

Academic Honor Roll



Allison Anderkin, daughter of James and Perlina Anderkin of Mt. Vernon, is the RCHS Student Council president, secretary of the Key Club and a member of the French Club, Young Republicans, FFA and T.L.C. Allison finished her junior year with a 4.0865 GPA. At present, she plans to major in journalism, with a minor in education. Allison is also a member of First Christian Church in Mt. Vernon.

Minds in the Middle

We hope that our students are enjoying their time out of school. Thursday and Friday are excellent opportunities for spending quality time with their families.

The Shooting Stars team would like to recognize Aaron Graves and Jessi Haynes as their students of the week for last week.

We would like to remind students and parents that the first grading period will end next Friday, October 10th.

The deadline for the 4-H poster, contest is Friday, October 17th. Contest guidelines can be picked up in the main office.

Extended School Services (tutoring) is now available after school on Wednesday's from 3:30 until 4:45. Permission forms are available in the office or from homeroom teachers.

Next Thursday, October 9, the Y-Club will be hosting a chili supper. The cost is \$3.00. This will be held between 5:30 and 7:00. This will be before the football team takes the field against Corbin.

Registration for Y-Club students who wish to attend the Kentucky Youth Assembly will be October 6-10. Students who are interested in serving at KYA as a bill author, clerk,

page, reporter, or running for an office, must attend a meeting on Wednesday, October 8 after school until 4:30.

GEAR-UP and the Parent Information and Resource Center will be hosting a parent workshop for all parents interested in learning how to have more effective parent/teacher conferences. This will be held at Citizens Bank next Tuesday from 5:30 until 7:00 p.m.

YSC Update
Our RAP groups will be meeting next Wednesday. The topic will be responsibility. We again ask that par-

ents try to reinforce this at home. There are ways that parents can help to build responsibility in their students. Parents can help their child to set goals for the academic week, such as getting 90% on a math test or completing a science project. Talk about ways to reach the goals. As the week goes along, ask students about their progress. It is also important that students have a daily or weekly schedule to follow. Consistency builds responsibility. Other ideas may include developing a study plan, making out their own test questions study guide, or using a calendar to track long-term assignments. Lastly, be a good role model of responsibility.

Youth Yak

Your child should have received a progress report by now. Ask your child about it if he/she hasn't shared it with you yet. This is a good way for students to know where they stand academically. If they are having trouble making the grade in a class or classes, they can take advantage of tutoring, which is held every Monday and Tuesday, 3:00-4:35 with transportation provided. Mid-Term exams are scheduled for October 7 and 8. Mark those dates on your calendar and make a special effort to be sure your child is in school those days. Try not to make any dental, doctor or other appointments for those dates. Students do better when they test with the rest of their class instead of trying to take make-up exams. Also, be sure your child gets a good night's sleep each night and has a good breakfast. Remember, our "Hard Rock Cafe" provides breakfast as well as lunch. Expect your child's first report card to arrive in December. Calendar/newsletters were mailed last week. Hopefully, you have yours by now. Take time to look it over. You can find several useful tips and information inside.

Parents of college bound seniors, encourage your child to visit Mr. Dale Whitaker, Guidance Counselor to talk about the many options available to those interested in higher educa-



Kiwanis Club president James Miller is shown presenting Amanda Cummins the \$1,000 Virginia Gilpatrick Memorial Scholarship for her community service while attending RCHS. The scholarship is awarded annually to a graduating senior who has been accepted at an institution of higher learning and is given in memory of Ginny Gilpatrick, who was a Kiwanian. Amanda was a member of the Key Club, National Honor Society, French Club and Valedictorian of her class. She was a Rogers Scholar and Governors Scholar as well. Amanda is the daughter of Earl and Norma Cummins of Mt. Vernon. She is attending Georgetown College.

School Menu

- Breakfast**
Monday, Oct. 6: Manager's Choice.
Tuesday, Oct. 7: Gravy n' biscuit or cereal, toast/jelly, juice, milk.
Wednesday, Oct. 8: Pastry or cereal, toast/jelly, juice, milk.
Thursday, Oct. 9: French toast sticks and syrup or cereal, toast/jelly, juice, milk.
Friday, Oct. 10: Egg omelette biscuit or cereal, toast/jelly, juice, milk.
Lunch
Monday, Oct. 6: Pizza or Sandwich, corn, garden salad, fruit, milk.
Tuesday, Oct. 7: Sub sandwich with lettuce/tomato, fresh vegetables and dip, corn chips, fruit dessert, milk.
Wednesday, Oct. 8: Oven-baked chicken, mashed potatoes, green beans, roll, dessert, milk.
Thursday, Oct. 9: Hamburger on bun or corn dog, spicy fries, lettuce pickle/salad, brownie, milk.
Friday, Oct. 10: Italian dunkers, corn, salad, fruit, oatmeal/chocolate chip cookie, milk.

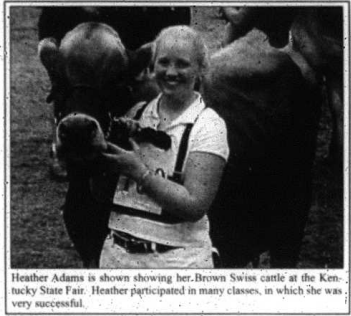
(Cont. to B-3)

Rockcastle FFA Chapter competes at State Fair

The Rockcastle County FFA Chapter participated in a various amount of contests at the Kentucky State Fair on August 14th and 15th. The chapter participated in the Tobacco Grading Contest and the Nursery Judging Contest. Members who participated in the Tobacco Grading Contest were Matthew Whitaker, Daniel Boudle, Mark Dybbouse, and Donnie Sowder, which they finished seventh in the State Contest.

The members who participated in the Nursery Judging Contest were Heather Adams, Nathan Doan, Matthew Evans, and Matthew Faulkner, which they finished fifth in

the State Contest. Daniel Bustle participated in the Dairy Holder contest in which various FFA members are judged on their ability in showing Dairy Cattle. Daniel received a plaque for participating in the Dairy Holder Contest. Other members from our chapter participated in various other contests, such as Derreck and Chris Hurst showed their Chi Angus cattle during the Kentucky State Fair, in which they were very successful at the State level. Heather Adams participated in showing her Brown Swiss cattle, in which she was very successful at the State Fair.



Heather Adams is shown showing her Brown Swiss cattle at the Kentucky State Fair. Heather participated in many classes, in which she was very successful.

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