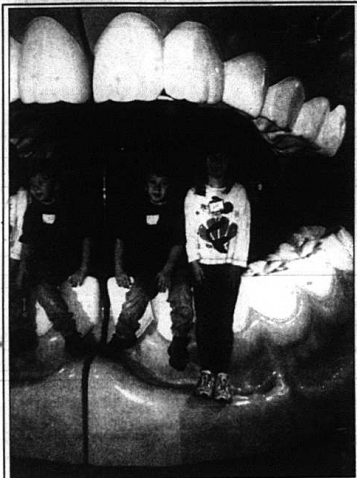
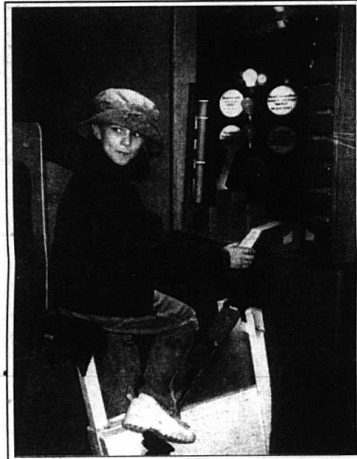


Tiger Pause



The students at BES are "springing" into action as they focus on preparing their Science Festival Projects. Mrs. Jenise Coffey's and Mrs. Sharon Ponder's classes recently visited the Lexington Children's Museum and were able to explore a variety of scientific topics. Above, B.J. Mink and Crystal Edwards enjoyed learning about their teeth on their visit include "Mighty Mouth."



Kaitlin Caudill worked hard to produce enough energy to turn on the lights at this energy exhibit.



Elise Durham, Brandon Burdette, Tyler Holman and Amber Miller were all able to take a walk on the moos as they explored the "Lunar Landscape."

Celebration Time - Ashley Hayes and Holly Brown participated in the 4-H Variety Show on March 16th. Ashley received a blue ribbon and Holly was awarded second place. Congratulations girls.
Upcoming Events - March 28th - Spring Pictures; March 31st - Science Fair Festival. Bus Drills - Dismissal at 2:30.

Mt. Vernon Message

For the week of March 23, 2000. We will be taking school pictures on Wednesday, March 29. Don't forget to dress up for them!
 Our 4th and 5th graders have been learning about bowling in their P.E. classes. As part of this study, they went bowling last week. What a great trip!
 March is Music in our Schools month. We have some absolutely terrific displays on our walls to honor of this. Parents, please come and see them. The students have worked hard on these.
 So often parents ask about how they can help their children to become good decision makers. The fol-

lowing article from Forward in the Fifth may be beneficial.
Help Students With Making Choices
 The Kentucky Council for Economic Education offers teachers and parents step-by-step lessons for students to learn and practice responsible decision-making. Choices and Changes, a K-12 standards-based curriculum, gives children and teens hands-on experience with decision-making in general and with economic issues in particular. Activities, writing prompts, worksheets, research projects help student practice decision-making with real life problems.

Regardless of the issue to be examined, any choice one makes impacts safety, health, finances and some aspect of life. Daily young people face the simple act of choosing a brand of gum to purchase or a more serious decision such as smoking, drinking alcohol or taking drugs. Decision-making is a learned process which follows a logical sequence. Even deciding not to make a choice is a choice. Consider a simple writing prompt taken from Choices and Changes. Students can use personal examples to analyze individual costs and benefits related to their decisions.

Six ways of making choices
 1. Let chance determine the outcome.

2. Let someone else decide.
3. Rely on habit.
4. Follow an impulse.
5. Do nothing.

6. Obtain facts and think it over. Choices have consequences. Consequences of choices are not always evident when individuals make decisions. To obtain something (a "want") is not an isolated action. Each choice initiates a rippling effect which often brings about unexpected results. Following a flowchart of events from one single choice to its conclusion helps students understand that personal decisions cause a chain

of actions and reactions which impact others.

For example: Student chooses to join the school band and learns benefits of playing a musical instrument. Parents pay money for instrument and lessons. Parents may borrow money or student gets a job. Younger brother delays getting new bike. Parents' time and transportation to practice increases. Student gains recognition during concert performance. Student weighs division of time to practice music versus to play baseball. Student benefits from disciplined practice.

The decision tree Very young children can learn decision-making skills by following a simple process called The Decision Tree. Beginning to practice these steps early encourages developing a natural habit of decision-making when they get older. Adults use the same process to solve more complicated problems later in life. Consider these steps:

1. What is the **Problem**?
 2. What are the possible **Alternatives**?
 3. What **Benefits** would result from each alternative?
 4. What **Costs** are involved in choosing each alternative?
 5. What is the **Decision**?
 6. **Stand by your decision.**
- Thought for the week: Failure is success if we learn from it.

Bray named U.S. National Award Winner in Mathematics

The United States Achievement Academy announced today that Jackson Bray, of Brodhead, has been named a United States National Award Winner in Mathematics.

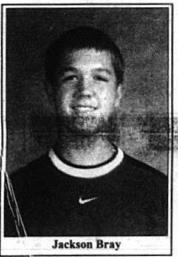
This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students.

Jackson, who attends Rockcastle County Middle School, was nominated for this national award by Mr. Steve Bullock, a teacher at the school. Jackson, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winner should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusion recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The

criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.
 Jackson is the son of Dennis and Rhonda Bray and the grandson of Don and Loretta Bray and Vall Roy and Doris Wright, all of Brodhead.



Jackson Bray

Whitaker named National Award Winner in English

The United States Achievement Academy announced today that Matthew Whitaker, of Mt. Vernon, has been named a United States National Award Winner in English.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students.

Matthew, who attends Rockcastle County Middle School, was nominated for this national award by Mrs. Hudson, a teacher at the school.

Matthew, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winner should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusion recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The

criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.
 Matthew is the son of Harold Ray and Sandy Whitaker of Mt. Vernon and the grandson of Billy and Betty Whitaker of Mt. Vernon and Edith Lunsford and the late Raymond Lunsford.

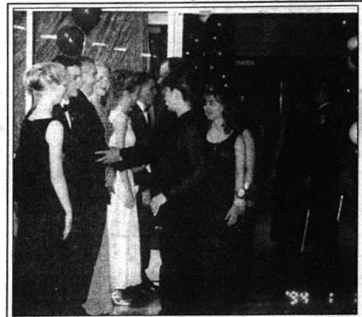


Matthew Whitaker

JROTC Military Ball

Rockcastle County High School's JROTC held its 5th Annual Military Ball, Saturday, March 11, at 7:00 p.m. in the high school cafeteria. The Military Ball is a required formal function for JROTC. The evening began with photos by Brock Studio of Brodhead. In full military custom, the Receiving Line consisting of the Command Staff: Company Commander - Cadet Major Jason Whicker, Company Executive Officer - Cadet Captain Tami Taylor, Company First Sergeant - Cadet 1SG Joe Clark and their guests greeted all the Honored Guests & Cadets and their guests at the door. After the initial welcome by the Company Commander, the evening began with the traditional Posting of the National Colors, the Invocation (given by Cadet SFC Josh Whicker), the Military Toasting ceremony and the introduction of our guests. The JROTC Cadet Creed was given by Cadet Sergeant Anthony Northern. Refreshments were then enjoyed by all.

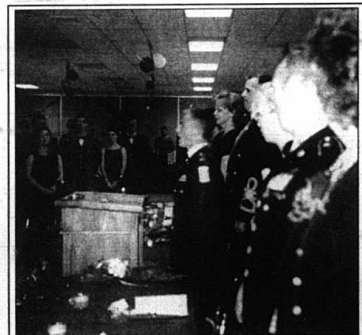
The Guest Speaker for the evening was Lieutenant Colonel Brett E. Morris, Battalion Commander of SROTC at Eastern Kentucky University. The formal part of the evening concluded with certificates of appreciation presented to CSM Charles Robinson and SGM Keith Taylor and roses presented to Mrs. Jenny Taylor from the Cadets of the Senior Class & the JROTC program. The dancing began about 8:30 with music provided by Mr. Charlie Napier and David Rowe. Our special guests attending were Mr. and Mrs. Danny McKinney, LTC & Mrs. Brett E. Morris, Mrs. Charles Robinson, Mrs. Pam Burdette, Mr. and Mrs. Charles Cash, Sr., Mr. Jeff Hayes, Mrs. Morris Swafford, Ms. Allen Cornelius, Mr. and Mrs. Everett Albright, Reverend and Mrs. Mark Whicker, Mr. and Mrs. Joe Dees and Mr. Charlie Napier. We would like to extend our sincere gratitude to Mrs. Pam Burdette, parents and grandparents of the cadets, who contributed so much to make this evening successful.



Mrs. Betty J. McKinney and Mr. Danny McKinney being greeted by JROTC Command Staff.



In the receiving line being greeted by the JROTC Command Staff is: Cadet Lt. Timothy Tyler and Miss Tara Thompson and Mr. Jeff Hayes and Ms. Morrissa Swafford.



Cadet Sergeant Anthony Northern reciting the JROTC Cadet Creed.



The Command Staff presenting certificates of appreciation to CSM Robinson and SGM Taylor.



Dillingham's Transmission

(606) 758-9169
 Rt. 1 Hwy. 70, Brodhead, KY

Complete transmission service on all foreign and domestic vehicles.

Complete service Diagnostic equipment for late model computer controlled vehicles, foreign and domestic

OTHER SERVICES AVAILABLE

FREE ESTIMATES

Jeff Dillingham - Manager