



Members of the RCMS Governor's Cup are, front from left: Dalton Childress, Kagan Miller, Jimmy Sharp and Travis Ross. Back row from left: Mahala King, Assistant Coach Laney Poynter, Apryl Volk, Clare Beichler, Captain Joy Frith, Katie Vance, Erin Thompson and Assistant Coach Anna Poynter.

Minds in the Middle

Spring pictures will be on Tuesday, February 19th. Students should not wear green.

Applications for the Rogers Explorers program are now available. The Rogers Explorers spend three days and two nights on campus at some of Kentucky's top colleges and universities over the summer. Experts will guide participants through hands-on

assignments that encourage creative thinking, teamwork and build leadership skills. The program is available to 8th grade students interested in science, math, and technology. Interested students need to see Mrs. Cromer for more information.

The last day to turn in Box Tops for the current contest is next Friday, February 22nd.

RCMS yearbooks are in

limited supply. The cost is \$35. If you would like one, but have yet ordered, do so soon!

Mid-term reports were sent home on Monday. If you did not receive those, you can contact the office for another copy. Individual Student Reports from the K-Prep spring assessment are now available. Guardians should see Mrs. Cromer in the office to pick those up.

We wish the best to our archery team as they participate in their first meet of the year next Friday in Madison County.

Congratulations to Mrs. Bishop's 8th grade Comets on having the best attendance for the month of January. Remember that we are having a new attendance incentive period beginning on Monday and going through March 14th. We will be rewarding the best homeroom attendance and having Dash for Cash.

School will not be in session on Monday due to Presidents Day.

Cumberlands announces Alpha Lambda Delta Inductees

On Tuesday, February 5th, University of the Cumberlands (UC) Chapter of Alpha Lambda Delta inducted new members for 2013 during the Annual Initiation of the Freshmen Honorary. Membership is open to full-time freshmen students who earn a scholastic average of 3.5 or better at a four year college or university.

Included in the 2013 induction class of Alpha Lambda Delta was Hayley Elizabeth Davis of Mt. Vernon.

"Alpha Lambda Delta emphasizes that educated persons have a responsibility to have tolerance in their dealings with all persons, generosity in giving to those in need, and insight into the feelings of others," says Dr. Glenda Earwood, Executive Director of the Society. All members are challenged to make a meaningful contribution to society.

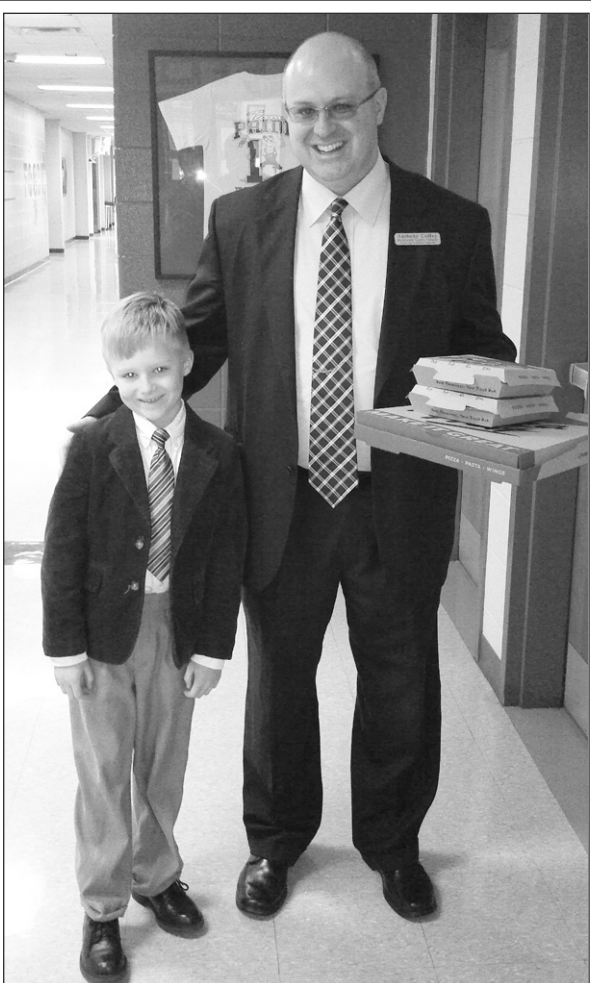
RCMS Governor's Cup excel at district competition

The Rockcastle County Middle School Governor's Cup excelled at their district competition on Saturday, January 19th. The team placed second in quick recall, second overall and brought home the Catherine C. Hume Sportsmanship Award. The quick recall team will now move on to regional competition at East Jessamine Middle School.

The following students placed individually and will be competing in regional competition in specific subject areas. Joy Frith placed second in Composition and first in Language Arts. Tessa Pickle placed third in Composition and fourth in Language Arts. Erin Thompson placed fifth in Composition and fourth in Science. Clare Beichler placed second in

Science. Katie Vance placed fourth in Arts and Humanities. Kagan Miller placed

fifth in Social Studies and Travis Ross placed third in Math.



Pictured is Creed Gabbard and Mr. Anthony Coffey, assistant principal at MVES. Creed has worked extra hard and achieved a high goal. As his reward, he chose to have lunch with Mr. Coffey. Great job, Creed.

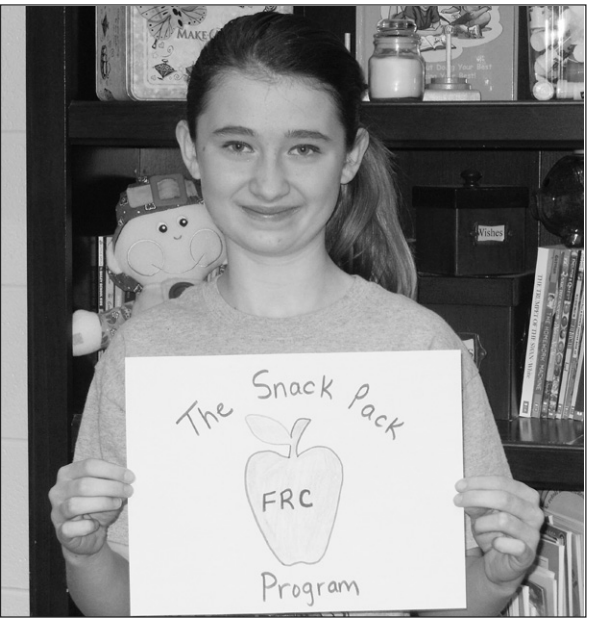
Dean's List

The Office of the Vice-President for Academic Affairs has announced that Deana Gabbard of Mt. Vernon has been named to the University of the Cumberlands Dean's List for the 2012 fall semester.

Students must have achieved a grade of "A" in convocation while maintaining a minimum cumulative scholastic standing of 3.50.



Congratulations to RCMS 7th grade student Jackson Cromer (above) and MVES 5th grader Ashlyn Brock (below). These two students entered an essay about why they wanted to be a page through the Family Resource/Youth Service Centers. Their essays, which also included information about the importance of their school FRYSC, were selected to represent Region 9 as Legislative Page for Senator Jared Carpenter and State Representative David Meade. This is a tremendous honor for these students as they are only two of 16 students selected to represent region 9, which consists of Barbourville, Bell, Clay, Corbin, Pineville, Rockcastle, Williamsburg, and Whitley County Schools systems. These two students will go to Frankfort on February 13th and work in the house and senate and develop and understanding of the workings of state government. Both schools are very proud of these students.



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Love your Heart

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ROCKCASTLE REGIONAL

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Women's Heart Health and Fitness Expo

A night for ALL women (and girls too) in the community to come out for a fun night of fitness to raise awareness about heart health. We want to share the importance of heart health...at any age!

Thursday, February 28, 2013

5:30 p.m. • Rockcastle Regional Wellness Center

Join us for this FREE event featuring...

- Fitness classes
(See schedule below. Come and try any fitness class you wish. You do not have to participate in all.)
- Heart health education
- Giveaways and door prizes
- Heart healthy food samples

Please sign up by February 22. Contact Arielle Estes at (606) 256-7880 or a.estes@hrcc.org

Fitness Class Schedule:

Zumba with Susan-5:30

Meditation & Manifestation with Missy-5:40

Body Recall with Betty & Worth Anne-5:50

Hip Hop Physique with Amanda-6:00

Movin' with Morgan-6:10

Cross Training with Neshay-6:20

Piloxing with Lindsay-6:30

County-Wide Stride-6:40

SilverSneakers® Muscular Strength & Range of Movement with Morgan & Lindsay-6:50

Karate with Chris-7:00

Spin with Jamie-7:10

Trifecta with Morgan-7:20

Step with Amanda-7:30

Zumba Toning with Carol & Angie-7:40

Senior Stretch with Betty & Worth Anne-7:50