

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 Boonesbrough. Day three was a leadership day where the cadets negotiated various military obstacles designed to test teamwork and agility. It was a mentally challenging day where

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.

Minds in the Middle

The RCMS Leadership Team sponsored Hat Day on Friday. \$240 was raised for St. Jude's Hospital to help children with cancer.

RCMS appreciates all of the Leadership Team and Builders Club members who participated in the Community Hunger Walk at Mt. Vernon on Wednesday.

The RCMS cheerleaders are sponsoring an after school movie event on Friday. Tickets are on sale in the lobby each morning for \$2.

Remember to be collecting your Box Tops for Education. The teams are in competition to see who can bring in the most.

Wednesday at 4:00, there will be an organizational meeting for the PTSA (Parent Teacher Student Alliance). All parents and students are encouraged to attend.

Congratulations to Mrs. Tammy Gabbard's 8thgrade

Dean's List

National College's Danville, Lexington, and Richmond Campuses (www.national-college.edu) have released the Dean's List for the Second Spring Term.

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 Kayla Quinley of Orlando.



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

JROTC raises money with 5K run/2 mile walk

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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 19-minutes 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 Martin.



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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.

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Mt. Vernon CHIROPRACTIC

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 that.

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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