

Rockcastle teen completes Rogers Scholars session

Genna Cummins, a junior at Rockcastle County High School and the daughter of Earl and Norma Cummins of Mt. Vernon, recently returned from Somerset where she participated in The Center for Rural Development's Rogers Scholars program. The annual session, now in its sixth year, is a unique and exciting learning opportunity for 60 teens from 42 counties in Southern and Eastern Kentucky. Dates for this year's program were July 13-18 and 20-25.

The heart of The Center for Rural Development's mission is "that no young person will need to leave home to find his or her future." These words, spoken by Congressman Hal Rogers, the program's namesake, are the goal of encouraging youth to seek job opportunities at home while increasing their marketable skills in the field of telecommunications. "We want to help the young people of our region develop computer, design, skills, and a deeper commitment to their hometowns and this state," says Lonnie Lawson, executive director & CEO of The Center. This year's curriculum added a few new elements to the established program that teaches leadership, entrepreneurship and service and provides hands-on experience with different types of technology. All Scholars participated in sessions covering the first three areas and groups of 10 explored in-depth one of three "majors": video production, engineering or information technology. Genna was an engineering major.

From ice-breaking games Sunday evening, to graduation presentation to parents and families on Friday evening, the Scholars' week was a whirlwind of activities, ranging from Survivor-like teambuilding activities at the Team Leadership Center in Wayne County to fun-filled evenings of pizza, swimming and games.

New sessions added to entrepreneurship training this year were personal finance and career exploration. Personal finance provided an overview of basic banking skills—balancing a checkbook, using credit wisely—teaching Scholars how to manage their money during their upcoming college years. During the career exploration sessions, Scholars learned how college can prepare them for any career path and had an opportunity to meet with admission representatives from a dozen Kentucky colleges and universities. They each also built a "virtual" business, using simulation software used by the Small Business Administration. The program allows entrepreneurs to make financial decisions using different scenarios, getting real-time feedback that shows the impact of those decisions on their business.

Creating and implementing a community service project in their hometown was another key compo-

ment of the Rogers Scholars program. It not only taught them that leadership entails making a difference in your community, but it's also a way for Scholars to extend the week-long experience and apply some of what they've learned.

Some sessions introduced the teens to situations they may encounter as adults in the business world, such as a formal evening dinner, complete with a business/professional attire dress code, included etiquette training followed by ballroom dancing—adding an interesting and amusing evening.

"The majors," where groups of 10 students spent a total of 10 hours during the week immersed in a specific subject area, were without a doubt among the most popular part of the program. The video production group produced a 3-4 minute video, where participants worked on all the various processes involved, from producing, scripting and shooting footage to editing, voice-over, music and graphics. Engineering majors not only got an overview of all the different types of engineering, but they also had an opportunity to work on projects such as designing bridges. IT majors explored both networking and web development, with projects ranging from creating the case of a computer and installing network cards to creating a web site and learning HTML and Flash animation.

Over the course of the week, students heard from a variety of successful professionals and motivational speakers. Speakers this year included James Malinchak, contributing author to and associate editor of the Chicken Soup for the Soul series, Dr. Jo Marshall, president of Somerset Community College; Joanne Glasser, Esq., president of Eastern Kentucky

University; Kenney Davis, captain of the 1972 U.S. Olympic basketball team; Dr. Ron Englin, president of Morehead State University; and Bob Adams, executive director/CEO of the Kentucky Association of Counties, all of whom had an inspiring message for the Scholars.

Perhaps one of the most rewarding aspects of being a Rogers Scholar, however, is personal growth. During their week together, which Scholars unanimously describe as "awesome," the teens not only built friendships that will last a lifetime, but also learned that there are no limits to what they can achieve if they have confidence and a can-do attitude.

Being selected as a Rogers Scholar involves a highly competitive process. Factors such as grade point average, community service, extracurricular activities, letters of recommendation, and an essay are considered. Students must apply as high school sophomores, and one student is chosen from each of the 42 counties served by The Center for Rural Development. Eighteen at-large candidates are then selected to bring the total number of Scholars to 60, half of whom attend the first week and half the second. All costs for the program, including student housing and meals, are paid for by The Center, thanks to The Center's Founders Club member donations and the generous support of South Kentucky RECC, which sponsors an annual fund-raising golf tournament.

For more information on the Rogers Scholars program, as well as photographs from Genna Cummins' week, visit www.rogersscholars.com or call (606) 677-6000.

Jackson Bryk, a junior at RCHS, was one of 20 Ky. students chosen to participate in the state YMCA's first "Service Joy the Commonwealth." These students had to obtain four local supporters to donate to this cause. These students were chosen to participate in volunteer work that spread over most of our state. They spent their nights in YMCA facilities at several towns. We thank these students for caring enough to give one week of their summer to help out their fellow "Kentuckians".

Jackson also had the privilege to represent our State Rep. Danny Ford at Fort Knox facility this summer. Jackson attended a Joint Committee on Military Affairs and also in a "clean-up" project at the Arms Live Fire Exercise. Jackson was a guest at the Fort Knox facility and at a reception held in Elizabethtown. While there, Jackson met Commanding General of Fort Knox, Major General Terry Tucker. Jackson would like to thank Danny for this opportunity to learn about our Fort Knox facility.



Chris Robbins' handmade brooms are on display at RCHS through August 29th.

Broom exhibit at RCHS

"Brooms by Chris," an exhibit of handmade brooms by Chris Robbins is now on display at Rockcastle County High School through August 29th. Items in display include: Shaker-style brooms, Mountain Cobweb Grabber, Turkey Leg Whisk, Fireplace Broom, Wedding Broom, cake tester and a sample of tools used in the broom-making process.

"We are very pleased with this exhibit," stated John Hale, principal at RCHS. "Chris has perfected a craft that we hope will be an inspiration to other students who wish to explore career options in the arts field."

Robbins, a 2003 graduate of RCHS, became interested in broom-making while helping to finish the Bitterroot Log Cabin display at Renfro Valley in the spring of 1999. Robbins then met Jim Harmon, a master broom craftsman, whose support and encouragement was instrumental in helping Robbins develop the skills to produce handcrafted broom items and accessories.

In June 2002, Robbins was joined into the Kentucky Crafted Marketing Program as one of the youngest craftsmen to be awarded. This program, which assures buyers that the product is of the highest quality, carries the Kentucky Crafted logo. Robbins is also a member of the Kentucky Guild which produces spring and fall craft shows in Berea and his studio is listed on the Kentucky Artisan Heritage Trails, a driving tour designed to provide an experience of the local culture and scenic beauty.

Robbins' future scheduled exhibits and demonstrations include the Black Gold Festival, September 18-21 in Hazard and the Kentucky Guild Craft Fair, October 9-11 at the Indian Fort Theatre in Berea. Robbins also continues to demonstrate at the Bitterroot Cabins in Renfro Valley on Saturdays when not on the road.

For more information on "Brooms by Chris" visit the studio at 4300 Dog Hill Rd., Brodhead, Ky. or the website at www.broomsmystic.com

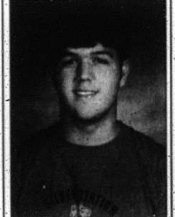
Mt. Vernon resident attending UK Health Career program

Amanda Cummins of Mt. Vernon, daughter of Earl and Norma Cummins, is attending a highly-selective five-and-a-half week residential program at the University of Kentucky Chandler Medical Center.

Cummins is among 42 entering

college students attending the Professional Education Preparation Program (PEPP). This program helps prepare students for the admissions process for medical or dental school, as well as a successful career in medicine or dentistry. Students are selected based on a record of academic excellence, outstanding standardized test scores, extracurricular activities and a written essay. The majority of students chosen to participate in PEPP are from areas of Kentucky with health professional shortages.

PEPP helps to address the needs of rural areas by preparing students from underserved communities for the demands of the highly competitive health professions admissions exams, as well as the challenges of a rigorous medical or dental school curriculum. Students attend seminars and courses designed to provide them with a foundation in the sciences and an understanding of the many critical issues in the health care field. They also learn about many areas of health care with rotations at hospitals throughout Lexington.



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They're happy about the KEES awards they're earning to help pay for college. KHEAA 800-928-8926 www.kheaa.com

Minds in the Middle

We are enjoying a great start to the school year at RCMS! Everything is going well and we are very proud of our students' behaviors, attendance, and efforts thus far.

If you call RCMS, you may hear a new voice answering our phones. Mrs. Reva McKinney is our new secretary. We welcome her to our team. Also, our best wishes go out to Mrs. Jenny Nicely in her retirement. We miss her greatly. We are also under new management as Mr. Jason Cogger has taken on the task of being our principal. We are very proud of the work that he is doing!

We would like to welcome several other new staff members to our building this year. We have added Michael McNabb and Serenity Hayes to our math department, and Carolyn Turner and Julie Back to our Language Arts department. Mr. Lee Hoffman and Mrs. Lillian Rader are now teaching as resource collaborators at RCMS. The Enterprises will have Marsha Caudill as their new instructional assistant and Anita Ashley is now working with the Voyagers' team. We are also proud to have Mr. Greg Hurley as our new custodian and wish the best to Joe Howard in his retirement.

We have added a new health program to our curriculum this year. Instead of having Physical Education every day, students will rotate every two weeks between P.E. and health class. Thanks to Mr. Anthony Coffey

and Mrs. Regina Little for teacher or health classes. We feel that this will better prepare our students in Practical Living content as well as make our P.E. time more meaningful for them.

Our RAP (Rocket Advisory Program) began on Wednesday. For those of you who are not familiar with the program, it involves groups of students who meet once every two weeks to discuss various topics of interest to adolescents. Examples of topics include decision-making, conflict solving, bullying, study skills, and drug abstinence.

There will be an after school party this Friday from 3:00-5:00. Students must have a note from parents and team permission in order to attend. Students who are not picked up by 5:15 will not be permitted to stay for other parties.

We urge parents and students to start off the new school year on the right track. Now is the time to become organized. Also, keeping up with daily homework assignments ensures students from trying to do make-up work at the last minute. The student agenda book is a great help. We also suggest that students prepare their school bags the night before so that they are not rushed and do not leave things behind. We urge parents to call RCMS (256-5118) if there is anything more we can do to make your child a better student.

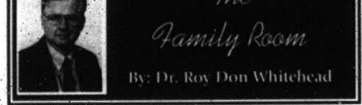
School Menu

August 22-29

Breakfast:
Friday, August 22: Scrambled Egg, toast/jelly for cereal, toast/jelly, juice, milk.
Monday, August 25: Breakfast pizza or cereal, toast/jelly, juice, milk.
Tuesday, August 26: Pancake Porky or cereal, toast/jelly, juice, milk.

Lunch:
Friday, August 22: BBQ on Bun, hash browns, carrot sticks, cherry cobbler, milk.
Monday, August 25: Chicken nuggets, mashed potatoes, broccoli in cheddar, fruit, milk.
Tuesday, August 26: Ham slice, mashed potatoes, green beans, fruit, roll, milk.
Wednesday, August 27: Spaghetti w/meat sauce, garden salad, corn, Italian bread, fruit, milk.
Thursday, August 28: Hamburger on bun, lettuce/tomato, potato rounds, fruit, milk.
Friday, August 29: Chicken party on bun, corn dog, spicy fries, lettuce/tomato/pickle, brownie, fruit, milk.

Dinner:
Friday, August 22: Gravy and biscuit sausage or cereal, toast/jelly, juice, milk.
Thursday, August 28: Egg cheese biscuit or cereal, toast/jelly, juice, milk.
Friday, August 29: Pastry or cereal, toast/jelly, juice, milk.



By: Dr. Roy Don Whitehead

Secondhand Smoke is Dangerous

"I have never been able to quit smoking and more than two weeks at a time," George told me. "The urge for a cigarette gets so strong that I give in. I know the smoke isn't good for my kids, but what can I do? I've smoked since I was 14." (All characters are fictitious.)

George had heard and read about the damage that secondhand smoke can do to nonsmokers. "I don't want my kids to get lung cancer," George worried.

More and more scientific studies are showing the relationship between inhaling secondhand smoke and developing lung cancer or heart problems.

Nonsmokers who live with or work with a smoker are at risk. Cigarette manufacturers claim that there is no solid proof that secondhand smoke hurts anyone. These are the same people who, when testifying before Congress in the past, said that nicotine was not addictive.

(Apparently they had not talked to anyone who had tried to quit smoking.) Consumer Reports, a magazine respected for its honesty, not biased reporting, concluded many years ago that secondhand smoke is dangerous (January 1995). CR found that breathing secondhand smoke does increase the risk of lung cancer and heart problems. As one researcher put it, "Passive smoking causes lung cancer."

More and more businesses and public buildings are becoming smoke free. The city of Lexington recently enacted an ordinance to make all public spaces including restaurants and bars smoke free. When a city in the state of tobacco country orders restaurants to go smoke free, that is a major news story.

Therefore, George's concern about his wife and kids is legitimate. "If I get lung cancer from smoking, that's my fault," he reasoned. "But if my wife or kids got sick because of my smoking, I don't think I could live with myself."

George decided that he had four options.

1. Stop smoking. "I've tried four or five times and haven't made it, but I'm going to try again." I suggested that this time George ask his doctor for help. Nicotine Replacement Therapy (NRT) is a gum, the patch or an inhaler can cut down on the cravings. Zyban is a medication that changes the way nicotine affects the brain and keeps the smoker from feeling the need to smoke. "And George?" I added, "most people who quit smoking tried several times before they finally quit, so hang in there."

2. Cut down on smoking. "I think I can do this right away," George decided. "I'm smoking between five and two packs a day, and I know I can get by on one."

3. Smoke in only one room of the house. "That will be hard," George said, "because I smoke when I watch TV with the family. I don't know if I can make myself go to another room."

4. Smoke outside. "George, I have a friend who will not smoke in his house," I informed him. "He makes himself go outside or to the garage every time he wants a cigarette." George was silent for a while. "That would also help me cut down on the number of cigarettes I smoke, wouldn't it?" George asked. "I think I will give it a try."

There is no point in feeling guilty if you smoke. Almost everyone has one or more additions, and yours just happens to be a very noticeable one.

Your doctor, the American Cancer Society, the Health Department and your counselor all have ways to help you stop.

If you find you cannot quit alone, get help. Most people need some sort of outside help in order to stop. And keep trying. The next time you quit may be the time that finally works.

If you would like more information about quitting smoking using hypnosis, contact Dr. Whitehead at 679-4134 or 1-877-PASTOR-8.

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