DOWNHOME HIGHTECH

There's some pretty high-tech equipment on the farm these days. The same is true at Jackson Energy. We're always looking for cutting-edge technology to help us maintain the reliable, affordable service you deserve. So you have more time for the important things, like friends and family.

Technology changes. Our philosophy doesn't. You do your best for your friends and neighbors.

Roger Medlock,
employee of
Jackson Energy

Jackson Energy Cooperative

A Touchstone Energy Cooperative