

Medals in five events

Sara Hammond takes Gold at Blue Grass State Games

Sara Hammond, a fifth grader from Mt. Vernon, won a Gold Medal in swimming at this year's Blue Grass State Games. This is Sara's second year competing in the games. Her brother, Andrew, and sister, Heather, have participated in swimming and track and field in previous years.

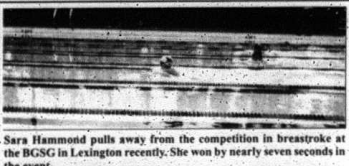
Sara's Gold Medal came in the 9-10 year old girls 50 meter backstroke. Sara swam the event in 46.49 seconds, nearly 7 seconds ahead of second place. The record for 9-10 year old girls in the event is 44.50 seconds.

Swimmers are allowed to compete in two individual events each day and one relay. The swimming events take place in an Olympic size 50 meter

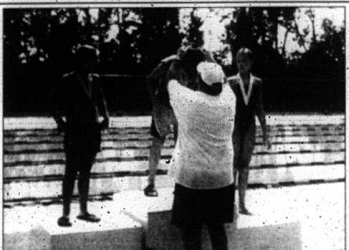
pool in Shillito Park in Lexington. Sara took second in the 100 free for a silver medal, third in the 50 free with an outstanding time of 35.20 seconds (a personal best) for a bronze and teamed up with three other Lake Cumberland Swim Association swimmers to take third and bronze in medley relay and freestyle relay. The "Cool Blue Chicks" were made up of Sara, sisters Taylor and Leah, Grider of Lakewood and Alexandria James of Laurel County. Most of the swimmers that competed were from swim strongholds in Boone, Kenton, Marshall and Jessamine Counties. One of the best aspects of the Blue Grass games are the friendships made, friendships that last a lifetime.



Sara Hammond of Cedar Rapids teamed up with other J.C.S.A. Swimmers, Lee Ann Grider and sister Taylor of Lakewood and Alexandria James of Laurel County to win two bronze medals at this year's Bluegrass State Games. The "Cool Blue Chicks" won a bronze in the 9-10 medley and freestyle relays.



Sara Hammond pulls away from the competition in breaststroke at the BGSG in Lexington recently. She won by nearly seven seconds in the event.



Sara Hammond receives her gold medal in 9-10 year old breaststroke at the 2003 BGSG held at Shillito Park in Lexington.

Eying fourth conference championship in ten years

Dolphins take "Sting" out of Rays

Submitted

The Cedar Rapids Dolphins won their fifth meet of the summer with an impressive win over the Russell Springs Sting Rays last Monday night at Cedar Rapids pool. The Sting Rays stayed close through the early part of the meet, trailing 326 to 392 after the freestyle events, but the Dolphins took control with the Individual Medley events and in breaststroke to post an easy 860-585 win.

Each individual swimmer can swim in a maximum of five of six different events. For those over age 10, the events are 50 meter freestyle, backstroke, butterfly and breaststroke, 100 meter freestyle and 100 meter individual medley (25 meters in each stroke). This year's Dolphin team is particularly strong (scoring) in breaststroke.

In the regular season, scoring is as follows: seven points for first, five for second, four for third and so on. Most pools in the conference have six lanes. Only the scoring heat of six swimmers. In the relay, first place gets seven points and second place three. Point totals double in the conference meet.

Katie Parsons swam particularly strong against Russell Springs with several first place finishes in the 15-16 year old girls. Katie has been unable to have a lot of practice time due to vacation and commitments to the Lady Rockets basketball team.

The "Red Badge of Courage" goes to Lauren Graham, who won several events despite being ill for most of the meet. Lauren's commitment to the team was very evident. This year's team, for the most, is made up of individuals with similar attitudes. This is an exciting group of swimmers to watch.

The Lake Cumberland Swim Association conference meet will be Saturday, August 2 and Sunday, August 3 at the Russell Springs city pool. The preliminary round will be

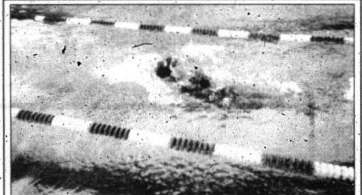
gin on Saturday at 10 a.m. and the scoring round on Sunday afternoon at 1:30 p.m. Sports enthusiasts who enjoy sport should make an effort to watch some of Rockcastle Counties top athletes compete.



Ryan Graham, top, gets a good start in backstroke vs. Russell Springs Rays.



Drew Davidson waits his turn to enter the water for backstroke against Russell Springs. The Dolphins won 860-585 to go 5-0 on the season.



Junior Katie Parsons won several events in last week's win over Russell Springs. Here she competes in backstroke.



Dustin Day and Cole Abney hit the defensive exercise sled held by Josh Martin during football camp for 3rd through 8th graders last week at the high school. 63 boys attended the camp on Wednesday.

Rockcastle All-Stars Invitational

7-8 Year Olds

Pool Play

Submitted by David Brock

Field 1: Rockcastle Blue 10 - North Laurel 0. Home runs: Damien McDaniel and T.J. Bussell.
Clay Co. 18 - Pulaski Co. 11.
Mercer Co. 14 - Rockcastle Blue 4.
Mercer Co. 15 - Clay County 2.
Garrard Co. 17 - Rockcastle Red 14.
Mercer Co. 13 - Pulaski Co. 7.
Garrard Co. 16 - Lincoln Co. 9.
Mercer Co. 16 - North Laurel 3.
Casey County 14 - Corbin 12.

Field 2: Garrard Co. 14 - Corbin 7.
Casey Co. 8 - Rockcastle Red 7.
Lincoln Co. 14 - Corbin 11.
Garrard Co. 8 - Casey Co. 5.
North Laurel 14 - Pulaski County 12.
Lincoln Co. 14 - Casey Co. 12.
North Laurel 15 - Clay Co. 8.
Corbin 22 - Rockcastle Red 21.

Rockcastle Blue 13 - Pulaski Co. 8.

Single Elimination Begins

Mercer Co. 21 - Casey Co. 7.
Lincoln Co. 19 - Clay Co. 11.
North Laurel 16 - Garrard Co. 10.
Mercer County 12 Lincoln Co. 2.
Rockcastle Blue 13 Garrard Co. 10.
Championship Game
Mercer County 14 - Rockcastle Blue 13.

11-12 Year Old All Stars beat Paintsville 13-0 with Dustin Bullock pitching a no-hitter.

9-10 All Stars Place third

The 9-10 year old Rockcastle Reds all stars placed third in the Casey County Invitational Tournament.

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Parents are working dogs on Brock's North Hill farm

Game Wardens on aggressive enforcement campaign

Guest article contributed by

Cynthia Alcorn-Harms

Residents of Rockcastle and surrounding counties, particularly those who are hunters, should be aware that there is an aggressive law enforcement sweep being performed by the local Game Wardens. Normally, aggressive law enforcement would be a good thing, but this campaign is very far from normal. Most people would not think of Game Wardens as a threat to their personal homes, but simple Game Wardens are indeed breaking into people's homes and performing illegal searches and illegal seizures. This is not alleged. It is absolute fact which has been experienced first hand on two separate occasions by members of my family. There are also many additional reports of high-handed aggressive behavior demonstrated by Game Wardens towards other members of the community. This is not an isolated occurrence, but apparently a pattern of behavior, reaching to dozens, perhaps hundreds of examples.

The Game Wardens are barging into people's homes, without a search warrant and without permission, then performing detailed searches inside. They are essentially "breaking down the door" in gain entry. They have held occupants at bay, spoken abusively and been entirely intimidating during the process. The laws of this state do not permit this, in fact, specifically outlaw such actions. However, they are nonetheless doing it.

Once inside, the Game Wardens will inspect for any evidence of animals in your home. If any remains are found (including discarded items, tails, heads, antlers, in one case, even a photograph), and there is no supporting record for that animal in the Frankfort database, then the remains will most likely be seized, and you will be issued a citation. Once an animal for any such evidence has been confiscated, the Wardens also feel free to impound any weapons or possessions they decide might have been involved in the taking of the animal. According to the Game

Warden's own words, "If it's not in our record, it is illegal." I have contacted Frankfort regarding this record and have discovered that this record is incomplete and poorly managed. Also, I have been told, "We don't keep these records beyond five years" in a written statement from a Frankfort official responding to my

request for information (which was initiated under The Open Records Act of Kentucky).

Apparently, the Game Wardens are assuming the hunter record is a perfect record of all animals ever taken in Kentucky. But, the officials

Cont. to A-10

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