

## RCMS Baseball

Through four games, the Rockcastle County Middle School has a 1 and 3 record.

The team lost their opener to Corbin, 9 to 8 in 9 innings. The team then traveled to North Laurel and won 5 to 2. On Feb. 4th, Russell County beat RCMS 2 to 1 and Estill Co. won on the 14th, 19 to 13.

**Ed's note:** Scores courtesy of "Diamond Dave" Brock who will turn 56 on April 22. Happy Birthday, Dave.

## "The Living Room"

Cont. from A-4

lungs). Practicing in front of a mirror will help. Expansion of the stomach on inhaled and contraction on exhaled means deep breathing is occurring.

Moving more slowly will also help eliminate some stress. Some people are always in a rush. Even if they have plenty of time, they move quickly.

Their steps and hand movements always make them seem to be in a hurry.

Consciously slowing down the movements can eliminate some stress. This will not be easy for the person who is accustomed to rapid movement. It takes a concentrated, continuing effort to change the pace at which one approaches life.

Talking about the stress also helps to relieve it. I tell my counseling clients that "telling is healing." Those old stories that cause so much pain become less painful with each telling. Sharing the pain with another human being makes the load easier to bear whether the stress is from current or past events.

Music is another stress reliever. For some this means sitting quietly

listening to Bach, Beethoven or the soothing sounds of modern jazz. For others this means groovin' to the driving beat of rock-and-roll. Making a place in life for music can soothe the savage soul.

The sound of water is another stress reliever. Bubbles in a fish tank or the sound of the ocean lapping the shore makes short work of stress.



Calvin Cromer killed this four point buck, his first, during modern gun season in November of 2002. Below, he killed his first turkey during youth season on April 6, 2003. It weighed 23 lbs. and 9 ozs. and had a 9 inch beard. Calvin also killed his first doe during youth season in October of 2002.



The One That Didn't Get Away—Bobby Robinson of Mt. Vernon caught this 20 lb. Drum while fishing Thursday on Lake Cumberland near Walsboro Park. Mr. Robinson was fishing from the bank with 12 lb. test line.

Gary Keith Caldwell, 13, killed this turkey April 5, 2003 in Casey County. The turkey weighed 24 lbs. and had a nice 9.75 inch beard. Gary is the son of Gary and Doris Caldwell of Quail and the grandson of Carl and Fern Caldwell. Gary sends a big thank you to his Papaw, Carl Caldwell and his uncle, Jackie Cash and special friends, Novice and Nickie Gentry.



**Livingston Furniture Sales**  
Main Street • Livingston • 606-453-3970  
Will be Open beginning April 5, 2003  
Mon. - Sat. 9 a.m. to 3 p.m.

## Banjo Lessons

Beginner to Intermediate

\*\*\*\*\*

\$10/Session

\*\*\*\*\*

One-on-One Sessions are 30 minutes each

For more information call Spencer Bengé at 606-256-5653



**Rockcastle Community Bulletin Board**  
**Sponsored By**  
**Cox Funeral Home**  
**Family Owned & Operated Since 1907**  
80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345  
Toll Free 1-888-825-2345  
[www.coxfuneralhomeky.com](http://www.coxfuneralhomeky.com)

### SBDM Parent-Member Elections

There will be a called meeting of the at RCBS to elect parent-members to the SBDM Council Tuesday, May 6 at 6 p.m. in the school library. All parents of students who will attend Rockcastle County High School during the 2003-04 school year are encouraged to attend and vote. The next regular meeting of the RCHS SBDM will be Tuesday, April 29.

### BVRFD Fish Fry

The Brodhead Volunteer Rural Fire Department will be having a fish fry Saturday, April 19, 2003 at the Quail Substation on Hwy. 70. Carryouts start at 5 p.m. until 5 p.m. and are \$5 each. Dinners start at 6 p.m. until 8 p.m. (all the fish you can eat). Dinner in diners are \$5 for adults and \$2.50 for children under 12. You may continue to get carryouts, but you may have to wait in line to get them. All proceeds go to the BVRFD.

### Republican Banquet

The Rockcastle Republican Party will be holding the Republican Party Banquet Friday, April 25 at 7 p.m. at Renfro Valley Lodge. Tickets are being sold in advance for \$20 each. See any party member to buy a ticket.

### Bookmobile Schedule

Monday, April 21: No service (schedule change).

Tuesday, April 22: Buffalo, stops off old 461 and Negro Creek.

Wednesday, April 23: Scaffold Creek, Disputanta, Anglin Falls, Clear Creek and Wildie.

### Diabetic Group Meeting

There will be a diabetic support group meeting Monday, April 21 from 5:30 to 7 p.m. in the basement of the House Health building. This is the first meeting of the year and Paula White from Cumberland Valley Health Department will be in attendance.

### Project Graduation 2003

The next Project Graduation meeting will be held on Monday, April 21 at 7 p.m. in the Rockcastle County High School cafeteria. If you're a committee chairperson (Food, games, live music, security, cleanup, etc.), you need to be at this meeting. Candle sales are on April 16-23. The Golf Tournament is on April 26th.

### Candle Making Demo

Come learn the art of Candle making from a professional by Ky. Candle Making Class will be

at the extension office on April 25 at 7 p.m. Please register by calling 256-2403.

### Junior Livestock Program

Junior Livestock program is underway in Rockcastle Co. Next meeting is April 24 at 7 p.m. at RCHS Ag Dept. Any child interested in a lamb project should call Pat Craig at 758-0160 or Roy Reynolds at 758-9050.

### Interagency Council Meeting

The Interagency Council will meet Tuesday, April 22 at noon at Kastle Inn Restaurant. The public is invited. Call 256-5315 for more information.

### Free Screening

Free Mammogram Breast Cancer Screening classes for any ladies groups offered by the Rockcastle County Health Center. To schedule a class, call 606-256-2242 and ask for Ruth Lane.

### Swim Team Sign-Ups

Sign-up for the Cedar Rapids Swim Team will be held Sunday, April 27 at 2 p.m. at the clubhouse.

### Weigh Down Workshop

Paula Day, coordinator of the Weigh Down Workshop will be hosting a 12 week Christian Weight Loss Seminar entitled "Exodus Out of Egypt" at the Believers House of Prayer. If you are a Christian, struggling with excess weight, don't miss this seminar. There are no diets or exercise involved. The church is located at Renfro Valley, 1 1/2 miles on U.S. 25 off mile marker 18 on old Dowell Farm Road. Orientation and sign-up night will be April 28 at 6 p.m. For more information, call Weigh Down Workshop at 1-800-844-5208.

### Sheriff's Office Schedule

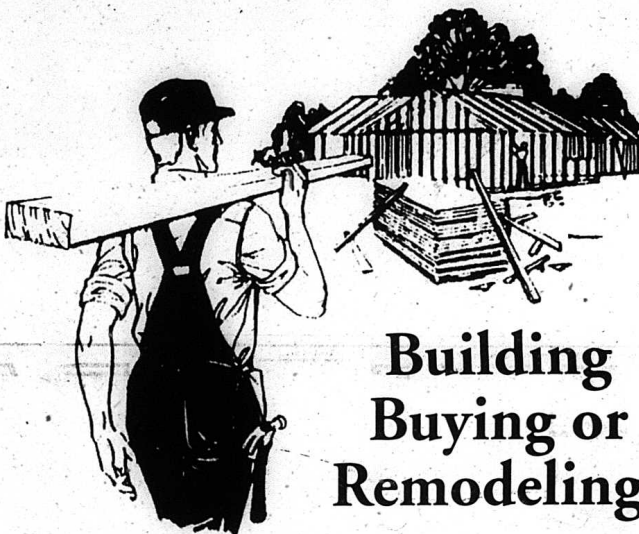
The Rockcastle County Sheriff's office court clerk and circuit court clerk's offices will close at noon on Friday, April 18 and will be closed Saturday, April 19. The PVA office will be closed all day Friday, April 18. The permit test will not be given on Friday, April 18, 2003.

### Attention-Class of 1973

A meeting will be held Thursday, April 17th at the Rockcastle Co. High School Cafeteria to discuss our 30-year reunion plans.

### Sportsman Club News

The Rockcastle County Sportsman's Club will be participating in the PRIDE Clean-up at Lake Linnville on April 26th. Participants will meet at the boat dock at 9 a.m. All members are encouraged to attend. A cookout will be held at 1 p.m. For more information, call Perry Mink at 256-5198.



**Building  
Buying or  
Remodeling?**

**We can help  
with the cash you need.  
Mortgage -  
Home Improvement Loans**

*Stop in today and see Keith Smith, Dolores Phelps,  
Violet Cash, Anthony Asher or John Payne*

**Citizens Bank**

Member FDIC

Serving the needs of Rockcastle and Jackson Counties

Brodhead  
758-8212

Mt. Vernon  
256-2500

McKee  
287-8390



*Real People. Real Progress.*