

Local student among those selected to talk with astronaut

Eastern Kentucky University (EKU), Kentucky Educational Television (KET) and NASA are helping to make a dream come true for a select group of middle schoolers.

Cameron Coy, an eighth grader at Rockcastle County Middle School, is among just 23 area middle school students that will have the opportunity on Friday, Jan. 11th, to speak to an astronaut aboard the International Space Station. They are among 160 sixth, seventh and eighth-graders, all identified as gifted and talented in science and/or mathematics, from 46 area schools who will participate in a variety of educational activities at the day-long event in EKU's Hummel Planetarium and adjacent Perkins Building. EKU, partnering with KET, was selected by NASA as one of only six downlink sites nationwide where students will be able to converse with the Space Station astronauts. The theme for the event, which runs from 9:15 a.m. to 2:45 p.m., is "From the Bluegrass to the Blue Marble: Systems in Space."

The 23 students (three are collaborative teams of two) who will talk with astronaut Tom Marshburn were selected on the basis of their submitted questions and a short essay.

Other participating students, as well as students in classrooms throughout the Commonwealth, will be able to tune into a live stream of the event via KET, which will broadcast the downlink event live from 9:40 a.m. to 10:05 a.m. EST and stream it live at www.ket.org/live.

KET will tie its live broadcast into News Quiz, its current events program for grades 4-8, and title it News Quiz Special: A Space Station Conversation. At 9:40 a.m., five minutes before the downlink starts, News Quiz host Missy Johnston will give the audience a brief introduction of what they are about to see, along with some information about astronaut Marshburn.

2-mile run/walk

Snowball Express 2013

Come out and join Rockcastle Regional Hospital & Respiratory Care Center for the second annual Snowball Express on Sunday, January 27th at Brodhead Elementary School. This event will feature a 2-mile run/walk beginning at 2:30 p.m. (Registration begins at 1:30 p.m.). This will be the first of 12 races in the 2013 County-Wide Stride Series.

You can pre-register online at rockcastleregional.org/events/snowball-express-2-miler until January 20 for \$12 or you may drop-off your registration form at Rockcastle Regional Hospital by noon on Monday, January 21. Race day registration fee will be \$15. T-shirts will be given to race participants (Please pre-register to guarantee your shirt. Shirts will be available on race day in limited sizes and quantity, while supplies last). All proceeds benefit Rockcastle County's Relay for Life.

Awards will be given to the overall male and female race winner and fastest male and female walker. Top three male and female finishers in each of the following age groups will also be recognized: 12& under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

In case of inclement weather, cancellation notices will be posted on the Rockcastle Regional Facebook page or you may call (606) 256-7880 to hear a recorded message. Registration fees are non-refundable. For questions or more information contact Susan Turley at (606) 256-7746 or by email at s.turley@rhcc.org.

Become an organ donor in the new year

Rockcastle County's new Circuit Court Clerk Eliza Jane York and her deputies wish everyone a happy new year and hope that you got everything that you wanted during the holidays.

However, York, and the Kentucky Circuit Clerks' Trust For Life, reminds you that there are over 116,000 people in our nation still waiting for their gift...the Gift of Life and nearly 1,000 are waiting on an organ transplant in Kentucky.

Maybe you personally know one of these individuals that are hanging onto the hope of a phone call saying, "We have a match!" Until they receive that call, the only thing that have is hope - through increasing the number of names on the Kentucky Organ Donor Registry. It's free and only takes a minute of your time when you get your license at the Circuit Court Clerk's office. Everyone, regardless of age and health status, can place their name on the confidential registry. Only 1% of those on the registry will ever become a donor, so the registry needs to be increased as much as possible. If it isn't time to renew your license, please go online to register at www.trustforlife.org or call toll free at 1-866-945-5433.

Community Body Recall Classes at Wellness Center now available

Community Body Recall Classes are now available at the Wellness Center at Rockcastle Regional Hospital. The classes will be held from 10 to 11 a.m. and participants can join any time. Body Recall is a program of lifetime for people of all ages and at all levels of physical ability. It is a structured program of slow, natural movement that is safe and pain-free. Fee is \$35 for yearly membership and a \$2 class fee for each session. A fitness center membership is included if members prepay the class fee. Come join us! Contact Betty Purcell, instructor, 256-7704.



Don Stevens and his family have recently placed markers at the gravesites of their ancestors, Telitha Messer Bingham Mays and Adeline Messer Marlowe Miles. Nelson Messer, father of Telitha and Adeline, already had a marker designating him a veteran of the Civil War, 49th Kentucky Infantry. This cemetery is called the Newcomb Cemetery in the Rockcastle Cemetery book and is on a farm presently owned by Iris and Joe Young.

For middle and high school students

Forward in the Fifth regional video contest

Forward in the Fifth is asking middle and high school students in Rockcastle County to speak out about what's going on in their schools to advance and promote education in Southern and Eastern Kentucky in a new regional video contest.

The contest is part of a newly launched Forward in the Fifth initiative presented in partnership with Kentucky Valley Educational Cooperative and the University of Pikeville to encourage students to share their own personal success stories about education and schools in the region by creating a 90-second or less student-produced video.

"Schools and communities must promote, celebrate, and share the positive impacts they are making daily in the lives of their students and staff," said Jim Tackett, executive director of Forward in the Fifth, a nonprofit organization and affiliate of The Center for Rural Development in Somerset. "What better way to do this than by telling these stories through young people and the emerging technology we now have?"

Sixty-three public school districts in 45 Kentucky counties within Forward in the Fifth's primary service area have been invited to participate in the

contest and lend their support to the New Voices in Education project.

Video contest entries will be screened by a review committee and later posted on the New Voices in Education website at www.voicesineducation.org, designed by UPIKE students.

Selection will be based on content, use of theme, originality, editing, creativity, and technical quality.

Students must upload their video submissions to the New Voices in Education website no later than Feb. 28, 2013, to be eligible for the contest. Instructions on how to up-

load videos are available from a link on the homepage.

Video registration and release forms, which may be downloaded and printed from the website, must be mailed and postmarked no later than Feb. 28 to New Voices in Education, Forward in the Fifth, 2292 South Hwy. 27, Somerset, KY 42501.

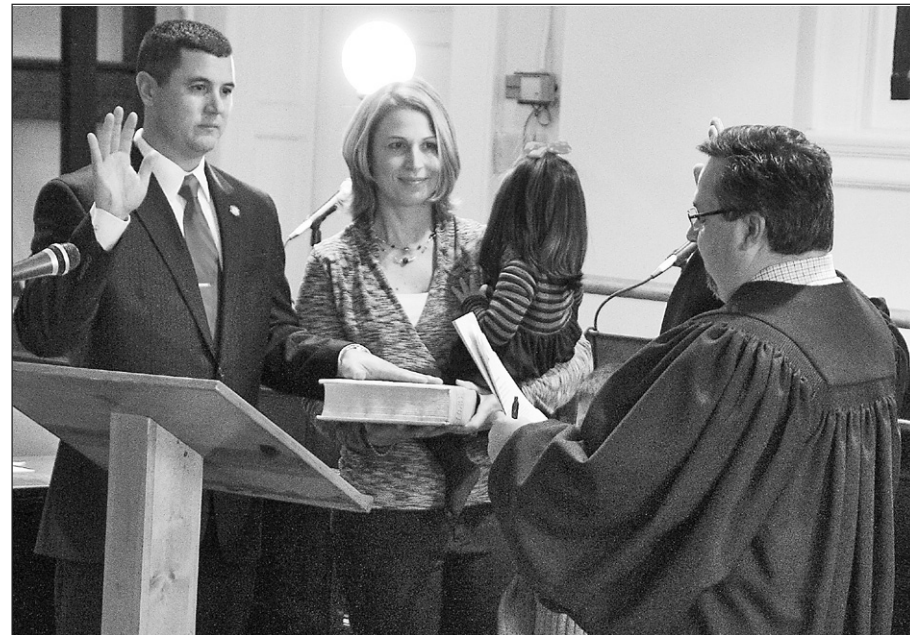
All contest entries will be categorized into middle school and high school divisions.

Both student and school awards will be announced by Forward in the Fifth near the end of the 2012-2013 school year.

Local attorney takes oath in FL

Cynthia Gregory Crider, an associate attorney with the law offices of William D. Gregory, Mount Vernon, has recently been sworn into the practice of law in the State of Florida. Mr. Gregory and his wife Mary were in attendance as she received her oath of practice. She will continue to practice in Kentucky as well as Florida.

Mrs. Crider is a graduate of Rockcastle County High School, Duke University and the University of Kentucky College of Law. She is married to Mark S. Crider, M.D. of Ashland, and resides in Florida, with her husband and three daughters.



Representative David Meade, R-Stanford (80th District) is administered the oath of office by Chief Regional Court Judge Jeffery T. Burdette (right) during a ceremony at the Lincoln County Courthouse on January 6th. Looking on is Representative Meade's wife, Rebecca. Representative Meade will represent Lincoln, Rockcastle, and a portion of Pulaski County in the Kentucky House of Representatives.



KENTUCKY TRANSPORTATION SURVEY

Please take "Your Turn" and share your thoughts on the future of Kentucky's transportation system.

"Your Turn" is a short and confidential survey that will help the Kentucky Transportation Cabinet (KYTC) determine:

- * the most important transportation issues facing Kentucky over the next 20 years
- * necessary improvements to the transportation system for the next 20 years
- * possible future funding sources for transportation improvements
- * considerations for selecting future transportation projects

"Your Turn" is available Jan. 9 - Feb. 25, 2013.

Take "Your Turn" online at yourturn.transportation.ky.gov

Paper surveys are available at:

- * KYTC highway district offices
- * Area Development District offices
- * Metropolitan Planning Organization offices
- * Transportation Cabinet Office Building, 200 Mero Street, Frankfort, KY

Call (502) 564-3419 weekdays from 8 a.m. - 4:30 p.m. eastern time for more information or to request a survey.

HELP KENTUCKY IN THE FUTURE BY TAKING "YOUR TURN" NOW!!