



The annual Betty Lewis Service Awards Luncheon was held last week at Community Trust Bank. Shown above are nine of the ten nominees for the award along with Mrs. Lewis's daughter, Lisa Clotz. In the photo are, front row, from left: Mrs. Clotz, China Kay Owens, Shirley Martin, John Holbrook, Jenny Taylor, Cheryl Franklin and Kay Singleton. Back row: Gordon Pope, John Holbrook Sgt. Major Keith Taylor and Ralph Baker. Satika Morgan, another nominee, was not present for the photo.

## Schools Menus

### Breakfast

**Thursday, May 1:** Pancake and syrup or cereal, toast/jelly, juice, milk.

**Friday, May 2:** Toasted cheese or cereal, toast/jelly, juice, milk.

**Monday, May 5:** Pastry or cereal, toast/jelly, juice, milk.

**Tuesday, May 6:** Sausage Biscuit or cereal, toast/jelly, juice, milk.

**Wednesday, May 7:** Egg cheese biscuit or cereal, toast/jelly, juice, milk.

### Lunch

**Thursday, May 1:** Chicken patty on bun or corn dog, spicy fries, lettuce/tomato, pickle, brownie, fruit, milk.

**Friday, May 2:** Ham slice, macaroni 'n' cheese, green beans, cole slaw, roll, fruit dessert, milk.

**Monday, May 5 through Friday, May 9th - Students prepared menus and these will be posted at each school.**



Kyle Rader, Job Quest Coordinator at RCHS, provided entertainment for the Betty Lewis Service Award Luncheon, with a song he wrote in memory of his father, Calvin Rader, who coached Little League baseball in the county for many years.

**Paul Krestik, D.P.M.  
Daniel Albertson, A.R.N.P.**  
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diabetes.**

To learn more about controlling your diabetes join the Rockcastle County Support Group and Coalition. For more information call the Rockcastle Health Department at 606-256-2242.



The VICA Club officers led those who attended the Betty Lewis Awards Luncheon in reciting "The Lord's Prayer". Officers are: Colby Neal, Mike Mills, Derrick Burdette, Chad Francisco, Stephen Powell, Jeffrey Todd, Scotty Miller.

## "M.V. Message" Cont. from Pg. 5

### Pa and I

By April Coffey

My grandfather Roy McKinney, he is very special to me. Papa was born in 1915. He has 4 children and 4 grandchildren. When he was younger, he like to play marbles. When I go to Papa's house in Livingston and we eat hamburgers. Papa told me a story when I was little I dug a big hole in the backyard.

### My Gramaw and I

By Joey Robinson

My grandmother is Bernadina Robinson. She is very special to me. Mamaw was born in 1949. She has 4 children and 4 grandchildren. When she was younger, she like to play marbles. When I go to mamaw's house in Mt. Vernon, I like to eat peanut butter on a spoon. Nan said when I was small I would play dress up with her gowns.

### Nan and Me

By Bethany McKinney

My grandma is Diane Bradley. She is very special to me. Nan was born in 1948. She has 2 children and 2 grandchildren. When she was younger, she played dolls. When I go to Nan's house in Mt. Vernon, I like to eat peanut butter on a spoon. Nan said when I was small I would play dress up with her gowns.

## Tips for Parents 2003 Spring Assessment May 5-16

1. Help your child feel confident about taking the test. Express confidence in your child's ability to do well.

2. Have a relaxed environment. Avoid any activities and conversations that may arouse anxiety, conflict or unpleasantness.

3. Try to avoid applying disciplinary measures to any member of the family on the evening before the test.

4. Have your child go to bed early enough to get plenty of rest.

5. Set the clock to alarm a little early in order to allow your child time to eat and dress without rushing.

6. See that clothes your child likes and feels comfortable in are laid out so that frantic searches are avoided.

7. Be sure that paper, pencils and other needed school materials are together and located where they will not be forgotten in the morning.

8. You may want to talk briefly about the test in an encouraging way. Let your child know that you understand how difficult tests are, but you are confident in his/her ability to do well. Emphasize that test results help in planning the child's instructional program.

9. Ask your child to do as well as he/she can. Think of something that would be very pleasing to your child and say that this will be the reward following the test.

10. Let all conversation about testing be casual and brief.

11. Prepare a good breakfast for your child, but not a heavy one.

12. Be sure that your child is not late for school.

13. The test is constructed to be given in a group setting. Children seldom do as well when given the test individually. Therefore, it is very important that your child be in school Monday to start the test and finish with the other students.

Please make attendance a priority!

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Rockcastle County Sheriff's Department deputies Joe Rush and William Harris were honored recently for their efforts which contributed to 17 felony arrests and the recovery of thousands of dollars of stolen property and also for the seizure of components of a meth lab. In the photo are, from left: Deputy Joe Rush, Asst. County Attorney Billy Reynolds, Sheriff Darrell Doan and Deputy William Harris.

## Excuse me, I can't see

### By Martha Faye Baker

I would like to tell you about the frustration I've lived with the past couple of years.

In December of 1999, I found out I was legally blind in my right eye. It was caused by diabetic retinopathy. Well, that was a little sad, but, hey, I had one good eye. No problem. Then I began having trouble driving. When I stopped, I would be closer to things than I thought. Of course, it wasn't my eyes causing the trouble. It had to be caused by the medicine I was taking. But, I stopped driving. I thought that would take care of it. I really thought after a month or two, my body would adjust to the medicine and I would be driving "again. Wrong!"

The next thing that happened was the invasion of the gnats. They kept trying to fly into my eyes. I would tell my family, "these gnats are driving me crazy, help me find where they are coming from." They just kept telling me there were no gnats in the house. I finally admitted something was wrong with my eyes. The black gnats were getting worse and bigger. I asked my family doctor about them but he couldn't find anything wrong. He referred me to an ophthalmologist who explained that my gnats were called floaters -- cells in my eyes that would break loose and clump together and float around in my eyes. The only thing I could do was protect my eyes from the sun. I told him how the medicine was affecting my perception. He looked at me and said "it's not the medicine and it will not get better." Bye, bye, driving.

To protect my eyes, I had to start wearing wide brim hats. I'm here to tell you that a short, fat woman in a wide brim hat only looks shyer and fatter. Oh well, looking stylish has never been my thing.

Things did not change for a while. My sight began getting worse, it was time to go back to the doctor. This time, he told me I had macular degenerative eye disease in my left eye.

This disease affects the central vision and color vision. Now this is where the fun begins.

I was having a problem reading. My daughter and I were in the toy department of Wal-Mart and I bought a magnifying glass for 99¢. Hey, I could use this for reading. Aren't I smart?

Then I started having trouble with numbers. Especially the round ones such as 2, 3, 5, 6, 8, 9 and 0. I first noticed this with my oven dial. I keep my great grandsons, Alan and Adam after school some days. We usually make cookies or bake a cake. Alan would turn the oven on for us. I didn't realize my eyes were so bad until I baked a ham for Christmas dinner. I burned it so badly it had to be peeled before we could eat it. Oh, well, as long as I didn't tell, no one would notice.

The only way I knew to take care of this was to buy a new digital stove. Those things aren't cheap when you

are on a fixed income. I was telling our great nephew, who is 16 years old about my problem and the only way I knew to fix it. He looked at my stove and asked if I could see a white line painted on the dial. He had solved my problem. Out of the mouths of babes.

Moving on, can you imagine seeing people you have known for years and you don't recognize them because you can't see well enough. Oh, well, that is just part of the frustration.

I am unable to detect head movement. I have been trying to restrain my family to say yes or no, instead of shaking their head. It is true you can't teach old dogs new tricks, I speak from experience.

I can no longer peel potatoes because I can't see the little black spots left on them. That's okay, Earl, my husband, can peel them all for me.

I need to compliment the Kentucky Interstate Road system. The signs over the interstate are lighted and most of the entry and exit ramps are well lighted.

Recently I went to the Peoria, Illinois area with my daughter and son-in-law. We traveled in Indiana and a long way in Illinois. We knew none of their exits lighted and all of their signs are reflective. Hooney for Kentucky!!

Oh yes, I must tell you this. I have discovered the words I grew up with for poor sight are no longer correct. I'll soon be 66 years old and all my life if someone could not see, they were said to be half-blind or have poor sight. Now days, the correct words are low vision. Two questions come to mind, do I need to get low on my hands and knees to see? Or if I am high enough, can I see? Come on people, you came up with these words. Get real, my vision is not low it is just very poor.

I have another complaint for Kentucky and it goes to the Department for the Blind. Because I am on the edge of being legally blind in both eyes, I was put in touch with this department. They are really helpful. Mr. Dillon came to my house with gadgets to help keep me "living independently." He also applied for a talking book machine for me. Since reading is one of the loves of my life it is greatly appreciated.

Well, I could write several more pages on the crazy things that keep happening such as telling my

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