

GEAR UP Students Job Shadow around the Community

Job shadowing is a wonderful way for students to spend time with a professional working in their career interest. It provides an opportunity for students to experience what the job is like and allows the students to ask questions, too! Students were selected for our job shadowing program using the information from their Individual Learning Plans (ILPs). When completing their ILP, students are required to participate in what is called a career matchmaker. They are asked many questions about their interests, hobbies, and strengths. The career matchmaker uses their answers to pair them up with a career that fits them. The student then can do research on that particular career to discover if that's something that they could really see themselves doing. Job shadowing is just another step to that process.

We have a wonderful community here in Estill County that was more than willing to help us with our job shadowing project. Every participating business/organization

was extremely eager to help us in any way possible, which meant the world to our students! With some job sites, students were asked to complete confidentiality training and follow their rules and procedures including dress code. This even further solidified what it would be like for them to have a career. Students were also asked to complete a questionnaire as they shadowed which focused on pertinent questions involving duties, employment benefits, the employee's level of stress and satisfaction, etc. Each student who participated had a wonderful experience and they were eager to discuss all that they had learned. They were actually disappointed when they had to leave for the day! The Estill County High School would like to thank each participating organization for allowing our students this wonderful opportunity. It will be an experience they will never forget.

NOTE: See GEAR UP students' pictures on Page 15.

Donovan Lainhart Wins FRC/YSC Essay Contest

Estill County Middle School student, Donovan Lainhart, recently entered an essay contest sponsored by the Family Resource and Youth Services Centers of Kentucky Coalition. This essay contest invited students from across the Commonwealth to write essays about why their Family Resource and Youth Services Centers were so very important in their communities. Students submitted essays and they were judged at the state level where four (4) essays were selected as the 1st place winners and those students received a \$100.00 cash prize from the FRYSCY Coalition. Below is the essay that Donovan wrote about his experiences in dealing with various FRC and YSC programs throughout his educational experience.

Why I'm A Fan of FRYSC

Since kindergarten, there's been a constant face at each open house, event or family fun night. The faces changed as I changed schools, but one thing was the same; our FRYSC Director, was always there. They welcomed us, hosted craft nights, and gave tours of the schools and our parent's information. During school, I didn't know exactly what they did all day, but I knew they were always busy. I knew that if I needed anything, I could go to their familiar face.

In Elementary School, I helped bag the food to give

away to families in need. I learned that FRYSC made this possible. I knew if you had a wardrobe malfunction, you could go to straight to Mrs. Bradley's office and change into some of the tons of clothes she had in her office. I later learned that FRYSC helped clothe children in need as well. These exchanges happened behind closed doors. It was never broadcasted who had a bag of food to take home, or a new pair of shoes in their backpack. I've been taught to give and treat others with kindness, not for recognition, but out of the goodness of my heart. I learned that this, in many ways, is what The FRYSC is all about.

Before I knew it, I was in 5th grade. I was anxious about going to Middle School. Student Council members came to our class and talked to us about Middle School. They were also there when we took our tour. At Back to School Night, I got information about Student Council from our FRYSC director, Mr. Flynn. I've been involved ever since. I've learned a lot more about what all FRYSC does. In addition to Student Council, School Transitioning & Back to School Night, FRYSC also has book giveaways, Red Ribbon Week, SIIP, Career Day, Reality Store, Clothing Bank, Career Exploration and VERB.

There are also many things that provide student and families at our school. I

knew that they helped with some basic needs like food & clothing for students in need. I didn't realize some of the other "behind the scenes" services they provide, until doing a little research. Fortunately, I do not know these things, because I've never needed these services, but it's always good to know that FRYSC is there, if I did. Another example is Family Crisis & Mental Health Counseling, Referrals to Health & Social Services, and while they have educated the student body on substance abuse & bullying, I didn't know they offered education and counseling on substance abuse to students and families.

So, why am I a fan of Family Youth Resources Services Center? Why should I not be? Every child deserves a fair chance. Some of us are more fortunate than others. /some of us don't have to worry if we'll have dinner tonight. We sleep on a comfortable mattress, put on our clean clothes and come to school. We aren't afraid that someone may notice we wore the same pair of pants all week, because we don't have a washer at home, or more than two pair of jeans. We don't worry at night

about getting a bad grade tomorrow because we can't bring in our homework, because we had everything at home we need to do it. If we forget it, we just call up our parents on break and have them drop it off. Kids shouldn't have to worry about these things. Some parents work very hard, but still cannot meet these basic needs. That's why FRYSC is so important. They gave kids a more level playing field by helping provide those necessities and counseling help that they need to focus on what's important, their education. Everybody needs a little help every now and then. Never say you won't, but if you do, I'll guarantee you, FRYSC will be there to lend a hand

NOTE: Donovan's presentation picture is on Page 15.



Bob Watkins' Sports In Kentucky

As Adolph Rupp would say with elegance, Kentucky is playing beeee-uuuuti-fully



Bob Watkins

One Kommonwealth team left standing. Flagship U. Again. Things to make it juicy ...

✓ Kentucky is playing, as Adolph Rupp would say with elegance, *"beeee-uuuuti-fully."* Tyler Ullis has no peer and an overtime three against A&M by who? Derek Willis IS symbol of March Madness!

✓ State University of New York at Stony Brook. First time to The Show, the Seawolves get 15 minutes of fame against most frequent flyer and winningest program. Should take Kentucky 15 minutes to solve 6-8, 260-pound Jameel Warney and the Seawolves.

✓ Next, Kentucky-Chatanooga. Just kidding. Natural rival Indiana playing Kentucky in Des Moines, Iowa reminds me of UK-Louisville meeting in the NCAAs in Knoxville, Tennessee in 1983.

✓ Possibility of UK-North Carolina Region semi-final would feature teams playing at their peak. Moreover, Carolina-Kentucky always has undercurrents. This time, once holier-than-thou Carolina-Blue under a cloud of NCAA investigation instead of other way round.

• Jamie Baker-Nantz and Camille McClanahan, Williamstown.

NCAA.

An anonymous source told the sports network, "There's no question this stuff happened (at UoFL). There's no question the people at the University of Louisville know this happened."

Hard truth wait-a-minute lessons here?

✓ A source asking for anonymity is a coward.

✓ ESPN's 30-for-30 excellent special on a sex scandal involving Duke's lacrosse team in 2006 is sobering reminder for these things ...

✓ Until the last anonymous source goes public, the last lawyer has left the last court room after speaking at the last press conference, until then we know nothing. The Duke saga confirms that early reports and speculative commentary from all media invites hysteria, manipulation, then apologies and law suits as happened in Durham.

For Louisville, the incendiary part is the second sentence attributed to ESPN's anonymous source which begs the questions: "did a UoFL booster slip Andre McGee \$10,000 to buy party girls to dance for and give favors to recruit prospects? And, did Pitino know?"

I believe Pitino did not know, but is still responsible. Since lack of institutional control is on the NCAA books, Pitino's idea of paying a (heavy) fine, Tom Jurich and the university also, was the best alternative to cancelling the team's post-season.

When Louisville's sex scandal investigation concludes, who will remember how or if it parallels the tragedy that befell Duke's lacrosse program?

• Danny Wooten, Henderson; John Robinson, Taylorsville.

BEST OF BEST ... and not Best to worst, rating major sports events?

✓ Over-hyped (badly): NFL's Super Bowl. Beyond clever commercials just another brute bash.

✓ Over-age (zzz): Baseball's World Series.

✓ (Aristocratic) Blue Blood best. The Master's Golf Tournament at Augusta.

✓ Over-rated (badly): Kentucky Derby. In today's twitter world, couple minutes taken to post a text on cell phone and pfft! missed it.

✓ (Fraud) Black Hole best: NBA.

✓ (For the masses) Best of the Best: College basketball's NCAA Tournament ... by a mile-and-an-eighth.

Bracketology ... office pool ... Thursday-Saturday/Friday-Sunday parties ... upstarts (Little Rock and Stony Brook) and shockers ... and coach carousel ... over three weeks.

Road to a Final Four is best of the best and anything else is third.

• Mark Stone, Central City.

KENTUCKIANA BALL COACHES

Tubby Smith. College coach of the year (Sporting News) does what he's always done well, recruit unheralded prospects, make a team of teammates and win. Texas Tech is back in The Show.

Travis Ford. Eight seasons at Oklahoma State, 46-year-old Madisonville native and ex-UK Wildcat, had a 155-111 record in Stillwater.

"Travis Ford," a local writer opined, "could potentially have a great career as a spokesperson for the tobacco industry, Volkswagen, or even the corrupt financial industry that Bernie Sanders talks about in his campaign speeches. It is the quintessential George Costanza approach of 'It's not me, it's you.' combined with the rapport of the character Nick Naylor in Thank you for Smoking. Not quite as smooth but it gets the job done."

Steve Alford. No NCAA Tourney for UCLA, but Alford's contract dictates he be paid \$10.6 million if he's fired before April 30. Imag-

ine, the alternative means walking away with six-plus million after taxes.

• Sharon Hall, Hindman.

SEC CLASSIC

Texas A&M stole two from Kentucky this season. Overtime win at College Station and a three-seed in the NCAAs to UK's four. But fans at the SEC Tournament were winners - 45-minute of back-and-forth hoops delight. SEC Tournament title champion, Kentucky, 29th time.

Game was a classic in spite of a bald-headed guy with a microphone who never, ever shuts up.

• Greg LeNeave, Paducah.

SOLUTION TO LAME NCAA BRACKETING?

Overall top-seed Kansas dispatched to the South Region; while Virginia was bracketed in the Midwest. How to improve the NCAA selection process? Send clubby VIP committee home and give bracket work to Joe Lunardi and Best-Lip-in-the-Game Jay Bilas and leave them to it.

• Karen Jones Cody, Hindman.

PARTING SHOT

John Calipari's rant about UK's NCAA seed was fresh meat for media and fire-em-up psychology for his team. But, the best/worst part was ESPN giving him air time to do it.

Image slick Calipari ought take counsel however: *"When you complain, you make yourself a victim. Leave the situation, change the situation, or accept it. All else is madness."*

- Eckhart Tolle

And so it goes.

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BOB'S RETIRING

Bob Watkins has announced that he is retiring at the end of March. If you've enjoyed his column, send him a message at the email address above.

Hooch And Rankin

The neighbor's dogs, they are "rotten." They come to my house to see Ma Maw every day. If Mom and Dad aren't home, and it's going to storm, they must be afraid of the storm -- they come to my house, lay on the porch until all is clear. Hooch loves the grandchildren. Every time he hears them outside, here he comes. Hooch is jealous of Rankin, he wants all of the attention. They come to see me every day. They come to see me more than my neighbors do that just pass by and wave. But Hooch and Rankin, they stop. Our dog Buddy got ran over by a car some time back. Hooch just took his place with us; still miss Buddy, though. We all love Tammy's dogs.

**Ma Maw Marcum
Lilly Marcum**

Mountain Mushroom Festival Pageant Saturday, April 9, 2016 1 p.m. Estill County High School Auditorium

Official Rules and Registration (for the following Age Divisions):

Girls: 0-11 months, 1-2, 3-4, 5-6, 7-8, 9-11, 12-15, 16-21
Boys: 0-11 months, 1-2, 3-4, 5-6, 7-8, 9-11
Fungi "Fun Guy" Competition: 9-11, 12-15, 16-21

Entry Rules:

- Contestants must fall into one of the age categories to compete. The age cut off is November 1, 2016.
- All contestants must have a permanent residence in Estill County. College students can participate if parents still reside in Estill County.
- If you have previously won one of these age divisions in the Mountain Mushroom Festival pageant you are not permitted to enter again until you change age groups.
- Contestants must be single, never married and never had children.

Entry Fee:

- The pageant entry fee is \$15.00 and the Fungi "Fun Guy" competition entry fee is \$10.00.
- The entry fees are due no later than Thursday, March 31, 2016 by 4 p.m. at Irvine City Hall.
- Make checks payable to Mountain Mushroom Festival.
- No applications will be accepted without the entry fee.

Competition Dress:

- Contestants will wear a white self-provided t-shirt or shirt. It may be custom decorated with a mushroom theme and worn with jeans or capris, not skirts or shorts, and shoes of your choice.

Fungi "Fun Guy" Competition:

- This is a way for boys ages 9 - 11, 12 - 15, and 16 - 21 to show pride in their community by showcasing their talent and sharing the best talents in Estill County. Whether it be playing an instrument, singing, dancing, comedy or telling "family friendly" jokes this gives them a chance to be the Fungi "Fun Guy".
- The performance time is to be no more than 5 minutes.
- Judging criteria will include overall performance, audience response, stage appearance, originality, and personality. If performance time exceeds time allotted 5 points will be automatically deducted.
- The grand winner in each age division will perform on the grandstand stage during the Mountain Mushroom Festival. The grand winners and 1st, 2nd, and 3rd runner-up winners will receive a trophy.

Charity Items for FLO Party Competition:

- Items may be brought to the pageant that will be prizes and needed items for the students who attend the FLO Party. Suggested items are individually wrapped snacks (cakes, crackers, nuts, miniature candy bars), cases of pop, paper plates, cups, napkins, stationery sets, and nail polish.
- A Charity Supreme winner who brings the most items will be recognized. The boy or girl winner will receive a crown, satin robe, and trophy.

LOUISVILLE & SCANDAL

Incessantly last weekend, ESPN rolled its bottom-of-screen report - three would-be recruits confirmed Louisville's sex scandal to the