

Don't let a speech delay interfere with your goals

By: Shelby Newland
Kids who have speech delays, I want you to listen carefully to me. This speech is about how you can speak

out, work hard in school and do activities in order to accomplish your goals. I know it will be hard, and you might have trouble, but you

can make lots of friends and achievements. You have got to trust me, because I have a speech delay and I know how you feel.

Some kids are afraid to speak out. Speaking out is especially challenging for a kid with a speech delay. For example, when I was in first grade, I used to hide and not talk because I was shy about talking. I was shy because I was afraid someone might not understand me or make fun of me. I used to not have any friends because I would hide. When I realized I had no friends, I stopped hiding and made some. When I had a rough time, my friends would help me get through it. Finally, at the end of my first grade year, my friends gave me the courage to not be afraid and, most importantly, to do my best. It took me a while but I realized that I was not the only person in the world to have a problem speaking. In the Old Testament of the Holy Bible, it states that Moses was slow at talking. Moses had a speech impediment! He went to the Pharaoh of Egypt and said, "Let my people go!" He was not afraid to speak out. Also, Julie Roberts had a stuttering problem. She is a very successful female actress. Do you think she was afraid to speak out? Kids don't be afraid to speak out either!

Kids who have speech delays, why not work hard in school? In second grade, I was afraid to read out loud or talk to my friends. My first reading fluency test, I didn't get too far but when my friends gave me courage, through a pep talk, I did better. During my next fluency test, I got much farther. A person in history that proved working hard in school helps accomplish your goals is Helen Keller. She was a blind and deaf woman who studied hard in order to learn how to communicate with adults and children. She was 13-years-old before she learned how to speak, but when she was an adult, she went around the world (to 39 different countries to be exact) visiting disabled, deaf and blind children. She became a role model for those children and even for us today.

Some kids are afraid of doing activities like a speech contest or singing. When I was in fourth grade, I was afraid of doing the 4-H Speech Contest. I was afraid the judges wouldn't understand me. When I asked my friend if I should have done the speech contest, he said, "Shelby you should have done the speech contest. You can talk just fine. They could have heard you." I said, "I know, but I was just nervous." He replied, "After you work hard in school you can do anything." It is because of his encouragement that I am participating in this speech contest today.

Another activity I do is playing basketball. Guess what? You do have to talk in basketball! I have to call out the plays so my team will know where to go on the court and how to work together. If we don't work together, we can't win games. This a great activity, win or lose!

If you are not into sports, maybe you want to sing. Just work hard in school, speak out and you got it! Mel Tillis is a well-known country singer, who, you guessed it, has a speech problem. He stutters, but he also sings. He has performed in front of large groups of people on stage and on TV. He was not afraid to do an activity he enjoyed, so you don't have to be afraid to do activities either.

I have made many accomplishments by speaking out, working hard in school and doing activities. That makes me feel awesome and proud. Who knows, you may finish speech lessons before I do. Kids don't let a speech delay interfere with your goals! One more thing -- keep trying!

Ed's Note: Shelby received a blue ribbon in the 11 year old division of the recent 4-H State Communications Speech Contest with the above speech.



Shelby Newland

Cain graduates from 2013 Rogers Scholars program

Rockcastle County High School student Rachel Cain graduated this summer from The Center for Rural Development's 2013 Class of Rogers Scholars.

Cain attended a one-week summer session of Rogers Scholars held for the first time on the campus of Lindsey Wilson College in Adair County. "Rogers Scholars has helped me develop leadership skills that I can use to better serve my community," said Cain. "The program also has given me the opportunity to get to know some amazing people that I now consider some of my closest friends."

The Rogers Scholars program provides leadership and exclusive college scholarship opportunities for rising high school juniors in Southern and Eastern Kentucky to realize their full potential as the region's next generation of leaders and entrepreneurs.

"This year's class of Rogers Scholars is an exceptional group of young leaders," said Delaney Stephens, community liaison and youth programs coordinator for The Center. "I have high hopes for all of them as they return to their hometowns in Southern and Eastern Kentucky. There is no limit on what these Scholars can do, and I look forward to seeing them develop into future business and civic leaders in this region needs."

Rachel is the daughter of Lee and Marcia Cain. For more information about Rogers Scholars, contact Delaney Stephens, community liaison and youth programs coordinator, at 606-677-6000 or email youth@centertech.com. Visit the website address, www.centeryouthprograms.com to learn more The Center's youth programs.

The Rogers Scholars program is provided free of charge to selected participants within The Center's 45-county primary service area and is operated solely on financial contributions and charitable donations.

The program, started in 1998, continues to pursue a goal set by U.S. Congressman Harold "Hal" Rogers (KY-05) that "no young person should have to leave home to find his or her future."

Graduates of the Rogers Scholars program earn access to exclusive scholarship offers from 18 partner colleges and universities.



Rachel Cain

Rockcastle Health & Rehab to host Art Gallery

This Thursday, Rockcastle Health and Rehab will host its first Reflect N' Us Art Gallery. The gallery will showcase artwork by the nursing home's residents, using a variety of media, including oil and water color paintings, charcoal, ink, chalk, pencil and clay. The gallery also will feature other creations by the residents, including quilts, jewelry and more.

Artwork will be displayed at the rehab center through August 8th. Family, friends and all in the community are invited to come witness our residents' creativity on display and join us in celebrating their talents!

For more information about the Art Gallery, contact Rockcastle Health & Rehab at 606-758-8711.

Grow Appalachia Workshop Series

Healthy cooking with local food

Grow Appalachia Project will present a free workshop series on Monday, July 29th at 6:30 p.m. on Healthy Cooking with Local Food.

The workshop will be held at the ASPI center, 50 Lair St. in Mt. Vernon.

You are invited to an evening of discussion and food demonstrations by Rockcastle county Health Department's Nancy Keber. Nancy will be demonstrating how to cook health meals with produce from the garden. You are also invited to bring a recipe to share.

For more information, call 606-256-0777 or go to growapp@a-spi.org.

Volunteers from 8 counties to be honored by KCEOC

Volunteers are a valuable resource to our communities. In an effort to recognize their hard work and dedication, KCEOC Community Action Partnership is inviting you to nominate a person you believe personifies the spirit of volunteerism for the "Helpful Hands, Hopeful Hearts" Volunteer of the Year Award.

The "Helpful Hands, Hopeful Hearts" Volunteer of the Year Award was created to recognize one individual in the Cumberland Valley Area Development District that has made a significant impact on our communities through his/her efforts as a volunteer. The nominee should demonstrate leadership in terms of challenging themselves and others and must live or volunteer in Bell, Clay, Harlan,

Jackson, Laurel, Knox, Rockcastle or Whitley County.

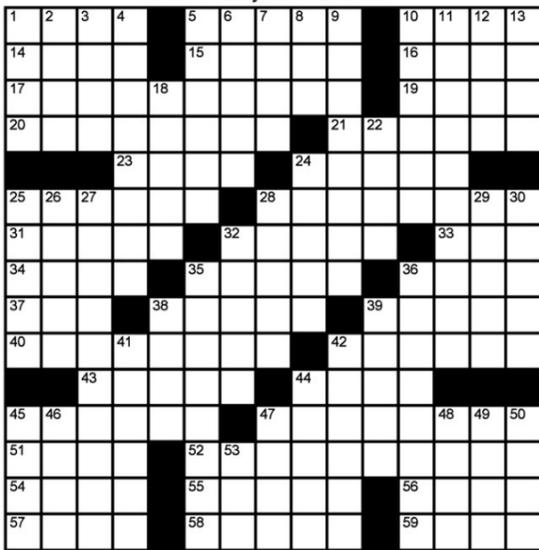
The winner will be honored during the "Helpful Hands, Hopeful Hearts" award ceremony to be held at the Corbin Technology Center on November 23rd. Nominations can be online at www.povertyisreal.org or paper forms can be picked up at any KCEOC location. Paper forms can be mailed to: KCEOC Community Action Partnership, P.O. Box 490, Barbourville, Ky. 40906 Attn: "Helpful Hands, Hopeful Hearts" Selection Committee.

Nominations must be completed and returned by October 4th to ensure consideration.

For more information, contact Brandy Crase at 606-546-3152.

Kentucky Crossword # 593

www.kentuckycrosswords.com



©Copyright 2013 Vicki A Benge. All Rights Reserved. [KY593]

ACROSS

1. "Yeah, right!"
5. ___ President
10. Radio operators
14. Restaurant freebie
15. Greek marketplace
16. Sunburn soother
17. It drains Mammoth Cave
19. Brass component
20. Roadblock
21. Casual trousers
23. Canadian tribe
24. Cry of accomplishment
25. Gardener's measure
28. Former Kentucky governor Albert Benjamin
31. Pays to play
32. Anthracite and bituminous
33. Neighbor of a Vietnamese
34. Identifying mark
35. Barbecue
36. Nudges
37. Egyptian boy king
38. Corn, wheat, soybeans . . .
39. Kentucky county, home to first post office west of the Alleghenies
40. Kentuckian, former Chief Justice Robert
42. Napped leathers
43. Nonsense
44. Scoop water
45. Showy
47. Leave of absence
51. Overwhelm

52. Kentuckian, actress awarded Kennedy Center Honors in 1985
54. Irish offshoot
55. One of the family
56. "I couldn't agree more" in a text message
57. Bucks and does
58. Barbarians
59. Plants seeds

DOWN

1. Jason's ship
2. Service tree fruit
3. Seine sights
4. Former Kentucky governor Ernie
5. Dadaist Duchamp
6. Spry, or 1905 Derby winner
7. Peace emblem
8. "___ we there yet?"
9. Kentucky county, home to Benton and Calvert City
10. Kentucky city named for commander at Battle of Lake Erie
11. College at Pippa Passes, Kentucky
12. Jazz pianist Thelonious
13. Parts of a min.
18. Nostrils
22. Telescope part
24. Massenet opera
25. Flax, hemp, jute
26. Full-length
27. Frank Mills Andrews designed

Kentucky's

28. Some apartments
29. Morehead State's mascot
30. Derby prize?
32. Sidekick
35. Adair Co. community, or thoroughbred owner's concern
36. Famous boxer, briefly bottled Kentucky bourbon
38. Pro golfer K. J.
39. Give form to
41. Scott Co. community, or baggage handler
42. Hindu dresses
44. Cluster
45. Mister Rogers
46. Handed-down history
47. Pedal pushers
48. Remarkable
49. Nibble away
50. Does some tailoring
53. Copacabana site

SOLUTION TO KY592



Earn your degree in less than 15 months.



- With 5 term starts/year you can start your new career quickly
- Transfer credit policies that save you time and money
- Convert your life and military experiences into academic credit

*The academic calendar consists of 10 week terms, allowing students to complete 5 terms in one calendar year.

National College
A Degree of Difference... Since 1886

National-College.edu

888.980.9152

Richmond Campus
125 S Killarney Ln
Richmond, KY 40475

AUTO : HOME : LIFE : BUSINESS : A MEMBER SERVICE : KYFB.COM

Ask your agent about our safe driver discounts.



If you've gone 3, 5 or even 8 years without an accident or claim, talk to your local Kentucky Farm Bureau agent about our Safe Driver Discount*.

*Discounts subject to digibility.

Marlene Lawson, Agency Mgr.
Shelly Mullins, Agent
US Hwy. 25 S • Mt. Vernon
606-256-2050

KENTUCKY FARM BUREAU



BIG ON COMMITMENT.