

RCHS Youth Yak

By Myra Childress
We're still in it! Our Varsity football team defeated a tough Lawrence Co. team last Friday night 14 to 12. The attendance was down; probably due to the cold weather. This Friday we travel to Mayvill to play another tough team, Mason County. Directions to the field are available in the school office. A huge caravan of fans would be wonderful for the team. Good luck to the coaches and the team.

On Monday, November 10 we had an assembly program in honor of Veterans Day. Sgt. Major Keith Taylor, JROTC Instructor, was the guest speaker. He made a great speech about the history and importance of Veterans Day. This marks the 50th year that we have celebrated Veterans Day. Hats off to all our veterans out there. You make us very proud.

Congratulations to our dance team! They competed in a dance team competition at Wayne Co. on November 8. Out of thirty-four performances, our team received the "Best Originality" award.

In Cross Country competition, November 8, Kayla Hayes placed 4th, and Andrew Nelson finished 20th. Thanks Cross Country runners for a job well done.

The volleyball team will be having their awards banquet Thursday, November 13. Congratulations on a winning season.

This is FCCLA "Stop the Violence Week." Blue ribbons were passed out to staff members and we were proud to wear them all week to make people more aware of the violence that goes on each day around us.

The Academic team traveled to McCleary Central on Tuesday, November 11 for a meet. Results will be posted in this column next week. The A-team will also have home meet Thursday, November 18. Good luck to the team. Show 'em your smarts!

What a good time we had celebrating with Cody Alexander. Cody was selected as the finalist from the state of Kentucky for the Heisman Award Program. He will travel to New York City in December to compete for the National Honor. Several local television stations as well as a crew from ESPN were on hand to tape the ceremony and interview Cody. Cody is very deserving of this special award. He will represent our community and school with utmost respect and maturity. Good luck in the Big Apple Cody and don't forget who your friends are. I am proud to call myself one of Cody's many friends.

Club Day will be November 13, this Thursday. Several students who are members of the Migrant Program will be treated to pizza to reward them for having good progress reports. Those students involved will be announced on Thursday. Thanks to Mr. Charlie Napier for buying the pizzas.

This weeks spotlight: Staff-Mr. Chris Frith is this week's Spotlight Staff member. Mr. Frith teaches English I and IV and has since 1998. He graduated from Eastern Kentucky University with a bachelor's degree in English and a Master's in Secondary Education. In 1996 he married Crystal Lewis. They have two children Joy, who is 3 and Joseph 16 months. Crystal is a stay-at-home mom who also takes college classes at EKV. Mr. Frith has lived his entire life in Rockcastle County. His favorite thing about RCHS is the students. He says, "They are all good kids." His least favorite thing about teaching is all the paperwork. Sometimes the paper work takes away from time that could be spent teaching. The last book he read was *Elie Wiesel's "Night"*. He requires his classes to read this book also. His interests include Karate, fishing and hunting. He has been involved in karate for 17 years. Presently he is a martial arts instructor two nights a week at this College. His favorite movie is "The Shawshank Redemption." He likes it so well he can't count the number of times he's saw it. We enjoy having Mr. Chris Frith on staff with us at RCHS.

Spotlight Student is Matthew Evans. Matthew is a senior this year. He is the son of Jerald and Anna Evans of Brodhead. He is an only child. He has one pet, Lucky his dog. He has always lived and gone to school in Rockcastle County. His favorite class is Agriculture Communications and his favorite teacher is Mr. Jeff Hayes. He likes Ag. Communications because they have helped him to be able to stand before a crowd and make speeches. He is a member of the Future Farmers of America. With FFA he has been able to go to the State Fair in Louisville, attend the National Convention, as well as attend judging competitions. Matthew says Math is his least favorite subject because it's hard for him. His interests are playing basketball and fishing. His favorite television show is ESPN. Matthew says his favorite NFL team is the Minnesota Vikings. The best thing about RCHS to him is all the activities available to him especially anything involving Ag. When asked what he liked least about RCHS, he said, "nothing. I like everything. Matthew has worked at Food World for over a year. He plans to keep on working there while attending college at Somerset Community. He plans on getting his degree in Turf Management. Hang tough Matthew. We're glad you like everything about RCHS.

Three Local students named to Dean's List

National College of Business & Technology in Richmond has named three Rockcastle County students to the Dean's List for the summer term. The following students earned a minimum grade point average of 3.5 out of a possible 4.0: Lavada Adams, Mount Vernon; Debra Cheest, Orlando; and Lavada Galt, Mount Vernon.

Classified Deadline is Noon Tuesday



Matthew Evans, RCHS Senior

I have just returned to work after taking some time off. In fact, today is my first day back at the office. I feel a little out of place, and I know it will take a day or two to feel comfortable again.

Before I took this time, I was tired, distracted and burned out. I now feel a new sense of enthusiasm for my counseling work and even have some new ideas I want to try. The time off has been a lifesaver for me.

I consider myself very fortunate to have been able to take some time away from work, and I could not have done it without help. I am grateful to my wife and family for their support. Without their encouragement I would not even have attempted it. I am also grateful to Charlotte Tribble, director, and the rest of the staff at Bethany House Abuse Shelter. They allowed me to take time to recuperate, and they had to take on extra work so that I could. They are very generous friends.

During the month that I was off, I took a few road trips around the region and rediscovered the beauty of Kentucky. Living here all the time, I tend to take for granted the scenery in the Lake Cumberland region. Kentucky, a marvelous scenery never looks better than in the month of October. I spent time just driving and looking, enjoying what I am usually too busy to see.

The colors this time were not as bright as they have been in past years, but they were still a sight to behold. Each day when I awoke I asked myself, "What do I want to do today?" I discovered that this is not always an easy question to answer. There are many things that I think I "should" do or "have" to do. In the last two weeks I improved in my ability to know what I want to do. I found

that much of what I felt I "had" to do was not really crucial and either could be ignored forever or could wait until later.

I did not hurry. This took some real concentration, because, before this month, I hurried all the time. Even when I did not move to rush, I still hurried. Even when I had plenty of time, I hurried. This month I stopped hurrying. I did one thing at a time and then moved onto what I wanted to do next. I even paused occasionally to congratulate myself for what I had accomplished, even if it was only emptying the junk out of a corner of the garage. This may be the biggest challenge I face as I return to "normal" life. Can I continue not to hurry? Stay tuned and we shall see.

I decided that I could actually retire and be happy. I have long thought that I would not be able to quit work because having all that time on my hands would drive me crazy. After a one month experiment, I can tell you that this is not true. I always found something to do, and I enjoyed the freedom of not having to keep to a schedule. At this point retirement looks quite good.

Perhaps I am more like my grandmother than I thought. He was a south Georgia farmer who raised hogs, peans, cotton, tobacco, corn and pecans.

He worked incredibly hard to make a success of that farm. No one could picture him retiring, but when the time came, he did. He sat down in his rocking chair and did not do anything he did not want to do. My grandmother complained that she could not even get him to do chores around the house.

That man knew how to retire. I now believe he had the right idea.

Minds in the Middle

Robinson Scholar applications are available to 8th graders. This program offers a full four-year scholarship to one of our eighth grade students when they complete high school. The applications are available to any 8th grader whose parents do not have a four-year degree. Students who are interested in applying, but have not yet picked up an application, need to do so this week.

Once again RCHS was very well represented at the Kentucky Youth Assembly in Louisville and Frankfort. Eighty-eight RCHS Y-Club members attended. Congratulations to Christy Napier who was elected as President of the Senate. She will preside over the Senate chambers; along with the appointed Senate Clerk, Darin McKinney and Senate Page Zachary Davis. RCHS was the only school whose 6th graders presented a bill before the House and the Senate. We will have much more information on KYA next week.

Thursday evening beginning at 6:00, we will be showing *Finding Nemo* as part of our family movie night. Pop and popcorn will be served. Bring the entire family and join in the fun. A parent must accompany all RCHS students who attend.

The regular monthly SBDM meeting will be held on Monday, November 17.

The 21st Century Community Learning Center students enjoyed a bowling trip last week after school. This week our 6th graders are having the wonderful experience of visiting the Challenger Center in Haz-

ard. There will be an after-school party this Friday from 3-5:00. Students must have parental and team permission to attend. Students who are not picked up by 5:15 will not be allowed to attend future dances.

Congratulations to our cross-country team members who participated in the state championships on Saturday. Eighth grader Courtney Bullock ran her best race of the season. Blake Parsons and Andrew Pensol placed first and second among all competing first and second.

Our RAP topic for next Wednesday will focus on self-esteem. Parents can make or break self-esteem. Parents of middle schoolers often find this a tough age to deal with and find themselves focusing more on the negatives than on the positives. Look for opportunities to praise your child. Although they don't always act like it, they do want your approval.

YSC Update
Good news for residents of Rockcastle County who do not have insurance. There is a new health clinic in Berea. The Berea Health Ministry Medical Clinic is located in the Boone Square Mall, Unit 305. The phone number is 859-986-1274. Call for more information.

RCHS YSC is collaborating with RCHS and GEAR-UP to sponsor "Family Night at the Movies." Finding Nemo will be playing at 6:00 p.m. All RCHS students and families are invited to attend. Parents must accompany students. Refreshments will be served. Call the office at 256-5484 for more information.

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"What Saith the Scriptures"

In Acts 17:11 we read, "These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so." These were noble folks, not because they were rich, politically powerful, or had won a popularity contest. No, they were noble for the good attitude they had toward the word of God! They accepted the teachings with all readiness of mind. They were like him that had "an honest and good heart, having heard the word, keep it, and bring forth fruit with patience." Luke 8:15. We have far too many in the world whose mind is clogged with opinion, pride, stubbornness, traditions, but not these noble Bereans. They were noble because searched the scriptures daily. If people would just open their Bibles, as they open their hearts, folks would learn the truth. Jesus said, "to those Jews which believed on him, if ye continue, in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free." In 8:31-32. Do you have a noble heart and mind like the Bereans? You can, if you will think like them!

Providence church of Christ

Dan McKibben-758-9316 - E-mail: Dan.McKibben@juno.com
Web Site: www.WhatSaithTheScriptures.com
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