

Mt. Vernon Message

For the week of May 11, 2000. Ms. Brewer's P3 class recently studied government and how it works. Part of that study was learning about the office of President and what the president's job is. The picture shows a Presidential News Conference where Madam President, Danielle Mink is answering questions about her job as president. The new reporters asking the questions are from left to right: Tony Potter, Maverick Whitehead, Aaron Barnes and Jay Skinner. Chris Winnelooks on as one of the audience of reporters. After the main news conference all the reporters pictured were able to question the president.

Friday, May 12 and Saturday, May

13 will be Pre-school and Entry Level Registration and Screenings. If you plan on sending your child to one of these classes next year, you will need to bring them in for this.

Once again, our Family Resource Center is sponsoring an exciting show for our students. On Friday, May 19, we will be seeing Exotic Animals. Thanks FRC for your continuing support.

If your child will be attending the middle school next year, he/she must have a sixth grade physical and a 2nd MMR shot before they can enroll in the sixth grade. Please take time to schedule these appointments now.

Thought for the week: Most smiles start with another smile.



Back row from left: Jamie Ellison, Kaitlyn Cash, Amy Parsons and Beverly Sexton. Front row from left: Heather Hammond and Casey Taylor.



RCMS students visiting Tobacco/Asthma table.

Rockcastle Middle School host World Asthma Day

In recognition of World Asthma Day on May 3rd, the Rockcastle County Middle School hosted an educational program by the Tobacco Use-Prevention Resource Center. The focus was "the harmful effects of tobacco on people with asthma."

Asthma is a chronic lung disease. That is, people who have asthma live with it every day. Asthma makes breathing difficult. With asthma, it is very hard to get air in and out of the lungs. Changes in the airways block the flow of air, making it very hard to breathe. The basic cause of asthma is not yet known.

- Asthma may be triggered by:
 - Upper respiratory infections (colds) - this is a major trigger for children.
 - Cigarette smoke; wood smoke, scented products, strong odors from fresh paint or cooking, automobile fumes and pollution.
 - Allergies to dander (that is, flakes of skin) from dogs, cats, birds or small rodents; house dust mites; pollen and molds.
 - Exercise.

- Emotional stress (can make symptoms worse).
- Changes in weather and/or temperature (asthma can be triggered by cold weather).

Asthma cannot be cured, but it can be prevented and controlled.

Members of the Rockcastle Tobacco-Use Prevention Coalition assisted Beverly Sexton, Tobacco-Use Prevention Coordinator in handing out brochures, providing information, and demonstrating the destructive consequences of tobacco use on users and non users; and its effect on people with asthma. Students received book markers, pins, stickers and quizzes.

Middle school staff recognizes that not only do we use tobacco products but those who are exposed to second hand smoke are exposed to very dangerous carcinogens. When children are in school, they have the right to clean air. Cigarette smoke is especially detrimental to children with asthma. The Rockcastle County Middle School is committed to providing a tobacco-free environment for students.

For more information on the effects of tobacco smoke on people with asthma, contact Beverly Sexton at 256-5917.

RES receives state recognition

Nine schools have been named State Title I Distinguished Schools and two schools have been recognized as National Title I Distinguished Schools by the Department of Education. Out of those nine state recognized schools Roundstone Elementary is one of them.

The 11 Kentucky schools selected for national and state awards are outstanding examples of flexibility and school-based planning encouraged by Title I and Kentucky's educational system," said Diane Robertson, manager of the department's Title I Branch. "These schools demonstrate that all students can be held to high standards."

The Title I Distinguished Schools program identifies schools that ensure that all children have access to effective instructional strategies and challenging academic content and

demonstrate success in ensuring that all children, particularly educationally deprived children, make significant progress towards learning that content.

Eligibility was based on stringent criteria. The school could be either a Title I schoolwide or targeted assistance school. Each school had to have an accountability status of Reward 2 for Cycle 3 of KIRIS with a combined growth index for 1996-98 that exceeded its improvement goal and have a total academic index on CATS 1998-99 that met or exceeded the state total academic index. The schools that met these high standards submitted an application to the department's Title I branch. A panel of state consultants, district coordinators and previous award winners selected the schools from among the applicants.

Hayes named All-American Scholar

The United States Achievement Academy announced today that Joshua G. Hayes of Broadhead 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.

Joshua, who attends Rockcastle County Middle School, was nominated for this national award by Melissa Singleton.

Joshua 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.

Joshua is the son of Elvyn and Kimberly Hayes and the grandson of Jerry and Verna Woodall and Gordon and Wilma Hayes, all of Broadhead.



Joshua Hayes

Adams named National Award winner & All-American Scholar

The United States Achievement Academy announced today that Vanessa Adams of Broadhead has been named a United States National Award Winner in Science.

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.

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

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

The Academy would also like to announce that Vanessa has been

named an All-American Scholar. The USAA has established the (Cont. to A11)



Vanessa Adams

Prayer Walks are being conducted by churches all over Rockcastle County on Wednesday - May 3rd and Wednesday - May 10th. Celebrate JESUS Crusade - May 14 - 19



For More Information about these Prayer Walks or Prayer Rally, or about the Celebrate JESUS Crusade call the Rockcastle Association of Kentucky Baptists at 606-256-4571

County Wide Prayer Rally!

Saturday - May 13, 2000

5:00 p.m.

At the Rockcastle County Middle School Gym!

Sponsored by the Rockcastle Association of Kentucky Baptists

For Additional Information Contact Wayne Harding - County Wide Crusade Prayer Chairman - at 606-256-5278.

You're Invited to help kick off the Celebrate Jesus 2000 Crusade that starts on Sunday Night - May 14th with this Special Event. Allen Witham will be our Featured Speaker for the Rally.

- There will be Special Music
- A Special Time of Prayer for our County and for the Crusade
- A Special Guest Speaker
- Fellowship with other Christians

Remember Your Loved Ones With Memorial Day Flowers from Hiatt's 5&10

Hiatt's 5&10 in Mt. Vernon offers you the largest and best selection of Memorial Wreaths and Sprays to be found anywhere and at the most reasonable prices.

Hiatt's also has a large selection of 99¢, \$3.99, \$5.99 and \$7.99 flowering bushes for those who make their own arrangements.

Shop early for the convenience of leisurely shopping and the best selection!!

Hiatt's will be open Sunday, May 28, 1 to 5 p.m. and Monday, May 29, 9 a.m. to 3 p.m.

Hiatt's 5&10

Main Street • Mt. Vernon • 256-2691