#### JROTC attends Junior Cadet Leadership Camp

Submitted by Dana Hatfield

On May 29th, 2013 several Rockcastle county cadets from the JROTC course went to the annual Junior Cadet Leadership Camp, held at the Bluegrass Army Depot in Richmond. Cadets Austin Ramsey, Josh England, Justin Mason, Tiffany Horn, Caleb Price, and Alissa Snyder went to the camp and learned the basics of Army leadership. The program was a five day long camp designed to put each cadet involved in an army based leadership position.

Day one consisted mostly of integrating the cadets into the army life, organizing lockers and bunks, and making military fashioned beds. Day two was survival training that involved; making shelters, learning about water sources, etc. and a history of Fort Boonesbourogh. Day three was a leadership day where the cadets negotiated various military obstacles designed to test teamwork andagility. It was a mentally challenging day where

The RCMS Leadership

Team sponsored Hat Day on

Friday. \$240 was raised for

St. Jude's Hospital to help

RCMS appreciates all of

the Leadership Team and

Builders Club members

who participated in the

Community Hunger Walk at

Mt. Vernon on Wednesday.

are sponsoring an after

school movie event on Fri-

day. Tickets are on sale in

the lobby each morning for

ing your Box Tops for Edu-

cation. The teams are in

competition to see who can

Wednesday at 4:00, there

will be an organizational

meeting for the PTSA (Par-

ent Teacher Student Alli-

ance). All parents and stu-

dents are encouraged to at-

Tammy Gabbard's 8thgrade

Dean's List

National College's

Campuses

Danville, Lexington, and

(www.national-college.edu)

have released the Dean's

List for the Second Spring

The following students

earned a minimum grade

point average of 3.5 out of a

possible 4.0, and thus

achieved the honor and

privilege of being placed on

the Dean's List: Matt

Lunsford of Mt. Vernon and

Richmond

Term.

Congratulations to Mrs.

bring in the most.

Remember to be collect-

The RCMS cheerleaders

children with cancer.

many cadets conquered their fear of heights and swung down a tower as well as rappel down another tower. Day four was a fun day for the cadets, and the focus was water training. They learned various swimming techniques in the pool and then headed to the lake for boating skills manned by Rockcastle County JROTC instructors Captain Thompson and Sergeant Graves. Day five was a small day consisting only of an awards ceremony, where many awards were given based on leadership effectiveness, physical excellence, and execution of the training they were given over the course of the week.

Overall the cadets had a great time at the JCLC Camp. They not only had fun, but they learned the essence of leadership. They came back with a vast knowledge over many areas that they were trained in. Now the cadets are ready to improve the Rockcastle county JROTC Battalion with what they have learned.

# **JROTC** raises money

Submitted by

On Saturday, July 20th the Rocket Battalion held a 5K run/2 mile walk at the Renfro Valley Entertainment Center. The Hooah 5K/2 mile walk was hosted as a fundraiser for the entire Rocket Battalion JROTC program. With the money earned from the 5K run/2 mile walk will allow cadets to participate in competitions, military ball, and much more.

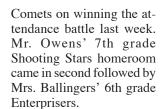
The runners were split into age groups and awards were given to those that finished with the best overall time in their class. All competitors put out their best effort in order to finish the course. David Hays was the top overall runner finishing strong with a time of 19minutes 11-seconds. Finishing second was Justin Houk with a well-earned time of 20-minutes 21-seconds. Charles Bullen placed third with a time of 20-minutes 34-seconds.

The sole runner of the Hooah 5K in the age group of 11 and under was Jenna Wells. Justin Houk, second place overall, placed first in the 12-19 age group. Powerfully finishing in second place of her age group was Allysa Cox. Rachel Cain was not far behind taking third place.

Placing first in her age group of 20-29 was Brittney McClure. Placing first for the age group of 30-39 was runner, David Hays. Becky Hardwick placed second in the age group. In third place for the age group was John



**Toll-free Treatment Help Line** 



Minds in the Middle

Any student who wishes to join the RCMS Unite Club needs to do so by Friday. Club dues are \$1. The Student YMCAwill no longer be taking membership forms after Friday as well. The fee to join the Student YMCA is \$25.

Applications for the 7th grade Duke Talent Identification Program have been mailed. In order to qualify, students needed a 95th percentile score or better on K-Prep Math or Reading in 5th or 6thgrade. If your child did not qualify or you have questions about participation in the program, call Ms. Cromer.

The GEMS Conference for 8th grade girls and the G2-TECS conference for 8th grade boys application time is here. These are one day workshops for girls who are interested in career fields involving math and science, and for boys who are interested in the career fields of engineering, science, and technology. Four girls and four boys from RCMS will be selected after the application process which involves an essay. Any 8th graders who are interested in applying need to see Mrs. Cromer, Mrs. Cayci, or Mrs. Bullock as soon as possible.



Cadets Austin Ramsey and Justin Mason prepare for their next water event during the annual Junior Cadet Leadership Camp, held at the Bluegrass Army

## with 5K run/2 mile walk

In the age group of 40-

49 Charles Bullen placed

first. Second place winner was Doug Jones. Third

place taker for the age

group, Tom Atkin. James

Bullen was the first place

winner of his age group, 50

and above. David Hayes

placed second in the age

group. Following right be-

hind and placing a solid

third place for the age

of the 5K run get awards,

there were also awards

given to overall walkers. BJ

Thomason, with a time of

32-minutes and 33-seconds,

placed first. Jerri Lynn

McGee placed second, with

a time of 33-minutes and

23-seconds. In third place

Debbie Renner, with a time

of 34-minutes and 32-sec-

would like to thank Renfro

Valley Entertainment Cen-

ter, Mt. Vernon Police De-

County Hospital, the Ken-

tucky National Guard, the

runners, the walkers, and

everyone else who came out

partment,

to support us.

The Rocket Battalion

Rockcastle

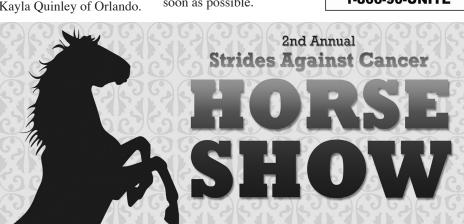
Not only did the runners

group, Roger Proctor.

Dana Hatfield



1-866-90-UNITE



### Saturday, **September 14, 2013**

Proceeds benefit "The Hope Fund"

Lincoln County Fairgrounds ● 5 p.m **General Admission \$5** 

OWHA, SHOW, EKWRHA



**U**KHealthCare. Network Affiliate

Markey Cancer Center





Allie Todd at Roundstone Elementary was recently chosen as September patient of the month by Bluegrass Pediatric Dentistry in Richmond. The office presented her entire class with a pizza party last week at Roundstone.

Subscribe to the Signal Call 606-256-2244



I would like to take a moment to thank the community of Mt. Vernon and the people of Rockcastle County. I have been in practice here for the past 4 years and have loved the people I have met and had the honor of being the one they came to when they needed chiropractic care.

So, it is with a heavy heart, that I say that I am closing Mt. Vernon Chiropractic. It has not been an easy decision or an easy road to get here to this point. I cherish the friendships I have made and the people I have seen on a daily basis.

We live in an increasingly tougher economic time with lots of changes in the healthcare fields coming soon. This decision was made out of necessity, not because I wanted to leave. We all want to provide for our family the best we can and

sometimes we have to make the tough choice to be able to do I would love the opportunity to continue serving you

since I am not going very far. I will be practicing at Chiropractic Health Solutions in Berea. Phone number is 859-985-0606. I hope to see everyone again soon. Thank you for a wonderful 4 years.

Matthew Tackett, D.C.

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Today, we continue that mission. Our investment in digital meters and the latest computer technology led to your co-op being the first electric utility in Kentucky to offer prepay metering. Our dispatchers use the latest technology to monitor your electric system and even repair some power outages with the click of a keystroke.

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Jackson Energy

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