

# Mt. Vernon Message

For the week of March 30, 2000. On Friday, March 31, we will be conducting bus drills. Walkers leave at 2:30.

No school next week. Enjoy Spring Break and be back to school on Monday, April 10.

April is Prevent Child Abuse Month.

So often parents ask how they can help their children to become good decision makers. The following article from Forward in the Fifth may be beneficial.

## Help Students With Making Choices

The Kentucky Council for Economic Education offers teachers and parents step-by-step lessons for students to learn and practice responsible decision-making. Choices and Changes, a K-12 standards-based curriculum, gives children and teens hands-on experience with decision-making in general and with economic issues in particular. Activities, writing prompts, worksheets, research projects help students practice decision-making with real life problems.

Regardless of the issue to be examined, any choice one makes impacts safety, health, finances and some aspect of life. Daily young people face the simple act of choosing a brand of gum to purchase or a more serious decision such as smoking, drinking alcohol or taking drugs. Decision-making is a learned process which follows a logical sequence. Even deciding not to make a choice is a choice. Consider a sample writing prompt taken from Choices and Changes. Students can use real-world examples to analyze individual costs and benefits related to their decisions.

- Six ways of making choices
1. chance determine the outcome.
2. Let someone else decide.
3. Rely on habit.
4. Follow an impulse.
5. Do nothing.
6. Obtain facts and think it over.

Choices have consequences. Consequences of choices are not always evident when individuals make decisions. To obtain something (a "want") is not an isolated action. Each choice initiates a rippling effect which often brings about unexpected results. Following a flowchart of events from one single choice to its conclusion helps students understand that personal decisions cause a chain of actions and reactions which impact others.

For example: Student chooses to join the school band and learns benefits of playing a musical instrument. Parents pay money for instrument and lessons. Parents may borrow

money or student gets a job. Younger brother delays getting new bike. Parents' time and transportation to practice increases. Student gains recognition during concert performance. Student weighs division of time to practice music versus to play baseball. Student benefits from disciplined practice.

The Decision Tree Very young children can learn decision-making skills by following a simple process called The Decision Tree. Beginning to practice these steps early encourages developing a natural habit of decision-making when they get older. Adults use the same process to solve more complicated problems later in life. Consider these steps:

1. What is the Problem?
2. What are the possible Alternatives?
3. What Benefits would result from each alternative?
4. What Costs are involved in choosing each alternative?
5. What is the Decision?
6. Stand by your decision.

Thought for the week: Failure is success if we learn from it. Mt. Vernon Elementary has been busy this month celebrating Music In Our Schools Month. This year's theme is "Make Music, America! 2000." Many activities have been going on throughout the month of March to emphasize the importance of music in our everyday lives.

M.V.E.S. is having a school-wide display contest between each class. The hallways are colorfully decorated with each class' idea of how music can touch our lives. We have been fortunate to have Friday Dinner Music played by staff and students during lunch on Fridays.

The culminating activity is our third annual Music Dress-Up Day and All School Sing, which will be held on Friday, March 31st, at 1:00 p.m. All students and staff have been asked to dress up in a musical way, either with shirts or outfits decorated with musical notes, or dressing up as their favorite music character. We are looking forward to the All School Sing, where we can join together as an entire school and share in fun, exciting songs. We invite you to join us in our school-wide sing at 1:00 p.m. on the 31st.

Our hope is that we can continue to reach our students in different ways, including through music. It is important to stress to your children that music can be a life-long activity that can be enjoyed at many different levels. Make music a daily part of your life, and "Make Music Rock-casle!"



The Rockcastle County FFA Chapter held their spring Greenhand ceremony on February 24th. The Greenhand ceremony honors first year FFA members, and presents them with the Greenhand Degree. The Greenhand Degree is the first step in the FFA and even though it is an honor there are still more precious laurels to be won in our organization. During the ceremony, the quiz and creed contests were held. Each contest is difficult because they involve public speaking, and for many of the contestants this is their first experience speaking in front of a crowd. We would like to congratulate Rebekah Lyons for winning both of these contests. Pictured above, from front row left: April Gibbons, Pamela Shackelford, Malinda Leger, Brandon Wren. Back row from left: Chris Graves, Jamie Robinson, Michael Cromer and Jeremy Rowe.

## Cordier named National Award Winner in Math

The United States Achievement Academy announced today that Courtney Cordier, of Brodhead, has been named a United States National Award Winner in Mathematics.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students.

Courtney, who attends Rockcastle County Middle School, was nominated for this national award by Ms. Theresa Davis, a teacher at the school.

Courtney will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winner should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The

criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.

Courtney is the daughter of Ernie and Leslie Cordier of Brodhead and the granddaughter of Luther and Bonnie Rose of Brodhead, Harold Cordier of Stanford and the late Georgia Cordier Todd.



Courtney Cordier

## Hensley named National Award Winner in English

The United States Achievement Academy announced today that Derrick W. Hensley, of Orlando, has been named a United States National Award Winner in English.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students.

Derrick, who attends Rockcastle County Middle School, was nominated for this national award by Ms. Tammy Miller, a teacher at the school.

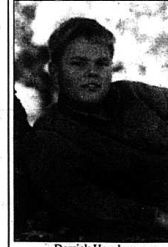
Derrick will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winner should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The

criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.

Derrick is the son of Larry and Kathy Hensley of Orlando and the grandson of Roy and Yvonne Ryley of Richmond and Owen and Lillie Hensley of Orlando.



Derrick Hensley

## Academic Honor Roll



Jeremy Reynolds, son of Rick and Joy Reynolds, has a 3.89 GPA at RCHS. He is in the FFA where he is vice-president and also regional vice-president, TLC, Beta Club, National Honor Society, Poplar Grove Baptist Church Youth Group. His hobbies include kart racing, Art and basketball. He received the State Leadership Award and the Kart racing championship. He plans to attend Somerset Community College then the University of Kentucky.



Angela Eaton will be performing her Masters Recital Tuesday, April 4th at 8 p.m. in the Brock Auditorium in the Coates Administration Building on the campus of Eastern Kentucky University. Angela received a Bachelor of Arts in Piano Performance from Georgetown College in May 1998. Friends and family are invited to share in this special musical evening. An informal reception will follow in the lobby.



We would like to congratulate our daughter, Sarah Vanwinkle, on winning the title of the Most Beautiful Baby on March 4th. She also won the title for Angelica in her division. The competition was held in Lexington at the TurfLand Mall. She will go on to the state finals in May. We want to wish her good luck. Sarah is the daughter of Vivian Branstetter and Michael Vanwinkle.

## Cumberland students present papers at Regional Conference

One Cumberland College student and one Cumberland State student traveled together recently to the Phi Alpha Theta Mid-South Regional Conference at Middle Tennessee State University to present prepared papers to members and teachers in attendance. Jeremiah R. Taylor, son of Joe and Rita Taylor of Mt. Vernon, and a Fall 1999 graduate of Cumberland, presented "A Leaf Upon a Torrent: John Jordan Crittenden's 1828 Nomination to the Supreme Court as a Study in Political Determinism." Nathan Coleman, son of Jerry and Marilyn Coleman of Inez, presented "American Victory Over British Demands, 1814-1815."

Taylor, who will pursue a Ph.D in history at the University of Kentucky this fall, held the office of President of the Cumberland College Phi Alpha Theta Upsilon-Upsilon chapter during the Fall 1999 semester. Coleman, a Junior at Cumberland, currently serves as the chapter President. Both presented papers at the Kentucky Regional Conference on March 25.

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.

## Whitaker named All-American

The United States Achievement Academy announced today that Matthew Whitaker of Mt. Vernon has been named an All-American Scholar.

The USAA has established the All-American Scholar Award Program to offer deserved recognition to superior students who excel in the academic disciplines. The All-American Scholars must earn a 3.3, or higher, grand point average. Only Scholars selected by a school instructor, counselor or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the USAA.

Matthew, who attends Rockcastle County Middle School, was nominated for this national award by Mrs. Coffey.

Matthew will appear in the All-American Scholar Yearbook, which is published nationally.

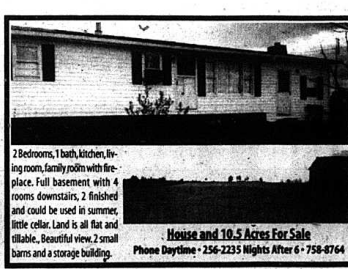
"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, winners of the All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects All-American Scholars upon the exclusive recommendation by teachers, coaches, counselors, and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Matthew is the son of Harold and Sandy Whitaker of Mt. Vernon and the grandson of Billy and Betty Whitaker of Mt. Vernon and Edith Lunsford of Brodhead and the late Raymond Lunsford.



Matthew Whitaker



2 Bedrooms, 1 bath, kitchen, living room, family room with fireplace. Full basement with 4 rooms downstairs, 2 finished and could be used in summer. Little city land is all flat and eligible. Beautiful view, 2 small barns and a storage building. House and 10.5 Acres For Sale. Phone Daytime • 256-2235 Nights After 6 • 758-0764

## We Are Inviting You To Hear the Gospel Of Christ

April 2-7 At the Providence church of Christ  
Our Guest Speaker: Ron Daly  
Sunday 10am Bible Study, Worship 10:40 & 7pm  
Weeknights: 7:30pm.  
Rt. 1, Brodhead, KY. 758-9316

## GOSPEL SINGING

April 15, 2000  
RCHS AUDITORIUM • 7:30 p.m.  
Admission \$2  
(6 and under free)  
All Proceeds go to Project Graduation 2000

## American HomePatient salutes physicians

American HomePatient salutes the medical professionals of our community who do so much for the patients they serve. We are proud to work with you, providing quality home health care services and equipment for patients in their homes.

National Doctors' Day  
March 30



AMERICAN HOMEPATIENT  
JOINT COMMISSION ACCREDITED

London/Corbin  
1324 E. Hwy. 192  
London, KY 40741  
Ph. 606-877-1625  
Toll Free 800-959-8025

Pineville  
110 W. Kentucky Ave.  
Pineville, KY 40977  
Ph. 606-337-6680  
Toll Free 800-445-7689

Respiratory Therapy • Enteral nutrition • Home medical equipment