

Heather Hammond named Middle School Female Athlete of the Year

Submitted

Heather Hammond received word last week that the Kentucky Track and Cross-country Coaches Association had named her All-State in Class AA Track and Field.

She received First Team All-State in the 400-meter dash and as anchor on the 4X400 meter relay team and Second Team all state in high jump and long jump. She becomes the first Rockcastle county athlete to earn All-State honors in four different events.

Heather not only competed on the high school level but since she is only 14 and in the eighth grade she competed in Middle school competition throughout the year. She received word that she had also been named Middle School Female Athlete of the Year in the Commonwealth of Kentucky. This is definitely a first for any Rockcastle county athlete.

Entering her ninth grade year this fall Heather has already been the first track athlete to win an outdoor championship when she captured the Class AA 400 meter dash at the State finals in June. She also anchored the 1600 meter relay team to a first place finish. She is the first to win All-State in four events and now the first to be name Best in the State.

This past year was filled with firsts and several record-breaking performances for Heather.

She broke or tied six different records at various invitational meets, including a record high jump of 5'2" at the Lincoln County Patriot Games; 400-meter dash record of 59.63 (eclipsing the old record of 59.68) at the prestigious E.G. Plummer meet at Danville; a Pulaski County Invitational meet record of 59.10 (old, 59.4) in the 400; and a Rockcastle Invitational 400 meter dash record of 59.5.

Heather tied a Middle School Invitational record in the 400 at Pulaski County and established a new state record in the long jump at the Mason-Dixon Games in Louisville with a jump of 15'8" breaking the old record of 15'11" by more than half a foot.

Heather now holds several Rockcastle County Girls track and field records. They are high jump at 5'2", long jump at 17'3", 400-meter dash at 58.86 seconds (this was her winning time in the

Regional finals. The state record is 55.46) and as anchor on the 4X400-meter relay team with a state winning performance of 4:06.

She also competed at the University of Kentucky High School Invitational in February featuring athletes from several states. Only the top 25-qualifying athletes are allowed to compete. Heather finished 10th out of 25 girls in high jump and was the only middle school girl in the top 15.

She finished first in the state USAFT meet in June at EKV in high jump, 400-meter dash and 2nd in long jump competing in the 15-16 year old category. This earned her a trip to the Regional meet in Cleveland, Ohio but family commitments kept her from competing.

Heather received 3 gold and 1 silver medal in helping her team win its second consecutive Class AA Region 4 championship this year. She continued her

contributions to the team in the state meet with 2 gold, 1 silver and an eighth place finish and a total of 21.5 points, nearly one-third of her team's 65 total.

The Rockcastle Girls Track and Field team under the direction of All-State coach Mark Brummett capped of a very successful season with a Runner-up finish to perennial power-house Pudauch Tighham at the State meet on UK's campus in June.

The team lost only one regular season meets at that to back-to-back-to-back State Class A champion Bishop Borsart, partly due to coming at the end of the year when several athletes were unable to compete due to senior activities. Wins for the team included the Lincoln County Patriot Games, Lake Cumberland Classic, two prestigious state meets.

E.G. Plummer Invitational at Danville and the Heart of the Bluegrass meet at Harrodsburg where the team defeated state power such as Louisville Iroquois, South Oldham, Lexington Dunbar, Lafayette and Danville among the nearly 30 teams competing. They also won the Fellowship of Christian Athlete's meet at Cumberland College by defeating Class A/A/Henderson County. The team finished the year ranked number 1 in Class AA with a power ranking of 98.5.

Heather finished the year ranked in the top ten in seven different categories. They were 1st in 400 M dash; 1st in high jump; 1st in 1600 M relay; 2nd in 800 M relay; 4th in long jump; 7th in 200 M dash and 9th in triple jump. An athlete is only allowed to compete in four events at an invitational, regional and State Coach Brummett commented that Heather could do almost anything and it was difficult to just hold her to four.

The Girls High School team was Indoor Track Runner up at the Mason-Dixon Games and Heather's Middle School Team won the unofficial Middle School State with a 1st place finish at the Mason-Dixon games.

Heather won MVP honors at the Kiwanis' Relays held at Rockcastle.

She has very quickly established herself as one of the best female athletes in the Commonwealth. Besides her track and field exploits she helped lead her Rockcastle Middle School basketball team to two conference championships and a perfect 57 wins and 0 losses over a three year period.

Her 13 & Under AAU team from Rockcastle finished 7th in the State a couple of years ago and she was a member of this years 14 & Under AAU state championship team but was unable to compete the year with the team due to her track commitments.

Heather has also been a part of three championship swim teams at Cedar Rapids and has won swimming medals at the Blue Grass State Games.

The girls team lost several valuable members, but two-thirds of the scoring at the State meet returns with several 14-16 year olds anchoring the team. Several younger girls will be stepping up including 6th grade Kratic Mattingly who had a 3rd place finish at the United States Association of Track and Field Regional



Derrick Russell and Greg Harper were two of seven seniors honored at the RCHS Baseball Banquet held recently. Other seniors honored but not present were Brandon Bishop, Christopher Parsons, Shea Taylor, Dackery Larkey and Billy Hackworth. The Rockets finished their season making it the top sixteen in the state.

meet in Cleveland, Ohio this summer.

The Indoor meet gets underway in November with the Panther Games in Frankfort.

"Heather is not just an athlete, but a true student athlete. She is an honor student, member of the Beta Club, a Summit President at KUNA (Y-Club) and has had

ROCK vs. Patriots

By Preston Parrett
The Rock had won three in a row with the Patriots coming down. And they had a strong rivalry going. For bragging rights in their town.

When they meet on the field of battle they fight like gladiators of old. With each team going all out To put the other in the fold.

To add to the conflict It was the Jamboree Bowl, And both teams wanting to win the trophy Which was their major goal.

Adam Childress picked off an errant pass And the Rock on their first play, Scored on a 36 yard pass To Hale from Big "A."

The dynamic duo of Big "A" and Hale Teamed up for an eighteen yard T.D. toss, And they were showing the Patriots Who was the boss.

Josh Hale recovered a fumble And Josh Taylor came to the fore, As he rammed it in On a three yard score.

Adam Childress intercepted another And the Rock took advantage of the misce, As Big "A" laid back his ears And carried the mail on through.

At halftime the score was twenty-eight to zip And the Rock was in control, As it looked as if they'd win Another Jamboree Bowl.

The Rock band and flag girls Put on a dazzling halftime show, As the beautiful Jamboree queen candidates Were introduced and soon the winner we'd know.

There were nine candidates in all Voted on by their peers, And Tammy Peyton was the winner And was crowned by the reigning queen of last year.

Adam Childress camped on another fumble And Big "A" knew just what to do, He passed a fifteen yarder to Hale Who carried it on through.

Still in the third quarter There was another score, As Big "A" hit Coy Reams Who carried it in once more.

In the final period Clay Dooley picked off a pass. The Patriots got the ball back But Cilel Swinney tackled for a safety in the endzone grass.

J.T. Lovell finished off the scoring As he broke loose on a twenty yard run.

a photograph published in a national photography journal.

She is the daughter of Eddie and Roxanne Hammond of 385 Williams Street in Mt. Vernon, and the granddaughter of Jim Earl and Libby Hammons of Mt. Vernon and the late Jack and Ella Mae Hammond.

And the Rock came away victorious With the Patriots 0 and The Rock 51.

Congratulations to Jens Sretzel The man with the educated toe, For when he boots the ball Through the uprights it'll go.

A salute to the guys who man the trenches And does the dirty work on every play, Who clears a path and opens holes And plays defense along the way.

You don't get much praise Nor do you get a lot of glory, But without your valiant effort Football would be another story.

We don't always see the things That you really do, But the flow of the game Really depends on you.

Congrats on another great win You really put opponents in shock, When they got up against... The Mighty Rock.



The Racing Reporter

Rudd gets a thriller at Richmond

By Gerald Hodges

Ricky Rudd steered his way to victory in Saturday night's Winston Cup Monte Carlo 400.

The 46-year-old driver of Robert Yates' No. 28 Ford Havoline showed Kevin Harvick that experience and anger could be a winning combination on the race track, as he passed the rookie, who had bumped him several times on previous laps, for the final time on lap 394 of the 400 lap race.

"I was ahead of Kevin on the restart before that he kept bumping into me and racing me up in the straightaway and sort of got me ruffled a little a Jimmy Spence. Finally, he got into me and also turned me around on the backstretch. I did everything but wreck. I should have wrecked, but I was just lucky if I gathered up. I didn't know if I was gonna catch him or not. I knew we had a better race car at the end of that race. I got to him and sort of obliged the favor."

"It's hard when you're really hotheaded like I was back then. I was pretty steamed up and I had to be careful not to drive the wheels off of it. You've got to worry about overdriving the car and I overdrive it a couple of corners. I didn't know if I was gonna catch him in time or not."

With Jeff Gordon the points leader finishing 36th, Rudd gained 120 points and is now only 222 points back from second place.

"We've said all along that Jeff has had a phenomenal year, don't get me wrong, he's dominated races and he's been the man to beat," continued Rudd. "But what took us out of the points championship was some mechanical breakdowns almost two races in a row. We were 30 points behind Jeff before we had our problems. Jeff has had a major problem tonight. He's still got a big lead, but we've still got 100 races left. It's not over till it's over. You could see how wild this finish was tonight and we've got another short track to run next week, so you don't ever know how it's gonna turn out."

Gordon was tagged from the rear by Sterling Marlin on lap 35. Gordon took his No. 24 DuPont Chevrolet into the pits for repairs. When he returned to the track, he was 115 laps down.

Harvick held on for second place, followed by Dale Earnhardt Jr., Dale

Jarrett and Rusty Wallace. Wallace, the fifth-place finisher, also led the most laps.

"It just happened," said Wallace.

"I put some air in the right rear tire on that last stop and it just killed me. It just made me so loose that I couldn't get it going. Before that, the car was perfect. I should have never touched it but I did. It was a little tight throughout those last runs but I said, 'Well, I'll put some air in the right rear and make it turn better,' but all it did was make it looser. It didn't make it turn any better. It's just unbelievable how much difference that one pound of air made."

Finishing order: 1. Ricky Rudd, 2. Kevin Harvick, 3. Dale Earnhardt Jr., 4. Dale Jarrett, 5. Rusty Wallace, 6. Bobby Labonte, 7. Tony Stewart, 8. Jimmy Spence, 9. Jeff Burton, 10. Johnny Benson, 11. Ricky Craven, 12. Ward Burton, 13. Bobby Hamilton, 14. Jerry Nadeau, 15. Robert Pressley, 16. Joe Nemechek, 17. Bill Elliott, 18. Todd Bodine, 19. Mark Martin, 20. Michael Waltrip, 21. Kenny Wallace, 22. Stacy Compton, 23. Ken Schrader, 24. Kurt Busch, 25. Kyle Petty, 26. Dave Blaney, 27. Casey Atwood, 28. Jason Leffler, 29. Jeremy Mayfield, 30. John Andretti, 31. Elliott Sadler, 32. Sterling Marlin, 33. Mike Skinner, 34. Rick Mast, 35. Matt Kenseth, 36. Jeff Gordon, 37. Buckshot Jones, 38. Terry Labonte, 39. Kevin Lefage, 40. Jeff Green, 41. Ron Hornaday, 42. Mike Wallace, 43. Brett Bodine

Rudd cuts into Gordon's lead

The top-10 Winston Cup points leaders after 26 of 36 events: 1. J. Gordon 3762, 2. Rudd 3546, 3. Jarrett 3375, 4. Stewart 3356, 5. Marlin 3302, 6. B. Labonte 3267, 7. Earnhardt Jr. 3244, 8. Harvick 3230, 9. R. Wallace 3225, 10. Benson 3098 Jimmy Spence wins Busch Series Autolite Fram 250, run Friday night at Richmond International Raceway: 1. Jimmy Spencer, 2. Matt Kenseth, 3. Kevin Grubb, 4. Geoffroy Bodine, 5. Johnny Sauter, 6. Chad Little, 7. Ryan Newman, 8. Elton Sawyer, 9. Jeff Burton, 10. Mike Wallace, 11. Ron Hornaday, 12. David Green, 13. Jason Keller, 14. Jamie McMurray, 15. Scott Wimmer, 16. Rich Bickle, 17. Joe Nemechek, 18. Michael Waltrip, 19. Jimmie Johnson, 20. Mark McFarland, 21. Tony Raines, 22. Jeff Green, 23. Kenny Wallace, 24. Shane Huffman, 25. Jeff Falk, 26. Shane Hall, 27. Kevin Harvick, 28. Hank Parker Jr., 29. Brian Vickers, 30. Ken Alexander, 31. Jason Rudd



Tri-State Hearing Aid Services

429 Ogden Street, Somerset, KY
Ph: 679-1965 Toll Free 1-800-726-6570

If you have trouble hearing clearly, you may be missing out on special moments and conversations with the ones you love. Visit Belton today and find out how you can make the most of these special times with family and friends.

Find out precisely what you're hearing. FREE. If you've ever wondered if you're hearing what you should be, take advantage of Belton's FREE 10 step hearing evaluation. This comprehensive test will help you find out precisely what you're hearing and what you're not. If you don't need a hearing aid, we'll be the first to tell you.

Don't miss out. Visit Belton today. We are the only authorized Belton dispenser in the area.

TO REDUCE WAITING TIME, CALL 1-800-726-6570 TO MAKE AN APPOINTMENT FOR YOUR FREE HEARING EVALUATION

Providers for UMWVA, UAW Financing available

LISTEN, AGAIN. Belton

Robert Moore, Dispenser

No hearing aid can distinguish all speech sounds from other sounds. Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit.

In recognition of the national focus on Prostate Cancer Awareness during the month of September, Berea Hospital announces a:

FREE PROSTATE SCREENING

What: Prostate Cancer Screening will consist of a blood test and digital rectal exam by Dr. Sahai, Urologist

When: Friday, September 21, 2001
1:00 - 4:00 p.m., by appointment

Where: Berea Hospital Specialty Clinic - Located on first floor of Medical Services Building in front of hospital

Who: Men over 50 years of age who have not had a rectal examination by their physician in the last year

OR

Men between 40 and 50 who:

- Have a family history of prostate cancer
- Have had a vasectomy
- Are African-American

To make an appointment: call 859-986-6467

Provided as a community service by Dr. Suvas Desai and Dr. Animesh Sahai, Urologists and Berea Hospital