

Mt. Vernon Message

Mrs. Melinda Kincer's 5th grade class recently completed their study of early American Explorers by presenting their displays to their parents and the students of MVES. The presentation boards will remain on display in the library Media Center through this week.

The presentation was an extension of their Social Studies curriculum and the new Arts/Humanities course offered by MVES to our fifth grade students. The unit included Library Media Center research skills taught by Mrs. Sharon Lovell, our Library Media Specialist. Students gained knowledge in encyclopedia and card catalog usage, Internet research skills, bibliographic writing skills, notetaking and organizational skills. They also incorporated arts skills in their presentations by drawing maps of their chosen "explorer" area. They added writing skills to their presentation by writing a letter about one day in the life of their explorer.

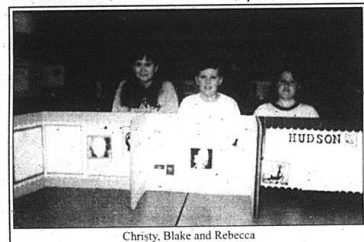
Not only did each student learn more about his or her chosen explorer, but they also learned about other early explorers of the Americas. Most importantly, these students gained necessary research skills that will be of use to them throughout their academic years.

Pictured are Christy Olivia Napier with her presentation of Louis Joliet, Timothy Blake McKinney with his presentation of Vasquez de Coronado and Rebecca Mounce with her presentation of Henry Hudson.

This week's feature person is Mrs. Dana Bullock. Dana is a Resource Teacher. She graduated from Eastern Kentucky University this past May with a BA in Special Education (Preschool-12) and Elementary Education (Preschool-5).



New resource teacher
Dana Bullock



Christy, Blake and Rebecca

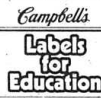
BES students need help to earn free educational equipment

Broadhead Elementary School PTA is asking parents, teachers and friends in the community to support our students' efforts with the Campbell's Labels for Education drive. By collecting and redeeming Campbell's product labels, Broadhead school will earn educational and athletic equipment such as computers, audio-visual equipment, sports equipment, reference books or even a mini-van!

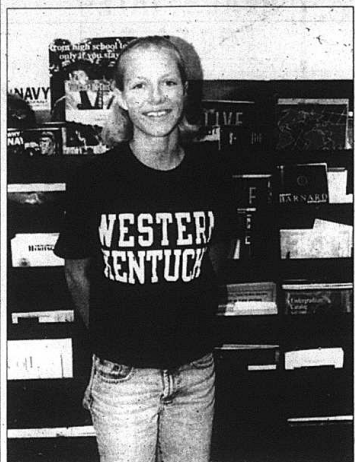
Campbell's products eligible for redemption in the program include: Campbell's Soup, Franco-American Spaghetti O's, Prego sauces, Swanson broths and poultry, Pace salsa and picante sauces, V8 and tomato juice, V8 Splash juice, Peppercorn Farm bread, cookies and Goldfish and Food Service products.

Campbell's Labels for Education Program has provided schools across the country with more than \$85 million dollars worth of equipment. All schools in the U.S. and U.S. military installations are eligible to participate.

For more information on how to be a part of Broadhead Campbell's Labels for Education Collecting Drive, contact Shirley Martin, coordinator at Broadhead school.



Academic Honor Roll



Amber Cheyenne Carmack, daughter of Danny Carmack and Kay Embs of Mt. Vernon, has a 4.0 grade point average in her senior class at Rockcastle County High School. She plans to attend Western Kentucky University and major in Journalism. She has been editor of the high school newspaper, *The Rocket*, for the past two years. She is a member of the French Club where she serves as president and is also president of the Fellowship of Christian Athletes. She is also a member of the Teen Leadership Council, Y-Club, Key Club and Beta Club. Cheyenne has been very active in Track and Field at RCHS during her high school career. Last year she finished second in the state track meet in the 400 meter race.

Tiger Pause

Take control of your TV week is September 24-30. Please remember how important it is to have your child to school on time. Students should be their classroom at 8:00. Have them here by 7:40 if they plan to eat breakfast. Also, remember to call the school if your child must be absent for any reason. A note **MUST** accompany your child upon his or her return to school. Thanks for your help.

Congratulations to Mrs. Lajoie Graves' class and Mrs. Scott's class. They earned the most pennies for the first six weeks and were treated to ice cream on Monday. The second six weeks contest will run from September 26 through November 3. Be on your best behavior at all times and have good attendance. Good luck to everyone.

PTA has once again started collecting General Mills and Betty Crocker box tops, Campbell's and Tyson product labels. Remember to watch for these products as you shop. (Reporter, Jessica Houk)

On Wednesday, September 20th, the 5th grade classes of Mrs. Dottie, Mrs. Keyton and Ms. Cromer took a field trip to Eastern Kentucky University to see an orchestra performance. Mrs. Tammy and Mrs. Woolums also joined us for the trip. The show started with the Star Spangled Banner then Ronald McDonald introduced the instruments. We got to hear how each individual instrument sounded as well as the whole orchestra together. (Reporter, Joey Chastain)

School will be dismissed early on Thursday, October 5, for bus drills. There is no school on Friday, October 6.



Minds in the Middle

The Builders' Club met Tuesday after school. They are requesting help from the student body in raising money and saving the environment. Each day at break they will be collecting aluminum cans for charity.

The 8th graders would like to thank GEAR-UP for the program they enjoyed on Friday. A group from Colonial Williamsburg, Virginia shared drama, music, dance and other information from that time in American history.

Tuesday, October 3, is the last day of the first grading period!

The Lady Rockets 8th graders defeated South Laurel last Thursday evening by a score of 40-34. The 7th graders lost 34-29. Monday evening, the 8th graders defeated the team from Llod Middle School. The teams will play at Southern Pulaski Thursday evening and at Mecee Middle School on Monday.

The 6th graders will play at South Laurel on Saturday. Saturday, many of the Lady Rockets and their parents met in Lexington for the "Lite the Nite" walk for leukemia and lymphoma. The group was recognized for raising the most money and having the largest number of participants.

The football teams came away with wins last Thursday evening.

The 8th graders defeated North Laurel 44-0 and the 7th graders won 16-0. They will play this Thursday at RCMS against Northern Pulaski. Wednesday morning the students will view a program designed to educate about the importance of leading a focused, goal-oriented lifestyle with health and safety. "Perfection on Wheels" will begin at 8:20. There will also be a safety program at Tuesday morning at 10:00 p.m.

The 21st Century Community Learning Center will begin a quilting class on Monday at 4:00 p.m. On Tuesday at 4:00, the Computer class will have their first meeting along with the GED class at 4:30, and the parenting skills class at 5:00 p.m. Remember that each Wednesday, there are Spanish and soccer classes.

Order forms for the 2000-2001 yearbook will be mailed home next week with the report cards. The cost of a yearbook is \$20.00. Order forms and payments should be returned to homeroom teachers.

Congratulations to the Adventurers math teacher, Mrs. April Harris. She and her husband are the proud parents of Tyler Craig Harris, born on September 25.

Remember that there is no school next Friday, October 6. Plan now for family time!

Youth Opportunities Unlimited

Unsure about your future after high school?

Want to plan for your future while helping strengthen your community? Thinking about a career but not sure where to start?

Are you a high school dropout? Do you know what you want to be but need assistance in reaching that goal?

If so, you may be eligible for the Lake Cumberland Community Services Organization's Youth Opportunities Unlimited Program in partnership with the Rockcastle County School District. The Y.O.U. program is designed to assist youth ages 14-21 in setting and achieving both educational and career oriented goals through a vast spectrum of services. Services will be provided based on individual needs and may include:

- Basic Skills Training
 - Work Experience
 - Career Awareness
 - Mentoring and Apprenticeship Activities
 - Internships
 - Community Service Activities
 - Personal Development Course
 - Tutoring
- Youth will work one-on-one with a Career Counselor to ensure success in reaching their goals. If you are interested in applying for the Y.O.U. program, please contact Dana Shelton, Career Manager at 256-3030, Ralph Baker, Career Counselor, 21st Century Community Learning Center KY-Tech Rockcastle Area Technology Center at 256-1111 or Jenny Sweick, Y.O.U. Coordinator for Rockcastle County Schools at 256-2125.

School Menus

Rockcastle County Schools
Menu
October 2-6, 2000
Breakfast
Monday: Scrambled egg and toast or cereal, toast/jelly, juice and milk.
Tuesday: Pancakes and syrup or cereal, toast/jelly, juice and milk.
Wednesday: Breakfast pizza or cereal, toast/jelly, juice and milk.
Thursday: Egg/cheese biscuit or cereal, biscuit/jelly, juice and milk.
Friday: NO SCHOOL - CKEA
Lunch
Monday: Manager's Choice.

Tuesday: Cheeseburger on bun or chicken patty on bun, onion rings, baked beans, cole slaw, pears and milk.
Wednesday: Beef 'n bean tamale pie or tuna salad sandwich, mashed potatoes, California vegetables, cookie and milk.
Thursday: Turkey and dressing, mashed potatoes, green beans, fruit, roll and milk.
Friday: No School - CKEA
*Chef salads are offered every day at the Middle & High School.

JROTC rafts on the Cumberland River

On Saturday, September 9th, the Rockcastle County High School JROTC sponsored by the Kentucky National Guard, London Post, enjoyed a great eight mile rafting trip down the Cumberland River along with North Laurel and South Laurel JROTC programs.

Following the safety briefings and equipment issue beginning promptly at 0630 at Cumberland Falls, the group carried the rafts and equipment all the way down to the drop-in point where they inflated their rafts. At even more instruction and safety checks, they finally were able to get on their way. The cadets and chap-

erones, (needless to say) were soaked after a few spills along the way. This was a thoroughly enjoyable adventure for all those who participated. After they paddled down eight or so miles to the mouth of the Laurel, they participated in a "Rope Bridge" crossing along the banks of the river.

We would like to thank the National Guard at the London Post for their support and the pizza and sodas at the end of the day. Cadets and chaperones from Rockcastle County who went on the trip were: Hollie Best, Jacob Helton, Josh Whicker, Ross McClure, Zach Shepherd, Justin Conrath, Doug French, Zach

Taylor, Anthony Northern, Sherri Glover, Terri Glover, Jarred Stevens, Chris Kirby, Ronald Willey, Darran Hubbard, Anastasia Baker, Josh Hayes, Eric Miller, Sarah Steele, Brittany Edwards, Billy Dees, Jessica Toothman, Joshua McFerron, Vanessa Smith, Ms. Cheryl Hickey, Mrs. Kathy Toothman, Mr. Mitch Nolan, Mr. Wayne Smith, CSM Charles Robinson, SGM Keith Taylor and Mrs. Jenny Taylor.



Rockcastle County High School's JROTC took an eight mile rafting trip down the Cumberland River.



Hollie Best on Rope Bridge along the banks of the Cumberland



JROTC rafting on the Cumberland River