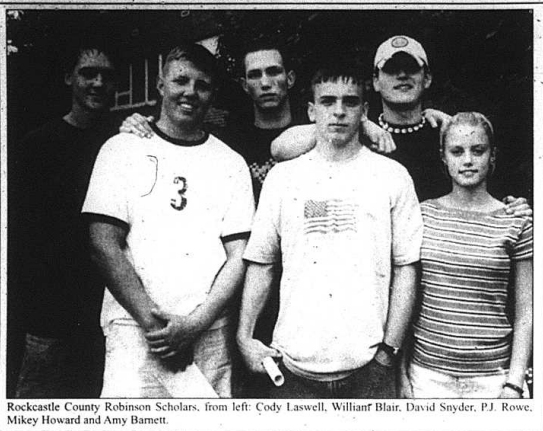




Rockcastle County Robinson Scholars, from left: Cody Laswell, William Blair, David Snyder, P.J. Rowe, Mikey Howard and Amy Barnett.

Local Robinson Scholars participate in program at UK

A group of 10th and 11th grade Robinson Scholars at Rockcastle County High School recently participated in a week long summer program on the University of Kentucky's

Lexington campus. The program focused on careers and courses of study in the fields of healthcare, engineering, human services and fine arts. The students also participated in a

field trip to the Cincinnati Museum of Science and Natural History, a library education program and several other activities focusing allowing the students to become more familiar with the University environment.

Students in the University of Kentucky's Robinson Scholars Program were selected during their eighth grade year and will be awarded a full scholarship to the University of Kentucky or one of its community colleges if they maintain the required grade point average, earned the designated score on the ACT, participate

in program activities and graduate from an Eastern Kentucky high school.

The scholarship includes full tuition, fees, room and board, books and personal stipends for up to four years of study. Paula Whitaker is the regional program director.

Students participating in the program from Rockcastle County High School were Amy Barnett, William Blair, Mikey Howard, Cody Laswell, P.J. Rowe and David Snyder.

Minds in the Middle

Next Tuesday will be Parent-Teacher Conference Day at RCMS. This will be from 3-6:00. There will be a drama play at 4:00 and a free concert at 5:00. Also the National Guard will be here with a Black Hawk helicopter. They will be doing a drug awareness program every thirty minutes from 3:30-4:00. Plan now to attend!

Our Extended School Services (ESS tutoring) begin on Wednesday. Our 21st Century Community Learning Center activities are held Monday-Thursday. Transportation is provided for all four days. Remember that the 21st CCLC offers Spanish and soccer on Wednesdays and computer and adult nutrition classes on Tuesdays. This Thursday they will be having open computer lab from 3-4:00.

This Thursday afternoon, GEAR-UP will kick off its College and Career Awareness Center at the Rockcastle County Public Library. This event had been scheduled previously but was postponed due to a delay in the computer shipment. The Center will be available to students and adults during regular business hours and will feature two internet accessible computers and a variety of software. The RCMS Parent-Teacher Group will meet Thursday at the library at 5:30 p.m.

The first grading period has ended and report cards are being sent home in the mail. Students began new exploratory classes on Wednesday.

The 6th grade Voyagers team would like to recognize Nick Dean and Katie Shelton as their students of the week.

This Thursday from 5:00 till 7:00, there will be an open gym for any 6th, 7th, or 8th grade boys interested in trying out for the basketball teams.

There will be a Y-Club meeting next Wednesday after school until 4:00. Members need to bring a note in order to stay. Parents are also welcome. This will be discussing KYA (Kentucky Youth Assembly).

This Friday, October 6th, GEAR-UP will be taking a trip to R.R. Donnelley and Sons Company in Danville. The plant prints magazines and reads them for distribution. Parents are encouraged to attend as well.

This Saturday, the 6th grade girls

basketball team will be playing at Southern Pulaski. The 7th and 8th grade teams will play at Corbin this Thursday evening and at RCMS Monday against Northern Pulaski. The sixth grade girls defeated Jackson County Monday night by a score of 19-4. The 7th and 8th grade girls played at Meigs Monday night. The 8th graders continued their undefeated season by winning 51-44. The

7th graders also won 32-18. Keep in mind that middle graders need lots of sleep. When going through puberty, students may need as much as 10 hours of sleep every night. Parents are doing our staff and their child a favor by seeing to it that students go to bed early! Remember that there is NO SCHOOL this Friday! School will dismiss Thursday at 2:30 in order to conduct bus drills.

Mt. Vernon Message

We will be conducting bus drills on Thursday, October 5. It is important that all students participate in these. Walkers will be dismissed at 2:30. All students who ride a bus are expected to participate in these drills. Please do not come to school to pick up bus riders.

On Monday, October 9th there will be a PTG Meeting at 6:00 p.m. ESS will begin on Thursday, October 12.

This week's feature person is Mrs. Valerie Alexander-Brown. Valerie is a Resource Teacher at MVES. She is a native of Madison County. She has taught in Madison County and Brownsville, Texas as well. Valerie is certified K-12 SED Hearing Impaired, 1-8 Elementary and Kindergarten Endorsement. She lives in Pulaski County with her husband,

Larry and her dog, Pupster. Her hobbies include flea markets and collecting lighthouses. Valerie likes mission work, Central and South America and farming.

Thought for the week: A friend is a gift you give yourself.



Valerie Alexander-Brown

Two locals enroll at STC

Jason Scoggin and Cynthia Griffith of Rockcastle County have enrolled this semester at Somerset Technical College, joining an incoming class marked by academic and technical strengths.

At Somerset Technical College, these students are a 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, re-trains those who

desire to change occupations, and provides lifelong learning opportunities in a community based setting.

Somerset Technical College offers degrees, diplomas, and certificates 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 educational and training to develop a skilled and versatile workforce.

School Menu

Rockcastle County Schools Menu October 9-13, 2000

Breakfast

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

Tuesday: Nutri-grain bar or cereal, toast/jelly, juice and milk.

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

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

Friday: Breakfast pizza or cereal, toast/jelly, juice and milk.

Lunch

Monday: Stuffed crust pizza or

corn dog, garden salad, corn, cheese-cake and milk.

Tuesday: Fried chicken or ham slice, mashed potatoes, baked beans, apple pie, roll and milk.

Wednesday: Chicken nuggets or Pork BBQ, mashed potatoes, green beans, glazed carrots, pudding and milk.

Thursday: Hamburger on bun or fish fillet on bun, lettuce/tomato, french fries, cole slaw, fruit salad and milk.

Friday: Taco salad or bean burrito with salsa, garden salad, spicy fries, peaches and milk.

Chef salads will be served daily at the middle & high school.

Get a mammogram now so you'll be around to take care of your family later.

Call 256-2195 to schedule an appointment.



If you're like most women, you spend your time taking care of others and disregarding your own needs. It's time to do something for yourself.

More than 40,000 women die of breast cancer annually. Many could have been saved if the disease had been discovered sooner. In fact, there is a 97 percent survival rate when breast cancer is diagnosed in its early stages.

Throughout October, Rockcastle Hospital and Respiratory Care Center, Inc. is offering mammograms at a reduced cost in conjunction with National Breast Cancer Awareness Month.

Do something for yourself for a change. Get a mammogram. It's only \$65, and it could save your life.

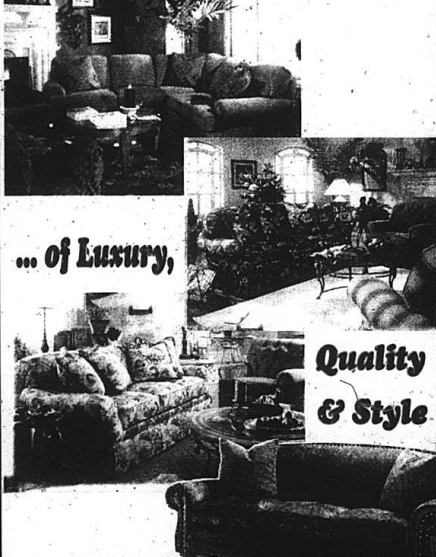
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