



Congratulations to the Senior FFA members who will receive their State FFA Degree in June. Pictured from left are: Bethany McKinney, Amie Hale, Allison Burdette, Charity Adams, and Sarah Pigg. Not Pictured: Elizabeth Lawrence, Kyle Peacock, Larkan Prewitt, and Mary Robinson.



Congratulations to the FFA members that placed 1st or 2nd in their proficiency area in the regional contest on Thursday, February 28th. Pictured front from left are: Bethany McKinney, Allison Burdette, Amie Hale, Kayla Reynolds, and Tiffany Bowman. Not Pictured: BB Cameron, Miranda Clark, Kyle Peacock, Adam Poynter, and Hannah Prewitt. Back row from left: Dylan Hensley, Adam Hale, and Chris Sowder.

"Karate"

(Cont. from pg. B4)

put on the new one after all of their hard work.

Students learn classic forms and techniques that improve balance, coordination, strength, focus, and memory. Classes also involve strength training, flexibility training, cardio, self defense, and sparring. To advance to the next rank students must present the material required properly. After passing into the next rank students will begin

learning new weapons and more advanced techniques and training to prepare for the belt rank advancement.

New classes are open now for students hoping to start as white belts. With beginner kids meeting on Mondays and Wednesdays from 6-7 PM and adults meeting on Mondays and Wednesdays at 7-8 PM or Tuesdays and Thursdays from 6-7 PM classes are open to new students. Kids can gain respect, focus, confidence, self-discipline, and leadership. Adults will get a great workout and get a chance to learn an art form

that will improve not only your body but your mind. Included in the 56 students, there were also 8 students testing in the internal martial arts. The internal martial arts is gentler on the body and great for those with injuries, arthritis, back pain, or illness that are looking for a healthy activity. Students in the internal martial arts wear colored sashes instead of belts to show rank. They learn martial arts such as Tai Chi and Pa Qua, including weapons like the straight sword and fan. Classes have low impact exercises and include meditation for stress relief and self defense techniques. New students can call (859) 588-8905 to sign up for the next starting class.

Rockcastle Shaolin Do is also now offering special fitness classes on Saturday, including Kickboxing Fitness at 11 AM and MMA Combatives at 6 PM. Kids ages 3 1/2 - 5 can also get involved with the Little Dragons at 12 PM, where preschool ages can improve focus, balance, coordination, and confidence to help prepare for school and sports.

and Rodney Wolfenbarger of Brushy Fork Institute facilitated the meeting. The Rockcastle County Development Board sponsors this program and has graduated a total of 114 county residents. Leadership Rockcastle participants meet once a month to discuss county issues, meet with county officials and leaders and discuss leadership skills.

Graduates of Leadership Rockcastle become voting members of the Rockcastle County Development Board.

OPERATION UNITE
Drug Tip Hotline
1-866-424-4382
(callers' names are not required)
Toll-free Treatment Help Line
1-866-90-UNITE

Bus Drills Early Dismissal

The Rockcastle County Schools will be conducting Emergency Bus Evacuation drills on Friday, March 29, 2013. The Rockcastle County High School and Middle School will dismiss at 2:45 p.m. Buses will proceed to the elementary schools where the drills will be conducted. Please adjust your schedule for this early dismissal.

**No school April 1-5, 2013
for Spring Break**



Frankfort Report...

**By Jared Carpenter,
State Representative**

The 2013 General Assembly Session is almost over. This week, we had two intense work days in which we worked to close to midnight as the Senate and the House tried to achieve compromise on legislation.



After much negotiation, House Bill 1 brings much-needed transparency and accountability to the more than 1,200 special taxing districts across the state. Most of these public library boards, fire departments, water and sewer and other local taxing districts provide outstanding services to their communities. However, there are occasionally those that sometimes leave taxpayers in the dark on how their money is being spent. The bill puts education and ethics rules in place for these special-purpose entities and creates an online registry to publicly disclose their annual budgets and other pertinent information.

As agreed upon in a bipartisan free conference committee of Senate and House members, the bill also requires all special taxing districts to submit a budget report to their local fiscal court. If a special district wants to impose a new fee or increase the rate of an existing tax, it will be required to hold a public meeting prior to the change. While this doesn't provide the direct oversight many of us advocated, it is an important step in keeping taxpayers informed and government entities accountable.

Another bill that received final passage was House Bill 290 that creates a 20-person review panel for cases of child abuse and neglect-related fatalities and near-fa-

talities. The panel would be given access to complete records of the Cabinet for Health and Family Services, as well as information from law enforcement and other agencies involved in the case. Studying these cases will help us prevent child abuse in the future and ensure we are providing the best services possible to our youngest, most vulnerable citizens.

The General Assembly is now recessed for a ten-day veto period. Although we are in recess, we continue to discuss issues still unresolved. While consensus hasn't been reached on important bills like Senate Bill 2, public pension reform, Senate Bill 50, industrial hemp cultivation, and Senate Bill 1, military overseas absentee voting, we are still working diligently toward final agreement on these and many other measures. I maintain hope that the House will negotiate with us in good faith on these measures that are so important to the future of our commonwealth. There is still time.

Finally, I wanted to let you know that the Governor is receiving pressure to veto

House Bill 279, the Religious Freedom Act that protects religious liberty from government overstepping its bounds. If the Governor rejects this bill that passed with such overwhelming bipartisan support in both chambers, the Senate will move to override the veto.

We return to Frankfort on March 25 to complete the final two working days of the legislative session. We'll consider any vetoes the governor might enact on any of the various bills we've passed so far, as well as put a final stamp of approval on any last-minute bills still being considered. In the meantime, you can review the work of the Kentucky General Assembly by visiting our website at www.lrc.ky.gov. Archived meetings and proceedings from the session can be viewed at www.ket.org. To check the status of a bill, you may call the toll-free Bill Status Line at 866-840-2835.

Please feel free to contact me at 502-564-8100. To leave a message for me, or any legislator, call the General Assembly's toll-free Message Line at 800-372-7181.

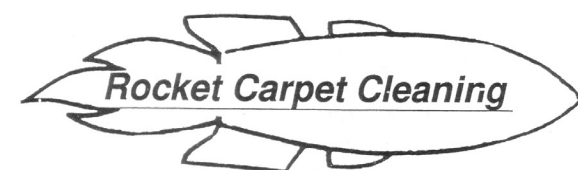
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256-2050



PUBLIC NOTICE CUMBERLANDS WORKFORCE INVESTMENT BOARD REQUEST FOR PROPOSALS

FUNDING: Workforce Investment Act (WIA) Title I - Youth

ACTION: The Cumberland Workforce Investment Board (Cumberland WIB) is soliciting proposals for youth workforce development services to be provided to Cumberland Workforce Investment Area youth 16-21 years of age. The Cumberland WIB will accept proposals that incorporate summer youth employment opportunities into a full menu of youth services and activities. Under WIA, summer youth opportunities cannot be offered as a stand-alone program but must be integrated into a comprehensive array of year-round youth activities. There will be two (2) proposals, one for in-school youth and one for out-of-school youth. Please specify if request is for an in-school, out-of-school or both. Approximate funding levels are in-school youth \$422,500, out-of-school youth \$279,500 to serve the thirteen (13) counties of the Cumberland Workforce Investment Area.

DATES: The closing date for receipt of applications is May 10, 2013, by 4:00 CT. All applications received after this date will be considered as funding becomes available.

ACTIVITIES: 1) Tutoring, study skill training, and instruction leading to secondary school completion, including dropout prevention strategies; 2) Alternative secondary school offerings; 3) Summer employment opportunities directly linked to academic and occupational learning; 4) Paid and unpaid work experiences, including internships and job shadowing, as provided in 20 CFR Part 664.460 and 20 CFR Part 664.470. 5) Occupational skill training; 6) Leadership development opportunities, which may include such activities as positive social behavior and soft skills, decision making, team work, and other activities, as provided in 20 CFR 664.420 and 20 CFR Part 664.430. 7) Supportive services; 8) Adult mentoring for a duration of at least twelve (12) months, that may occur both during and after program participation; 9) Follow up services; 10) Comprehensive guidance and counseling, including drug and alcohol abuse counseling, as well as referrals to counseling, as appropriate to the needs of the individual youth. [WIA Part 129(c)(2) and 20 CFR Part 664.410]; 11) Outreach/recruitment/eligibility/determination; 12) Assessment; and 13) Case management/intensive job placement.

APPLICANTS: Agencies or individuals interested in obtaining an application shall submit an inquiry by fax or mail to: Darryl McGaha, Lake Cumberland Area Development District, P.O. Box 1570, Russell Springs, Kentucky 42642; (Fax: 270-866-2044). For further information call 270-866-4200. **The RFP and proposal forms will also be made available after March 8, 2013 on the LCADD web site at <http://www.lcadd.org> and at the reception desk in the LCADD/WIA Department, 2384 Lakeway Drive, Russell Springs, Kentucky.**