

Academic Honor Roll



Heather Adams, daughter of Dwayne and Janice Adams of Broadhead, plans on enrolling at UK and taking a double major of Ag Education and Ag Economics. Heather, a member of Hickory Grove Pentecostal Church, is president of FFA and FCA, a member of the Math Club and senior representative for the Key Club.

School Menu

September 12 - 18

Breakfast:
Friday, Sept. 26: Gravy and biscuit sausage or cereal, toast/jelly, juice, milk.
Monday, Sept. 29: Egg/cheese biscuit or cereal, toast/jelly, juice, milk.
Tuesday, Sept. 30: Cinnamon Roll or cereal, toast/jelly, juice, milk.
Wednesday, Oct. 1: Manager's choice.
Thursday, Oct. 2: CKEA - No school.
Lunch:
Friday, Sept. 26: Sloppy Nachos or sandwich, vegetable medley, fruit, milk.
Monday, Sept. 29: Chicken patty on bun, lettuce/tomato, french fries, fruit dessert, milk.
Tuesday, Sept. 30: Chili and Sandwich, veggies and dip, crackers, fruit dessert, milk.
Wednesday, Oct. 1: Manager's choice.
Thursday, Oct. 2: CKEA - No school.

"Tiger Pause"

(Cont. from A4)

songs about having good character. The students did a great job! PTA

appreciates the great attendance we had for this meeting.

Thank you to Mt. Vernon Drug and London Pharmacy who donated bags for students to put their purchases in from the Book Fair.

Mrs. Jenise Coffey, our counselor, recognized these students last week: Erika Howard, Frankie Woodall, Haley Harper, Suzzie Randolph, Colton Ledford, Jeremiah Caudill, Jacob Taylor, Aaron Addison, T.J. Nichols, Cory Mowery, Celine Potter, Tiffany Shafer, Richard Bishop, Jon Chastain and Lindsey Bryan. They work well with others and are courteous. Their pictures will be displayed in the cafeteria.

Shorpie IGA of Broadhead donated ten trees to our school this past spring. Each tree had a unique connection to Kentucky. Thank you to Debbie and Charles Hardegree for donating and planting these trees in our school yard. We appreciate all that they do for BES.

Mid-term reports were mailed home last week. Please sign these and return them to school. If you have questions, please call the school at 758-8512.

School will not be in session Thursday, Oct. 2 and Friday, Oct. 3. Picture retakes are scheduled for

Thursday, Oct. 16. The Fall Festival will be Oct. 30 - Volunteers are needed!!

Important note: Remember to have your child wear a properly fitted helmet when riding their bicycle.

"Minds in the Middle"

(Cont. from A4)

David Owens at RCMS.

There will be a home football game this Thursday evening. The Lady Rockets will be playing at North Laurel on Thursday and at Whitley County next Tuesday. Just a reminder that school will not be in session next Thursday and Friday, October 2nd and 3rd.

YSC Update

This Tuesday was the first day for the Truancy Diversion Court, "Whatever It Takes." We are very grateful to Judge Debra Lambert for donating her time to help our students. Truancy is the most powerful predictor of juvenile delinquent behavior. Fifty-seven percent of youth initially referred to juvenile court for truancy will return to court for a new offense. It is important to keep students in school and out of court. Schedule appointments after school when possible. Call RCMS (256-5118) if your child is going to be absent from school.

"Family Room"

(Cont. from A2)

you for taking it or you may feel guilty if you take all those days you have earned.

My father worked seven days a week. If you were a coal miner employed by Peabody Coal Company in those days, you had to work their schedule, and they did not shut those big machines down for anything, certainly not so that workers could take a break. Given Dad's example, I feel guilty for taking rest time. After all, shouldn't I work like he did?

What has this lack of rest done to us? We have become a nation of overworked people who desperately need a break from our labors.

I recently decided that I am one of these "tired workers." I am physically, mentally and emotionally exhausted. How did I discover this? I learned it as I have learned many things since becoming a counselor: from one of my clients. As she described her symptoms of overwork and burnout, the lightbulb finally came on in my head and I realized that she was describing my situation.

I have decided to take some time off. After listening to people talk about depression, anxiety, abuse and addiction for eighteen years, it is time

for a break. If you call and get my answering machine instead of me, you will know why. I plan to return rested and refreshed.

Do you need a break? It may be for an afternoon or a weekend or a week or a month. If you need it, I encourage you to take it.

"Letters"

(Cont. from A2)

Dear Editor,

The Rock of Ages Mission Ministries is accepting items for Christmas baskets. We need donated items of toys for boys and girls, gift wrap

and food items.

We are planning to give to several families this year and need the public to help us do so. If anyone would like to give a gift certificate, this will be welcome.

All items will be picked up for our convenience. Also, we are taking applications until October 24th for anyone wishing to receive a basket. We do ask, however, that if you are getting a basket elsewhere, please do not call as we want to be fair to everyone.

For more information, please call us.

Thank You,
Kathy Bretz
758-5466/758-4203

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Average Mileage	14,385	10,000	12,000	12,000	12,000	12,000	10,000	10,000
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Warranty	None	Yes, \$100 per claim	None	None	None	None	None	None



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Bus Drills

Early Dismissal

The Rockcastle County Schools will be conducting bus drills on Wednesday, October 1, 2003. The Rockcastle County High School and Middle School will dismiss at 2:45 p.m. Buses will proceed to the elementary schools where the drills will be conducted. Please adjust your schedule for this early dismissal. No school Thursday and Friday, October 2nd and 3rd, CKEA.

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