



The 4th grade Girls AAU team won their league tournament at Rocky Hollow last weekend. Pictured are, front from left: Amy Cornelius, Addison McClure, Megan Ellis, Alexa Bussell and Regan Chasteen. Second row from left: Kelee King, Laurel Yates, Hallee Brown, Faith Harris, Darby Smith, Madison McIntosh and Lindsey Jones. Back row from left: coaches Bert King, Sandy Brown and J.D. Bussell. We are hosting a tournament this Friday and Saturday at Brodhead Elementary School.

Rank advancement held at Rockcastle Shaolin Do

Rockcastle Shaolin Do held its December Rank Advancement at Mount Vernon Elementary School December 20th.

With 50 students passing their test into their next rank, this is the biggest Rank Advancement RSD has had since opening on Main St. in August of 2011.

Starting out with only 15 students the school has now grown to over 90 students.

A surprise wedding was also held as RSD owners Eric Bullock and Cassie Bullock were married by Mayor Mike Bryant in front

of their students before the Rank Advancement was held.

RSD is now expanding its classes to offer a new "Little Dragons" basic martial arts and tumbling class for kids age 4-6 on Saturday at 10, Women's Kickboxing Aerobics and Fitness Saturday at 11, and MMA Combatives with 1stDegree Black Belt Jason Smith Saturday at 12. We are also accepting new students in our Children's Kung Fu program, our Adult Kung Fu Classes, and Tai Chi classes. RSD is also now offering

Kid's Kung Fu Birthday Parties.

To help encourage everyone to keep up their New Year's fitness goals, we are offering a free month of class for anyone who signs up in January. Reach all of your fitness goals and meet some great new friends to keep you motivated. Anyone interested in our classes can find out more online at www.rockcastleshaolindo.com or you can call or text (859) 588-8905 to sign up.

"Lady Rockets" (Cont. from A6

simply overpowered us in the paint with their huge towering players."

The Lady Rockets will join the Rockets in a double header on Friday night when they both travel to Casey County to take on the Casey County Rebels. Tip-off for the Lady Rockets game is at 6:30 p.m.

Noble said that Casey County is a completely different team from the Clay County team they played Monday night. She said Casey County is similar to her squad with their lack of size in the paint.

"They are not a big team in the middle, which is a huge plus for us," Noble said. "Since neither one of us is a dominate threat in the middle, we will simply have to play strict defense and outshoot them if we want to come out of Casey County with a win."



Cade Burdette was named the 2012 Player of the Year on the Southeast Kentucky Junior Golf Tour in the 11-12 year old division. Cade played in 12 events on the SEKJGT and won all 12 events. Cade also played in a U.S. Kids Qualifier in Indianapolis, IN and placed third. Cade, a 6th grader, placed in the top 10 in the Kentucky Middle School State Golf Tournament. He is also a member of the Rockcastle County High School Golf Team and had a very good year competing against high school golfers.

"Rockets" (Cont. from A6

demoralizing to his squad.

"We all understand that Pulaski County is ranked number one in our region and favored to win our regional championship," Blanton said. "It doesn't matter if they are an extremely tough team, it still doesn't help us cope with a severe loss like last Friday night's game."

The Rockets will join the Lady Rockets in a double header on Friday night as they both travel to Casey County to take on the Casey County Rebels. Tip-off for the Rockets game is at 8 p.m.

Blanton said this Friday night's district game against Casey County is a must win for his squad.

"We really need this win Friday night with our morale at the level it is right now," Blanton said. "We need to take care of business and get our first district win of the season so we can try to turn this season around."

The boys will host Wayne County on Tuesday, February 12th with a jayvee and varsity game.

"All-Stars" (Cont. from A6

lected by the Border Bowl Committee to play. His 6'2 230 pound aggressive style of stopping opponent's running game made him an obvious choice. He began meetings and practices on Tuesday night and continues with the activities and festivities through Saturday afternoon.

Also from RCHS, Coach Tony Saylor was selected to be an assistant coach, coordinating the defense. He will rejoin Coach Tom Larkey, who was selected as this year's Head Coach of the Kentucky team.

For more information on the game and the activities surrounding the 2013 National Guard Border Bowl, go to www.ky-tn-borderbowl.com

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4-H sewing projects again being offered

The 4-H Sewing Projects will again be offered after school at each of the elementary schools. Sewing projects will be different than past years. We will begin the classes on the appropriate dates listed below. This year the sewing projects will be conducted by local leaders and the Family & Consumer Sciences Agent. Following is the date and location of the first meeting at each school.

NOTE: Middle School and High School students may meet with the elementary school of their choice.

•February 18th-February 21st Mt. Vernon Elementary School

•February 25th-28th Brodhead Elementary School

•March 4th-7th Roundstone Elementary School

**Students will stay after school until 5:00pm. Students can be picked up at the front door or in the sewing room. Hazel Jackson and/or volunteers must see the individual who is picking up the student.

**Parents, you will need to provide transportation home after classes at 5:00pm PROMPTLY.

During the classes, your child will learn to use a sewing machine, follow directions and construct a useful item. First year students may make a drawstring tote bag. Second year students may make a zippered tote bag or purse. Third year students may make a gym bag. Fourth year students will make a backpack with lining. Fifth year students will make a 2 or 3 piece luggage set.

1.) Things They Will Need:

*Sewing Equipment
*6" inch ruler or seam gauge
*A Sewing box-large shoe box is fine
*Straight Pins
*Tape Measure
*Dressmaker shears (scissors)
*Seam Ripper

Underlined items are most important for each child to have. The 4-H Program has some sewing equipment that can be loaned to 4-Her's for the week. Label all items with your name! Put it in some type of small box for easy storage at the school for the week.

2.) Fabric & Notions:
See attached list according to Unit Level.

**Prewashing of all fabrics is recommended! To prewash, simply put the fabric yardage in a regular load of laundry. You may line dry or dry the fabric in the clothes dryer. Iron the fabric if it is wrinkly.

3.) 1 large spool of thread to match the fabric. Cotton or cotton covered polyester thread is preferred-all purpose thread. 100% polyester thread does not sew well on the Extension Service machines. Quilting or upholstery thread will not work for these sewing projects.

**If your child wishes to participate in the 4-H Sewing projects, please complete the permission form given to your child by the Extension Service and return it to their teacher by February 8, 2013. If no permission form is given, your child WILL NOT be able to attend...

Unit 1
Drawstring Tote Bag [Junior Unit 1 Let's Learn To sew]

Simple drawstring bag includes straight machine stitching, seam finish and casing with cording drawstring. Requires machine sewing, fabric preparation and measuring skills.

Materials Required:
*1 yard---44-45 inches wide medium weight denim or cotton fabric

*1 3/4 yards--1/4 inch cording or 2 shoelaces, 45" or longer

Unit 2
(Zippered) Quilted Tote Bag or Purse

[Non-Clothing optional Junior Unit 2 Let's Get to the Bottom]

Materials Needed:
3/4 yard double-sided quilted fabric

1 heavy duty or sport zipper 14 inch zipper for tote or 10 inch or 12 inch heavy duty or sport zipper for purse

Optional--1/8- yard coordinating fabric

Unit 3
Overnight Duffel Bag

Skills demonstrated with this project will include sewing a centered zipper, topstitching, measuring, sewing and finishing seams. Fabric choice should be denim, sport cloth or double sided quilted. Approximate size 18 inches x 9 1/2 inches.

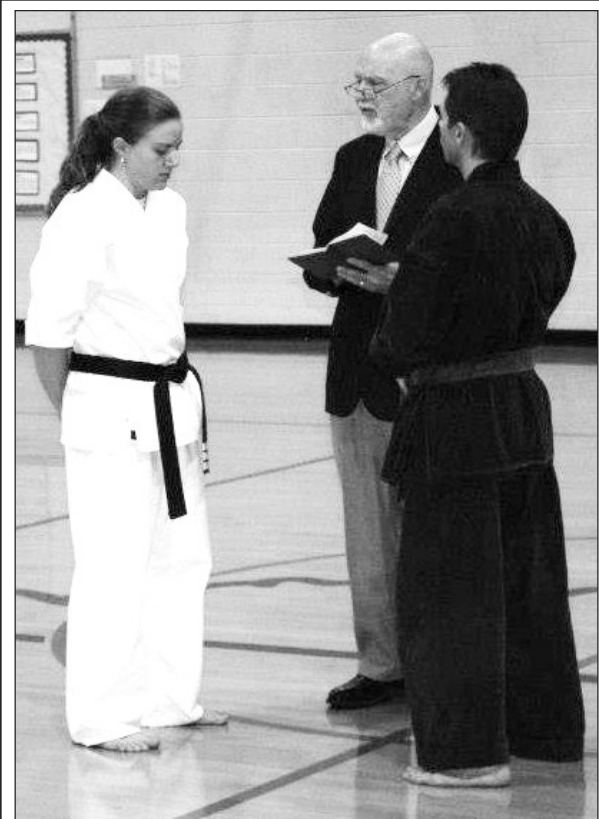
Materials needed:
1-1/4 yard sturdy fabric (denim, sport cloth, quilted)
18" or 22" inch heavy duty or sport zipper
Thread to Match.

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Cassie and Eric Bullock during their wedding ceremony with Mayor Mike Bryant.



Kids made their own Kung Fu headbands on their first day of Winter Camp at Rockcastle Shaolin Do on Main Street. With 23 kids attending total over three days of camp everyone had a blast and learned a lot about teamwork, leadership, and respect. Kids also had the chance to make their own Christmas ornament, performed team demonstrations, and made lots of new friends. Rockcastle Shaolin Do would like to thank Camp Assistant Instructors Beckah Renner, Robert Renner, and Josh Stallworth for their help making this camp possible.



Pictured are students who tested this December for their next belt rank. Top row from left: Paige Neal, Casey Hardin, Tommy Philbeck, Mark Asher, Kristi Stinnett, Jeanitta Montano, Joseph Montano, Beckah Renner, Robert Renner, Thomas Graves, Christopher Graves, Granville Graves, Scott Winstead, John Hendrikson, Teddy Stallworth, Steve Corder; Middle row from left: Kaycee Prickett, Amanda Renner, Josh Stallworth, Ashley Whitehead, James Houk, Sam Brickley, Kristen Harper, James Renner, Sarah Renner, Diana Helms, Jesse Rodefer, Kaci Brown, Rebekah Oliver, Melanie Mink, Devonna Smith, Logan McClure, Morgan Johnson, Head Instructor Master Eric Bullock; Bottom row from left: Instructor Cassie Mullins, Brooke Renner, Matthew Ledford, Eli Price, Gabriel Tackett, Kylee Rodefer, Cager Doan, Camden Mink, Ezekiel Graves, Haley Graves, Chris Whitehead, Isaiah Price, Emma Price, Josayah McClure, Isaiah Bowles, Thomas Jones, Jenna Wells, Granville Graves III, Jr. Instructor Haley Bullock.