

School Menus

Elvis Remembered

August is Breastfeeding Awareness Month

Rockcastle County Elementary School Menu August 21-25, 2000

Breakfast:
Monday: Sausage gravy & biscuit or cereal, toast/jelly, juice and milk.

Tuesday: Scrambled egg with cheese, toast/jelly or cereal, cinnamon toast, juice and milk.

Wednesday: Danish or cereal, toast/jelly, juice and milk.

Thursday: Sausage biscuit or cereal, toast/jelly, juice and milk.

Friday: Pancakes(2), syrup/butter or cereal, toast/jelly, juice and milk.

Lunch
Monday: Chicken nuggets with BBQ sauce or grilled cheese sandwich, spicy fries, fruit and milk.

Tuesday: Spaghetti with meat sauce, Texas toast or chicken patty on bun, salad, corn, pudding and milk.

Wednesday: Hamburger with cheese on bun or burrito, french fries, lettuce/pickles, sliced tomatoes, cake and milk.

Thursday: Fish sticks or corn dog, mac 'n' cheese, green beans, rolls, juice and milk.

Friday: Chef salad or sloppy naches or sandwich, hash browns, carrot sticks, fruit, pudding pop and milk.

jello with fruit and milk.
Friday: Sloppy naches or sandwich, hash browns, carrot sticks, fruit, pudding pop and milk.

Rockcastle County Middle & High School Menu August 21-25, 2000

***Breakfast will be served daily.**
Monday: Chef salad or chicken nuggets with BBQ sauce or grilled cheese sandwich, spicy fries, fruit and milk.

Tuesday: Chef salad or spaghetti with meat sauce, Texas toast or chicken patty on bun, salad, corn, pudding and milk.

Wednesday: Chef salad or hamburger with cheese on bun or burrito, french fries, lettuce/pickles, sliced tomatoes, cake and milk.

Thursday: Chef salad or fish sticks or corn dog, mac 'n' cheese, green beans, rolls, juice and milk.

Friday: Chef salad or sloppy naches or sandwich, hash browns, carrot sticks, fruit, pudding pop and milk.

August 16, 2000, 23 years ago today, Elvis Presley was found unconscious at his Graceland Mansion in Memphis, Tennessee at 2:30 p.m. He had died of heart failure.

On August 17th, 80,000 mourners came to Memphis to pay their last respects to Elvis whom they had loved so much. Then on the 16th, he was buried in a raised covered coffin. Sixteen white limousines accompanied the hearse which carried his body to the grave site.

Never before in the history of show business has there been an entertainer mourned as much as Elvis. I'm proud to say that my son, Craig and I met him years before his death in Nashville, Tennessee. We will always remember him as we found him to be, a nice friendly, soft spoken man.

Today there are thousands of Elvis impersonators on T.V. in stage shows and night clubs. The most popular being Ronnie McDowell, who's "The King Is Gone" gave him his first big

hit. It's hard for friends and fans of Elvis to believe it has been twenty-one years since he passed away at the age of forty-two. There are some who were very close to him that think Elvis knew when he would die. His mother also died at the age of forty-four.

On August 16, 2000, millions of people all over the world who loved Elvis will pay tribute to him in some way. Yes many of you will pay homage to his memory as we have tried to do with this story.

People will always fall in love listening to his tender love songs and dance to his rock and roll tunes. As they have done in the past and will do for many generations to come.

No, Elvis is not dead, nor can he die as long as he lives in the hearts of those who still love him. And no one is really gone until they have been forgotten.

Written By: William Jerry Ayers

Richmond Raceway "The Action Track"

The spectators here at Richmond were treated to some of the best racing of the 2000 season Saturday night as "The Action Track" surely lived up to its name with three and four wheel racing, all over the 3/10 clay oval.

The first feature was the Road Hogs. Alan Hackworth went to the line with the pole position after setting the fast time earlier in the evening. The worst part was he missed seeing one of the best races ever that took place behind him, and that was two lines of three abreast with 8th and 9th place attached to their bumpers. This went on the entire race and at the end, several fans stood to applaud the drivers for a job well done. Following Hackworth were the checkered ones were Jim Burns, Daily Sandlin in third, Wayne Duvall (who had failed to make the feature last week) fourth, Scott Reed, winner of the quick six earlier, was fifth. What a race! Next up was the bomber

fourth, Doug Webb drove an excellent race to advance to fifth from his fifteenth starting spot.

The third event of the evening was the Open Wheel Modifieds race. It was Jimmy Cabree and Tim Littrell crossing the finished line hooked together with Littrell winning by a bumper. Once again it was Cabree and Littrell waiting for the win. The finish wasn't quiet as close this time, more like three feet, with Cabree getting there first for the victory. Jimmy Robinson continues to run very well and finished third. Kevin Hubbard came across in fourth with Todd Gilpin in fifth.

The last feature of the night belonged to the Late Models. Bobby Carrier, Jr., starting on the outside pole, went to the lead and led every lap holding off several challenges from Paul Benton for first until Lap 17 when Alan Haycraft moved past Benton into second however he couldn't chase down Carrier and settled for the runner-up spot. Benton remained third, followed by Mart Stepp whose car seems to be getting better each week. Rounding out the top five was rookie Ronnie Smith.

although not bunched as tight as the Road Hogs, action and battles for position wasn't lacking. Roy Cox continued his mid season surge by picking up the win doing a good job who finished second. Points leader Terry Linville was third, Walter Neal was fourth in Linville's bumper for

In all, a total of 100 cars provided an excellent night of entertainment for the fans at "The Action Track."

Lawless honored by Phi Kappa Phi

A Mt. Vernon resident was among 76 outstanding students recently honored by one of Eastern Kentucky University's most prestigious honor societies.

Recognized by Phi Kappa Phi was Angie Lawless. To be selected for the honor, the students must have a 3.7 GPA with 24-30 hours already com-

pleted. A national honor society founded in 1897, Phi Kappa Phi is devoted to encouraging outstanding scholarship in all academic fields. To be selected for membership, a student must be of good character, have completed at least 90 hours and maintain a 3.7 GPA.

The month of August is Kentucky Breastfeeding Awareness Month and public health officials are calling attention to this natural, human right. The theme, "Breastfeeding: You've Got That Right," highlights the fact that women have the right to breastfeed, to receive factual information and to be protected from outside interference when breastfeeding. Kentucky's efforts are in conjunction with the celebration of World Breastfeeding Week, August 1-7, 2000.

Protecting a mother's right to breastfeed has become more common. In the past six years, at least 19 states have passed laws affirming a mother's right to breastfeed in public situations and protecting her from harassment. In 1999, Congress passed a law allowing mothers to breastfeed on federal property, including national parks and post offices.

"When citizens see breastfeeding as the normal, best way to grow healthy babies, then there is less need for legal protections," said Becky Denfield, Breastfeeding Promotion Coordinator for the Kentucky Women, Infants and Children (WIC) Nutrition Program.

According to the Ross Laboratories Breastfeeding survey, 50.2 percent of new Kentucky mothers said they breastfed in 1998, compared to

42.4 percent the previous year. Breastmilk is the best food for infants, providing complete nutrition for about the first six months of life as well as providing immunities to many common illnesses. Babies who are breastfed have lower rates of deaths, meningitis, childhood leukemia and other cancers, diabetes, respiratory illness, bacterial and viral infections, diarrheal disease, ear aches, allergies, obesity and developmental delays. The American Academy of Pediatrics recommends that babies be breastfed until at least one year of age.

Encouraging the development of healthy babies is getting more attention in Kentucky. The 2000 General Assembly approved Governor Paul Patton's Early Childhood Initiative, which provides more funding for immunizations, folic acid for women to prevent birth defects, and newborn hearing screenings. Other parts of the initiative call for making parents more aware of good nutrition and healthy lifestyles to improve the health of their children.

The Kentucky House of Representatives also expressed its support for breastfeeding. In House Resolution 169 passed in the last General Assembly Session, the House declared that "breastfeeding a baby is an important and basic act of nurture and must be encouraged."

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