



Front row from left: Ben Allen, Carter Blanton, Devin Poynter, Doug Clements, Nelson Bond, Dwight Poynter and Jerry Carter. Back row from left: Chris Bishop, Ricky Harris, Douglas Nicely, Tate Clements, Dickie Martin, Gage Reynolds, Brandon Shearer, Caleb Ballinger, Jarod Robinson, Drew Martin and Dakota Bishop.

RCHS Fishing Team has many activities

The Rockcastle Fishing Team has been busy this winter. On January 19th, they hosted a tournament at Lake Linville. Several teams from other counties participated, despite the freezing 29 degree temperature.

First place winners were Douglas Nicely and Coach Matthew Mekus. Second place winners were Ricky Harris and Coach Rick Harris. Third place was won by Tate Clements and Coach Benny Kirby.

The second tournament was also hosted on Lake Linville on February 23rd. The temperature was only 34 degrees but the team had a great time.

This time, first place winners were Brandon Shearer and Coach Benny Kirby, second place was won by Carter Blanton and Coach Danny Offutt and third place was taken by Tate Clements, Ricky Harris and advisor/director Doug Clements.

On March 3rd, the team traveled to North Laurel and participated in the Woods

Creek Lake Tournament. They competed against 32 teams and Ricky Harris and Tate Clements won first place and Big Fish. Fishing was tough in the 19 degrees temperature at blast off and cloudy and raining most of the day.

On March 16th, the team hosted another tournament on Lake Cumberland at Conley Bottom. First place winners were Devin Poynter and Ben Allen with Coach Dwight Poynter. Fourth place went to Ricky Harris, Tate Clements and Advisor/Director Doug Clements. Seventh place winners were Dakota Bishop, Caleb Ballinger and Coach Chris Bishop. Eighth place was won by Drew Martin, Jarod Robinson and Coach Dickie Martin. Ninth place went to Douglas Nicely, Carter Blanton and Coach Jerry Carter. 18th place winners were Gage Reynolds, Brandon Shearer and Coach Nelson Bond.

So far the team has had a lot of fun and has gained a lot of fishing knowledge. They are all excited about

the regional and state tournaments that will be held in April.

Once again, we would like to thank all our sponsors and to give a special thanks to Mark Lunsford for

Financial Aid Tip of the Month Tips about student loans

Many students find that they must use loans to help pay for a higher education, especially if they're working on a four-year degree. These tips from the Kentucky Higher Education Assistance Authority (KHEAA) may help lessen the impact of borrowing.

- Submit the Free Application for Federal Student Aid (FAFSA). You may not think you'll qualify for federal aid, but the only way to find out is to try.

- Find all the sources of financial aid that don't have to be paid back first — grants, scholarships and work-study — before turning to loans.

- Borrow only what you need. Remember, you have to repay your loan. If the school's financial aid package awards you \$5,000 in federal loans but you only need \$3,000, just borrow the \$3,000.

- Use federal student loans

the new fishing team sign that is now located at Lake Linville Boat Dock.

Please stop in and take a look at our new sign and support the team.

Submitted...

Local swimmer competes in Course State Swim Meet

Laurel Yates, age 10, competed in the 2013 Short Course State Swim Meet at the University of Kentucky during the weekend of March 15-17, 2013. Laurel placed 6th place overall in the 100 Breast Stroke with a time of 126.77. She placed seventh place overall in 50 Freestyle (29.81) and 50 Breast Stroke (39.82). Laurel placed 8th place overall in the 200 Freestyle Relay. Laurel swims for Colonel Aquatics Swim Team (CoLA) in Richmond. CoLA is coached by Reinhardt Strijdom, former swimmer of the University of Kentucky. The assistant coach is Katie Sallee, former swimmer with Transylvania University.

Colonel Aquatics is a non-profit competitive USA swim club established in 1990 that is located on the campus of Eastern Kentucky University in Rich-

mond. Founded by Coach Tim Cahill, Colonel Aquatics has established a tradition of swimming excellence on both the state and national levels.

For more than 20 years, CoLA has been committed to developing athletes into both strong swimmers and strong individuals by teaching teamwork, dedication, and sportsmanship.

Colonel Aquatics continues to provide youth swimmers of Madison and surrounding counties with the opportunity to participate and compete on a year-round United States Swimming Level One Club with all the amenities of a large team, but with a personal dedication to individual development.

Laurel is a 4th grader at Brodhead Elementary. She is the daughter of John and Amy Yates of Mt. Vernon.



Laurel Yates



The RC Hoops 6th grade girls travel team would like to thank all of their sponsors for this season. They are continuing to work hard on improving their skills, resulting in several tournament championships. Congratulations Coach Jon, Emma, Kaitlyn, Jamison, Zoe, Shelby, Megan, Courtney, Shelby and Natalie. Sponsors are: Rockcastle Regional, Community Trust Bank, Mt. Vernon Signal, Goff Excavating, Kentucky South Central Pools, Marvin E. Owens, Sylvia's Cut and Curl, Wild Kuts, Touch of Class Hair Design, New Vision Hair Studio, Mt. Vernon Florist and Gifts, Main Street Pharmacy, Singleton Insurance, Farm Bureau Insurance, Kwik Mart, Attorneys Coffey and Ford, Joseph Clontz, Bishop Tire, Dowell and Martin Funeral Home, Sparks Flowers and More, Mt. Vernon Fuel, Mt. Vernon Scrap and Recycling, Associates in Dentistry, Central Body, Cox's Funeral Home, Jack's Hardware, Mt. Vernon Partials and Dentures, Bradley's Barber Shop, Brodhead Farm Mart, Deb's Grab and Go, Associates in Dentistry and Mt. Vernon Plumbing and Electric. Thank you for your support.



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