

Our Readers Write

Dear Editor:

On December 18, 2000 we lost our home and all contents in a fire. Jeff was seriously injured and spent two weeks in the U.K. Burn Center. Jeff was released on New-Year's Day and is improving every day.

We would like to thank everyone for the prayers for Jeff's recovery. Our hearts are full and blessed by the love and generosity shown to us by the people of Berea, Richmond and Rockcastle County. There were so many lending a helping hand, we felt the only way to reach everyone was to take an open letter in this paper. From the bottom of our hearts, we thank each and everyone.

God bless and keep you safe,
Jeff, Ada, Bridgett and Ben
Berea, KY

Dear Editor:

The last few months have been extremely busy at the RCMS Community Learning Center. We have had our circles of learning going full force with a variety of activities going on in each circle. Mrs. Phillips' circle has been working diligently on their drama and play productions while Mr. Phillips' group has been working on their miniature golf course in preparation for the open house. Mrs. Harris' group is continuing work on their gifts and ornaments to deliver to the children in the extended care unit at the hospital. Mrs. Burton's group continues their hard work and dedication to our school's newspaper, The Rock, of which the first issue was a raving success. Mrs. Davis' group has been working extremely hard on their power point presentations in the technology circle, and even had two students go to the last advisory council meeting and give their presentations. Our circles are continuing to grow every week with students consistently asking for permission forms to attend.

We have also produced a com-

mmercial through Channel 27 that will air in January and February. This is a wonderful opportunity to gain some statewide recognition for our school and our district. Many of our students and staff are featured on the commercial and as soon as we receive a copy we will air it on the school's closed circuit monitors. We also took the students and faculty on a fun filled trip to Finley Fun Center in Somerset on December the 12th. We had 70 people in all attend and following the visit to the fun center we took a drive through Christmas Island at Burnside State Park on our way home. This was a wonderful afternoon and we thank each and everyone.

We would like to thank everyone who helped out.

Our adult classes are also full and running at this time. We have had excellent attendance in most of these classes. We still have quilt making and quilting on Monday evening from 4:00-6:00 p.m., Computer Basics every Monday and Tuesday from 4:00-6:00 p.m., crafts every Tuesday from 4:00-5:00 p.m. and GED every Monday from 4:00-6:00. All of these classes are at the Middle School and are free of charge to anyone wishing to attend. If interested in attending these classes or if you have suggestions for a class to offer please call 256-5118 and ask for Anthony or Cheryl.

We also had an open house and they were held in January. There were over 70 students and 40 adults that came out to visit our center. We would like to express our appreciation to all those who came and to show their support. We would like to remind everyone that in case of school closings all 21st Century activities will be held on that day as well, but will resume and be rescheduled as soon as weather permits.

Sincerely,
Johnnie A. Coffey (Director)

Kevin Scott was added to the President's List and the Dean's List for a perfect grade point average for the fall 2000 semester at ECU. Kevin is the son of Gary and Charlene Scott. Grandparents are Garvin and Christine Scott and Maggie Faulkner.

New Business

Customer satisfaction is an important part of the service at Nelson's Import Service Center. Nelson's Import Service Center is owned and operated by David Nelson. David lives in Mt. Vernon with his wife, Barbara and children, Amy and Andrew. He is an ACE Master Mechanic and was certified as a Nissan Master Technician in 1999. David has 20 years of mechanical experience and has been factory-trained in Japanese automobiles. Nelson's Import Service Center is located on Woodland Place, off West Main Street in Mt. Vernon. Guaranteed competitive pricing with a modern, clean waiting area and service department. Call 256-8482.

School Menus

Rockcastle School Menu

January 29-February 2, 2001

Breakfast

Monday: Egg/chicken biscuit or cereal, toast/jelly, juice and milk.

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

Wednesday: Pancakes and syrup or cereal, toast/jelly, juice and milk.

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

Friday: Cinnamon roll or cereal, toast/jelly, juice and milk.

Lunch

Monday: Manager's Choice

Tuesday: Pizza or sandwich, potato wedges, mixed fruit, chocolate oatmeal square and milk.

Wednesday: Chili and crackers, sandwich, veggies and dip, fresh fruit and milk.

Thursday: Taco salad or sloppy joe on bun, hash browns, dessert and milk.

Friday: Hot dog on bun or hamburger on bun, lettuce/pickles, french fries, dessert and milk.

Chili salads are available daily at the middle and high school.

Menus may be changed due to inclement weather.

Cumberland College students and faculty attend Inauguration

While most of us watched the January 20th Presidential Inauguration from the warmth and comfort of our own homes, a group of fifty Cumberland College students and faculty members braved the snow and rain to attend the historic event. Local student, Nikki Bullock, daughter of Doug and Jean Bullock of Mt. Vernon, was among those who attended the inauguration of our 43rd President.

On January 18th, 2001, thanks to Senator Mitch McConnell's generous donation of fifty inauguration tickets, Cumberland College students and faculty/staff members boarded a Virginia-bound charter bus for the experience of a lifetime.

In order to reach their final destination, the group traveled all night, leaving Williamsburg, VA at 8:00 p.m., and reaching Manassas, VA around 6:15 a.m. on the morning of the 20th for a quick breakfast. The group then boarded a Washington D.C. bound subway for the Inauguration ceremony.

Traveling with the group was Cumberland History and Political Science professor, Dr. John Powell. Powell described the experience as

"very moving."

"Most Americans take their democratic institutions for granted, but actually seeing the power of our government being peacefully transferred on the steps of the Capitol was a reminder that it doesn't happen automatically in many countries," Powell stated.

"I was impressed that our students were so enthusiastic in wanting to be a part. Some of them stood in a freezing mist and rain for almost four hours in order to get a good view. I do know that the students who attended the inauguration will view our political processes differently than they did before, and they will definitely be better citizens for it."

Another all-night bus ride brought the tired participants back to Williamsburg. While many took cameras and brought souvenirs, all involved also returned with memories that will last a lifetime.

Cumberland College, located in Williamsburg, Kentucky, is a private liberal arts college in its 112th year of operation. Cumberland offers four undergraduate degrees in 37 major fields of study, 30 minors and nine pre-professional programs.

Health tips for winter weather

The freezing temperatures that have brought snow and ice to many Kentucky communities this month serve as a reminder that it's a good time to prepare for winter.

Exposure to cold temperatures can cause life-threatening health problems. Babies and the elderly are especially at risk, but anyone can be affected by cold weather.

Here are some suggestions from the National Center for Environmental Health, part of the Centers for Disease Control and Prevention:

Plan Ahead — Emergency Supplies

Prepare your home and car for winter. Keep food, a first aid kit, water, battery-powered radio, flashlight, blankets and other necessities in case you lose power. Similar items should be in your car, along with maps, toll kit, booster cables, windshield scraper and other items.

Have your car's radiator serviced, replace windshield wiper fluid and check your wiper blades.

Dress Warm and Stay Dry

Adults and children should wear a hat, a scarf or knit mask to cover face and mouth, sleeves that are snug at the wrist, mittens, water-resistant coats/shoes, several layers of loose-fitting clothing.

Sweat dry — wet clothing chills the body rapidly. Excess perspiration also will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Shivering is a first sign that the body is losing heat.

Avoid Exercise

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold.

Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

Be Cautious About Travel

Listen for radio or television reports of travel advisories. Avoid traveling on ice-covered roads if at all possible. If you must travel by car, use tire chains. If you must travel, let someone know your destination and when you expect to arrive. Check and restock the winter emergency supplies in your car before you leave. Never pour water on your windshield to remove ice or snow; shattering may occur. Always carry clothing appropriate for the winter conditions.

Cold-Weather Health Conditions

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

Hypothermia

Prolonged exposure to cold temperatures causes your body to lose heat faster than it can be produced. The result is hypothermia, or abnormally low body temperature. Low body temperature affects the brain, making the victim unable to think clearly or move well. Hypothermia victims are most often elderly people with inadequate food, clothing or heating; babies sleeping in cold bedrooms; and people who remain outdoors for long periods.

Warnings signs of hypothermia for adults are: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. For infants, the signs are bright red, cold skin and very low energy. If a person's temperature is below 95 degrees, the situation is an emergency — get medical attention immediately. If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter. If the victim has no wet clothing, remove it. Warm the center of the body first — chest, neck, head and groin — using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets or clothing. Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person. After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.

Frostbite

Frostbite is an injury to the body

that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin — frostbite may be beginning. Any of the following signs may indicate frostbite: a white or grayish-yellow skin area, skin that feels unusually firm or waxy numbness, a victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance. If there is frostbite but no sign of hypothermia and immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible. Unless absolutely necessary, do not walk on frostbitten feet or toes — this increases the damage. Immerse the affected area in warm — not hot — water (the temperature should be comfortable to the touch for unaffected parts of the body). Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers. Do not rub the frostbitten area with snow or massage it at all. This can cause more damage. Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected area numb and can be easily burned.

College financial aid resources help families

This season to be jolly, and for many families with seniors in high school, it's also the season to get busy with financial aid applications for college.

Experts at ACT offer the following information to help families find the resources they need to complete their financial aid paperwork.

The most important form is the Free Application for Federal Student Aid (FAFSA). The FAFSA determines eligibility for student financial aid from federal programs. Colleges and universities also use the FAFSA, but many also require students to fill out additional forms. Families can begin submitting their FAFSA forms any time after January 1 when they have the necessary income statements from the previous year to complete the form.

The FAFSA, available from high school counselors or at www.fafsa.ed.gov, collects information that is used to determine how much financial aid is expected to contribute toward the student's education. Expected Family Contribution, or EFC, Families usually receive a Student Aid Report three to four weeks after submitting the FAFSA form. It will summarize the data reported on the application (FAFSA) and get estimates of what their EFC

may be and the costs of attending specific institutions by using ACT's Financial Aid Need Estimator at www.act.org/fanc.

Families can find information on more than 600,000 scholarships totaling more than \$1.6 billion at www.collegeboard.com. This website provides a broad search of scholarships or a list of scholarships by category such as age, academic, ethnicity, interests, nationality or sports. Students also can apply online for the scholarships. For additional opportunities, including local scholarships, please see your school counselor.

Financial Aid tips from ACT:

- Apply early for admission and financial aid.
- Check with your college to determine if other financial aid forms are required.
- Apply for scholarships and grants.
- Look into Work Study programs.
- Surf the web for financial aid information.
- Try these websites:
Financial Aid Need Estimator and financial aid information — www.act.org/fanc
Free scholarship search — www.collegeboard.com

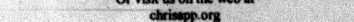
If you have ever wanted to earn your GED now is the time! The Adult Learning Center has free GED classes.

Our hours are 8:00 a.m. — 4:30 p.m. Monday through Friday.

We also offer evening and in-home classes.

For information call us at 256-5307

Or visit us on the web at chrisapp.org



The Christian Appalachian Project (CAP) is a non-profit, interdenominational Christian service which seeks to help the people of Appalachia improve the quality of their lives.

Minds in the Middle

Our academic team is practicing for the district meets. RCMS will be hosting the District Governor's Cup on Friday, January 26 and Saturday, February 3.

All parents are invited to visit the exhibits at the 7th grade Science Fair this Friday.

Great work from Ms. Angie Han's class and Mr. Calvin Creech's homeroom. These groups have had five consecutive days of perfect attendance and will receive a pizza party. The Student Council will host this Friday at 12:30 in Mt. Hale's office.

The 6th grade basketball team lost to Southern Pulaski on Saturday. The team will play Meade Middle School this Saturday at North auri. This Thursday the 7th and 8th grade teams will play at Southern and Monday evening they play Corbin at RCMS. Both teams were defeated last Thursday evening. The 7th graders lost 40-42 to North Laurel.

Email the Signal at mvsignal@sun-spot.com

21st CCLC Offerings

Join us for a Creative Memories Educational Hands-On-Class

Step-by-step you will learn how to turn your boxes of photos and memorabilia into keepsake, photo-safe albums. With instructions from a trained Creative Memories Consultant, you will learn techniques for cropping, layout, mounting, journaling and much more.

You will complete your first page at this class, so bring 8-8 photos relating to one event. The class fee is \$10 and all other materials, as well as educational hand-outs will be provided.

Location: Rockcastle County High School Library

Saturday, February 10, 2001 • 10 a.m. to noon

or

Saturday, February 17, 2001 • 10 a.m. to noon

Sponsored by 21st CCLC RCHS/RATC and Community Education. For registration, contact Kathy Bobo at 256-2125.

Parenting Classes Sponsored by 21st CCLC RCHS/RATC and Community Education

Jan. 30, 2001 from 5 to 8 p.m. — Dealing With Stress

Feb. 13, 2001 from 5 to 8 p.m. — Anger Management

Cost: \$10 per person for each class

For Registration, contact Kathy Bobo at 256-2125