

LAW hosts parents meeting

The Let's All Work Committee (LAW) hosted a community meeting for parents on December 16th at Rockcastle County Middle School. Major Michael Bouse, with the Lexington Police Department, presented "Parent Talk on Illegal Drugs." Major Bouse, a veteran undercover policeman with more than 21 years of experience in the areas of investigating narcotic operations and teaching other police officers, spoke to a large audience of parents and community members.

The Let's All Work committee was formed in response to Sheriff Darrell Doan's and school district personnel's concern about the seri-

ous drug problem in Rockcastle County. The committee consists of personnel from the sheriff's office, school personnel and community members.

The committee has worked to bring substance abuse educational materials to all school children, presented a public forum for Rockcastle High School students, presented a radio program on WKVK about substance abuse, and worked with the school district to bring Major Bouse for the parent workshop.

The committee will continue to work to bring more prevention and treatment resources to the community.

Local students attend leadership conference

Youth from the RCHS Chapter of Family, Career and Community Leaders of America (FCCCLA) participated in a weekend leadership training conference held November 14-16 in Cincinnati, Ohio.

Attendees participated in a weekend of workshops and sessions that challenged, informed and motivated members and their advisors to become leaders through FCCCLA. Along with over 2200 other advisors and members, RCHS's FCCCLA chapter adviser, Carla Parsons, accompanied four members to the meeting.

The "FCCCLA: Making the Leader" theme was reinforced in the opening session by guest speaker,

Justin Lookadoo, who uses humor in order to motivate and educate his audience on the importance of taking risks, following their dreams and laughing at the simple things in life.

Saturday's workshop involved training in FCCCLA's peer education programs, Families first, Financial Fitness, Student Body and FACTS - Families Action for Community Traffic Safety. Other workshops included training in FCCCLA's membership campaign, an information session about the STOP the Violence program which encourages students to get involved in youth violence prevention and a workshop teaching

members how to spread the word about FCCCLA-The Ultimate Leadership Experience.

Members also had the opportunity to attend sessions that focused on community involvement and leadership training. Keynote speaker Gus Gustafson closed out the meeting with a motivational message, "Turning a Set-Back into a Come-Back."

Beth Coleman, Amanda Rice, Ashley Himes and Brittany Kincaid felt the trip was very informative. They got to meet other FCCCLA members from all over the United States and came away with some good ideas which they hope to implement in the upcoming year. FCCCLA has over 227,000 members and approximately 7,500 advisors from 50 state associations, the District of Columbia, Puerto Rico and the Virgin Islands. Since its founding in 1945, more than ten million students have participated in FCCCLA.

Family, Career and Community Leaders of America is unique among youth organizations because its programs are planned and run by members. It is the only national in-school organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers and communities.



Major Michael Bouse, Lexington Police Officer, presents "Parent Talk on Illegal Drugs" December 16th at RCHS. The event was sponsored by the Let's All Work (LAW) Committee.

The CAP Corner

Family Life Child and Family Development Center/Head Start

Did you know the Christian Appalachian Project helps get long-term medications for people who do not have insurance coverage? Medicare participants do qualify.

Many drug companies offer name brand medications either free of charge or at minimal cost to people who qualify. These programs do not give generic medications and not all prescription medications are obtainable.

At the Christian Appalachian Project our staff acts as the middleman between patient, doctor and drug companies. We get the patient information, fill out all applications, get patient and doctor signatures and obtain prescriptions when needed and then forward the information to the drug companies. The medications are almost always shipped to the doctor's office to be given to the patient.

Our program serves Rockcastle,

Whitley, Powell, Owsley, McCreary, Lee, Knox, Jackson, Estill, Clay, Breathitt and Bell. The Prescription Assistance Program is a program of the Christian Appalachian Project. If

you need help or know of someone who does, call Peggy or Anita at 606-287-3039 Monday - Friday 8:00-4:00.

"Readers Write"

(Cont. from A-3)

free, happy and productive members of society once again, for above the success rate of traditional methods. I am living proof that the program works and I once again can enjoy the Holidays with my friends and family without the worry or problems of drugs and alcohol.

Respectfully,
Luke Catton
President, Narconon Arrowhead.

Technology changing in weather forecast

It's a fact. Technology is changing almost every portion of our daily lives. Some of the changes are immediately apparent, and usually are vast improvements over what we had before. A terrific example of a good change is the National Weather Service's (NWS) Graphical Weather Forecast, which is available on the home page of the NWS.

Previously, a forecast was issued county by county, or in some instances, a major metropolitan area. But oftentimes, geographic features within a county would force an incorrect forecast for a portion of that county. Mountainous terrain, large rivers, forest vs farmland, city vs rural all are geographic features that can significantly impact the weather. Until now, it was virtually impossible to show the variability in a forecast for a specific place, because the forecast boundary was a random line drawn on a map. Now, with today's technology, it is possible to display a picture of the weather. When is a picture worth a thousand words? When it is your forecast. Like the ebb and flow of currents in bodies of water, the patterns in the elements of weather also ebb and flow and a visual display lets you recognize when the changes will effect your backyard.

By using a graphical presentation of the forecast, you can see at a glance the exact weather pattern for your area. You can select the specific parameter you are interested in, whether it is temperature, humidity, sky condition, chances of rain. Wind patterns, both with speed and direction are available. All the various el-

ements that make up a forecast are selectable from a drop down menu at the top of the graphic, along with options to loop the element in time, so changes are immediately displayed. A single click on the geographic area that you are interested in will give you a specific point forecast with full detail for a 7-day period.

The options available to anyone in viewing a picture presentation of the weather in your own back yard is now mind-boggling. You can choose to view a bar-graph presentation of the daily expected temperature (or any weather element) that is presented by time. This means that as afternoon, you can choose the best time-frame during the day to apply your fertilizer. You can see which hours during the day is the greatest likelihood for rain, and how much rain you can expect. As a commuter, you can see at a glance weather that will effect your commute.

The next time you are surfing the web, take a few minutes to visit the homepage of your National Weather Service office in Jackson. The county image map displayed by default will show at a glance by both color and digital number what you

can expect across the region. Pick a point on the map and click - and a specific 7 day forecast will pop up for that point. Explore different ways to view this data using the menu near the bottom of this point forecast page.

The address of the NWS in Jackson is <http://www.crh.noaa.gov/jkl> and to find other NWS offices across the country <http://www.weather.gov>

Reminder.....

The Mt. Vernon Signal will not publish a newspaper the week of Jan. 1, 2004. The Signal office will be closed Dec. 24 - Jan. 4.



In This Season of Giving...

We'd like to give you our heartfelt thanks. Merry Christmas and Happy New Year!

from Danny and Gaylen Settles and all the employees at

Wendy's/Citgo

Wendy's Citgo will close at 6 p.m. Christmas Eve and remain closed Christmas Day. We will also close at 9 p.m. on New Year's Eve and re-open at 10 a.m. on New Year's Day.



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