

Minds in the Middle

The Y-Club will be sponsoring a chili supper this Thursday, October 9th, from 5:30-7:00 p.m. Come early for the Rocket football game and enjoy a nice supper. The cost is \$3.00. Students who wish to go the Kentucky Youth Assembly must register by this Friday, October 10th. Forms and fees may be turned in before school starts to Mrs. Hobb in the cafeteria.

Thursday will be the final day for the book fair. Students may purchase books during their P.E. times. We appreciate the RCMS Debate Team for sponsoring this event.

Our 7th grade Lady Rockets made a great showing in the Lexington Christian Academy Tournament over the weekend. The Rockets finished second out of 14 teams. They defeated Bourbon Co. Middle, East Carter Middle, and Elkhorn Middle before losing in the tournament championship to McNabb Middle School.

The Berea Talent Search program will be held on Thursday.

On Monday, the 6th and 8th grade students will be participating in the Kentucky Incentives for Prevention Survey. This survey is done anonymously and is designed to help assess drug and alcohol use among middle and high school students.

The RCMS girls' cross-country team won two meets over the fall break. Kristen Baker led the team at Mercer County with a win. Bethany Clontz placed second. Helping the varsity boys' team to an easy win was Blake Parsons placing ninth and Andrew Pensol placing 20th. Courtney Bullock placed 4th in the varsity girls' win.

The RCMS girls also won the Henry Clay Invitational. Bethany Clontz finished third and Kristen Baker placed 5th. In the boys' race, Blake Parsons finished 4th and Andrew Pensol 12th. Eighth grade Courtney Bullock placed 24th in the

varsity race and helped the girls' team to a 2nd place finish. The teams will compete at the Lexington Catholic Invitational on Saturday.

Thursday students will be rotating health and P.E. classes. The grading period will end this Friday, October 10th. Report cards will be given out during our Open House on Monday, October 20th.

The Open House will be held from 3:00-6:00 p.m. In conjunction with this, we will also be sponsoring an Arts and Crafts Expo and a Health Fair. The 21st Century Community Learning Center will be sponsoring a free chili supper that night also. Families can enjoy supper together, have some fun, and check up on their students. We'll see you there!

VSC Update

Parents are teachers, too! From the day that children are born until they graduate from high school, they spend just 15% of their waking hours in school. The other 85% is spent outside school, and most of that time is spent at home. Family time is a great time for learning. Encourage reading. It may be the most important thing parents can do to help their children succeed in school. Play learning games, such as bingo math, name the states, or games using the thesaurus, dictionary, or phone book. Most of all, show children that you care. Though they may not admit it, middle school children need to know that they are loved. They need to know that you are proud of them and their accomplishments. Mark your calendar to attend the Parent-Teacher Conference on October 20, 2003.

Youth Yak

Please make plans to attend our Open House, Tuesday, October 14. All staff will be available to you starting at 3:15 until 6:15. Feel free to stop by to visit with your child's teachers, pick up progress reports, buy Rocket gear at the ROCK Shop, tour the school or just spend time with other parents. This is our first Parent/Teacher conference for this school year. Remember to sign-in when you enter so your child can receive R.I.S.T. points which will earn him or her money towards college or technical schools after graduation.

Congratulations to our Golf team! They finished second in regional play and are STATE BOUND. Jordan Cash was the individual medalist during regional play. The team will play for the state title in Morehead Thursday, October 9 and Friday the 10th. Good luck to Coach Jesse Matfaff and the team.

We will be having Mid-Term exams this week. First and Third Blocks on Tuesday, October 7 and Second and Fourth blocks on Wednesday, October 8. Thursday, October 9 will be Club Day.

Remember, WE DO HAVE school on Columbus Day, Monday, October 13.

Teams, Clubs and Organizations are very busy this week. The varsity football players will play at Bell County this Friday night. Freshman football will play at McCreary County Thursday, October 9. Junior Varsity Football will travel to Whit-

ey County on Monday, October 13.

On Saturday, October 11, the band

will be at South Laurel to compete

in the So. Laurel Invitational. Good

Luck to all!!!

The Guidance Committee is making plans for this year's Career Fair. December 16 is the date set for the fair. Times will be 8:00 - 11:15. Watch this spot for further details regarding the Career Fair.

Yearbooks will be delivered around November 1. WRVK Radio and the Mt. Vernon Signal will announce when they are ready to be picked up.

Nurse Assistant Kately Hughes says we still have several students who do not have their immunizations

up to date. This is a top priority. Students are required to have their shots up to date in order to attend school. You should have received a letter from Mrs. Hughes if your student was due a shot. If you are in doubt, feel free to call RCMS at 256-4816 and inquire about your child's health records.

Youth Service Center Advisory Council has a meeting planned for October 15. Ms. Jill Fowler, Youth Service Coordinator at RCMS, will be mailing out reminders to council members. The Advisory Council meets every other month to make plans and discuss ways to meet the needs of high school students. The committee is made up of parents, community leaders, school personnel, and students.

Remember: Set your clocks BACK on October 25 before you go to bed. Daylight-saving time ends then.

Brandy Reynolds named to Who's Who at Kentucky Wesleyan

Rockcastle County student Brandy Reynolds has been named to Who's Who Among Students in American Universities and Colleges at Kentucky Wesleyan College.

Reynolds, daughter of Gary Reynolds of Crab Orchard and Regina Jet of Mt. Vernon, is a senior mathematics major and a starter on the Panthers basketball team. She is a 2000 graduate of Rockcastle County High School.

Students who have achieved a 3.0 or higher cumulative grade point average will receive above average participation in co-curricular activities and community service were eligible.

Located in Owensboro, Kentucky Wesleyan College is a four-year, United Methodist Church affiliated, co-educational institution offering a wide range of majors in the liberal arts, as well as specialized programs in communication arts and criminal justice.



SPC Home Medical Equipment recently donated a new wheelchair to Rockcastle County Middle School. RCMS great appreciates the generosity of owners Richard and Tammy Barnes. Pictured with Mrs. Barnes is RCMS school nurse Julie Yam and principal Jason Cogner.



September 22-26, RCMS celebrated National Food Service Week. Our students showed appreciation to the cafeteria staff with posters and letters. Pictured are: Joyce Leece, Patsy Ramsey, Alice Cloud, Wanda McCollum, June Grimes, Elaine Spencer, Suzanne Thacker, Gladys Carpenter and Vickie Anglin. Thank you for all that you do!

Rockcastle County High School

OPEN HOUSE

Tuesday, October 14th
3:15 to 6:15 p.m.

Parents of RCMS students are invited to an Open House Tuesday, October 14, 2003 from 3:15 until 6:15 p.m. Drop by during these hours to visit with your child's teachers, pick up progress reports, tour the school, and visit the Rock Shop among other things.

Students receive Rockcastle Incentive Scholarship Trust, R.I.S.T. points, when their parents attend Parent/Teacher Conferences.

Call RCMS at 256-4816 or RCMS Youth Service Center at 606-256-4816 for further details.

School Menu

Breakfast

Mon., Oct. 13: Breakfast pizza or cereal, toast, jelly, juice, milk.
Tues., Oct. 14: Sausage biscuit or cereal, toast, jelly, juice, milk.

Wed., Oct. 15: Egg cheese biscuit or cereal, toast, jelly, juice, milk.
Thurs., Oct. 16: Funnel Cake or cereal, toast, jelly, juice, milk.

Fri., Oct. 17: Chicken on biscuit or cereal, toast, jelly, juice, milk.

Lunch

Mon., Oct. 13: Chicken nuggets, mashed potatoes, broccoli n' cheese, roll, dessert, milk.

Tues., Oct. 14: Spaghetti with meat sauce, garden salad, green beans, Italian bread, applesauce, milk.

Wed., Oct. 15: Corn dog, macaroni n' cheese, cole slaw, port n' beans, jello, milk.

Thurs., Oct. 16: Hamburger on bun, french fries, lettuce/pickle, shape-up (frozen juice bar), milk.
Fri., Oct. 17: Chili and sandwich, veggie and dip, crackers, fruit dessert, milk.

Bittersweet Festival Specials

Original Cake Candles

By Hearth and Home

Reg. 10⁹⁹ **7⁹⁹**

Embroidery Thread

Reg. 8⁹⁹ **5/5¹**

1 Lb. Box Candle-Making Wax

Reg. 2⁹⁹ **1³⁷**

Promotional Thread

Asst. Colors Reg. 4⁹⁹ **6/5¹**

"Country Fixin" Candle

By Hearth and Home

Reg. 8⁹⁹ **5⁹⁵**

Retired Beanie Babies

Reg. 4⁹⁹ **2/5⁵**

Storm Window Kit

4 in package

Reg. 2⁹⁹ **1⁸⁸**

3 Mil Plastic

10' wide x 20' Long

Reg. 4⁹⁹ **2⁹⁹**

Hiat's

Main St.
Mt. Vernon

5&10

606-256-2691

Xtreme Body LLC
Westgate Center Hwy. 150 - Mt. Vernon
606-256-0250

New Hours:
Monday - Friday 9 a.m. to 9 p.m. Closed Sat. & Sun.

New Gym Packages Include:

Daily Visit	\$5.00
Treadmill Only	\$10.00
Senior Citizens	\$15.00
Single Adult Monthly	\$20.00
Couples Plan Monthly	\$35.00
Family Plans	\$55.00

New Tanning Packages Include:

1 Visit	\$3.00
5 Visits	\$12.00
10 Visits	\$20.00
25 Visits	\$45.00

Every Products Sold 50% off everyday!
Sweetfish Beauty \$44.99 - Sex Pot \$14.99
Australian Gold \$23.99 - Tattoo \$32.99

Gift Certificates Available

All Vitamins and Supplements:
Buy One at 50% off, Get One Free!



RCMS Open House

Monday, October 20, 2003 3:00-6:00 p.m.

Conference with Teachers/Staff

Free Chili Supper

Health Fair (2:00-6:00)

Arts and Crafts Expo (12:00-4:30)