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Asbury is proud to be a longtime partner with The Center for Rural Development and Rogers Scholars



Pictured here are Congressman Harold Rogers (left), Asbury President Sandra Gray and Lonnie Lawson of the CRD.



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Volume 1, No. 3 Fall 2017

Insider

The Center for Rural Development

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The Center Insider is a free publication distributed by The Center for Rural Development in Somerset, KY. The publication is printed and distributed to schools, businesses and conferences throughout the state as well as national conferences through our public safety programs.

Established in 1996 through the vision of U.S. Congressman Harold "Hal" Rogers, (KY-05), and other leaders, The Center is a 501 (c)(3) nonprofit organization fueled by a mission to provide leadership that stimulates innovative and sustainable economic development solutions and a better way of life in Southern and Eastern Kentucky. In its 45-county primary service region, The Center provides innovative programs in leadership, public safety, technology, and arts and culture. The Center is committed to constantly expanding its capabilities in order to deliver a range of key services throughout Kentucky and the nation.

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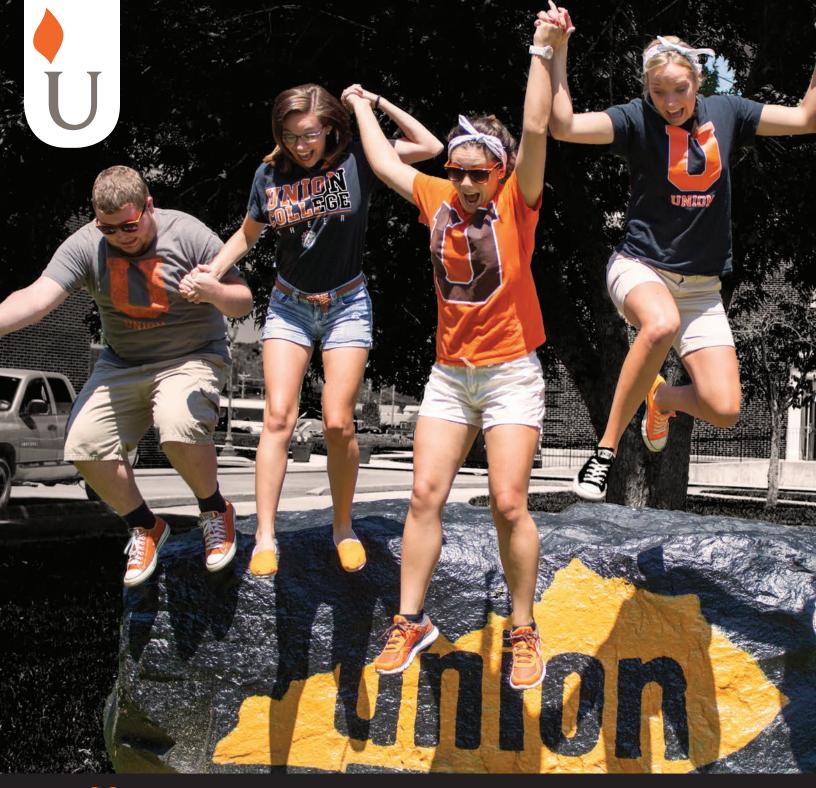
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Rogers Scholars—The Center for Rural Development's flagship youth program—provides leadership and college scholarship opportunities to help upcoming high school juniors in Southern and Eastern Kentucky develop the skills they need to seize their potential as the region's next generation of business and entrepreneurial leaders.

During this intensive week-long program, Rogers Scholars work on building their leadership skills, participate in a series of teambuilding exercises; receive hands-on instructional training from professional experts in engineering, healthcare, and technology; and interact with nationally recognized business

leaders and entrepreneurs. The program focuses on developing skills in leadership, entrepreneurship, and community service.

This past summer 62 students from Southern and Eastern Kentucky graduated from the program:

Talyn Alderman, Sharpsburg, Ky. Laura Baker, Salt Lick, Ky. Cole Ballinger, McKee, Ky. McKenzie Barber, Ashland, Ky. Courtney Brooks, Campton, Ky. Christopher Brown, Loyall, Ky. Breanna Bush, Grayson, Ky. Arabella Caldwell, Columbia, Ky. Quinton Carr, Nicholasville, Ky. MaKenzie Clouse, Somerset, Ky. Macey Conley, West Liberty, Ky.

Gabe Crockett, Manchester, Ky. Emily Crum, Pikeville, Ky. Hannah Daniels, Hazard, Ky. Cole DeRossett, Prestonsburg, Ky. Rachel Dillon, Catlettsburg, Ky. Grace Evans, Barbourville, Ky. Jeana Fultz, Pineville, Ky. Brynne Galloway, Lancaster, Ky. Owen Gibson, Whitesburg, Ky. Dalton Green, Hardyville, Ky. Jayden Hackworth, Salyersville, Ky. James Hall, Hazard, Ky. Caleb Honeycutt, Somerset, Ky. Allison Horn, Inez, Ky. Noah Jones, Stearns, Ky. Sydney King, London, Ky. Rex Lacefield, Corbin, Ky.

Continued on next page



Rogers Scholars

Continued from previous page

Nikole Lee, Whitesburg, Ky. Molly Lewis, Sandy Hook, Ky. Tyler London, Center, Ky. Emma Loy, Jamestown, Ky. Joseph Wyatt Lucas, Beattyville, Ky. M'Shae Mathews, Morehead, Ky. Maryanna Meadows, Parkers Lake, Ky. Benjamin Melton, Viper, Ky. Matthew Minter, Booneville, Ky. Jacob Mitchell, Corbin, Ky. Isabelle Moons, Albany, Ky. Colton Morrow, Monticello, Ky. Myles Murrell, Campbellsville, Ky. Emersyn Noah, Baxter, Ky. Shelby Phillips, Manchester, Ky. Payton Riggins, Russell Springs, Ky. Madison Simpson, Mozelle, Ky. Eden Slone, Pippa Passes, Ky. Abigail Smith, Annville, Ky. Lydia Smith, Barbourville, Ky. Catherine Smith, Waynesburg, Ky. Cassie Strong, Thompkinsville, Ky. Matt Tackett, Stanville, Ky. Noah Taylor, Corbin, Ky. Zachary Todd, Yosemite, Ky. Jacob Triplett, Banner, Ky. Taylor Wesley, Waynesburg, Ky. Olivia Whitfield, Pikeville, Ky. Noah Williams, Irvine, Ky. Bailey Willis, Burkesville, Ky. Taylor Young, Science Hill, Ky.















The Center for Rural Development

Rogers Explorers youth camps are held at 7 different locations throughout Southern and Eastern Kentucky. This year we added a new location — Union College. Thank you to all of our partners for supporting the youth in our region.

Asbury University University of the Cumberlands Lindsey Wilson College Eastern Kentucky University University of Pikeville Morehead State University Union College

ASBURY UNIVERSITY

Students who attended the Rogers Explorers camp at Asbury University:

Macy Abney, Berea, KY Jacob Barnard, Barbourville, KY Clayton Biggerstaff, Thompkinsville, KY Samuel Bodine, Owingsville, KY Bella Butler, London, KY Evan Cherry, Somerset, KY Carly Creech, Rogers, KY Morgan Crowe, Liberty, KY Molly Demrow, Liberty, KY Lexie Herndon, Somerset, KY John Hughes, Stanford, KY Emily Humble, Monticello, KY Adam Hutchinson, Emmalena, KY Abigail Isaacs, Lancaster, KY Rebekah Keith, Lancaster, KY Brock Kessinger, Louisa, KY Connor King, Somerset, KY Emma Maynard, Campbellsville, KY Sage McBride, Science Hill, KY Erin McIntosh, Beattyville, KY Lyndsey Parmelee, Somerset, KY Miriam Ritchey, Eubank, KY Martha Antiago, Somerset, KY Janna Mei Smith, Barbourville, KY Joshua Stein, Somerset, KY Collin Taylor, Williamsburg, KY Jordan Thacker, Morehead, KY Brody Weaver, Bronston, KY Macy Welsh, Edmonton, KY

Lindsey Wilson College

Students who attended the Rogers Explorers camp at Lindsey Wilson:

Taylor Abernathy, Russell Springs, KY BayLee Allen, Summerville, KY Hayden Ballinger, Monticello, KY Kendall Burgess, Somerset, KY Emma Carter, Monticello, KY Tarah Durham, Bethelridge, KY Sawyer Edmunds, Edmonton, KY Kadin Emberton, Edmonton, KY Anna Marie Gulock, Somerset, KY Kade Hagan, Tompkinsville, KY Emma Hawk, Somerset, KY Ethan Huffaker, Monticello, KY Dylan Jasper, Science Hill, KY Baylor Mattingly, Hustonville, KY Hunter Mayfield, Somerset, KY Logan Maynard, Somerset, KY Molli Nelson, Science Hill, KY Alexander Newell, Burkesville, KY Paris Newell, Burkesville, KY Riley Noftsger, Somerset, KY Caitlyn Patterson, Burkesville, KY Kayla Patterson, Greensburg, KY Annika Reed, Tompkinsville, KY Madison Trusty, Nancy, KY Cyrus Vincent, Burkesville, KY Reilly Wells, Columbia, KY Emily Whitehurst, Liberty, KY

Carlee Whitis, Somerset, KY Natalie Woodcock, Russell Springs, KY Andrew York, Monticello, KY

University of the Cumberlands

Students who attended the Rogers Explorers camp at the University of the Cumberlands:

Cole Blakeman, Crab Orchard, KY Layla Blevins, Eubank, KY Blake Brown, Somerset, KY Alexa Bruce, Whitley City, KY Brendan Bush, Grayson, KY Kylee Coleman, Edmonton, KY Eliza Crawford, Ashland, KY Kendra Cross, Albany, KY Brady Dalrymple, London, KY Dalton Daugherty, Pine Knot, KY Kiki Dean, Evarts, KY Charleston Dixon, Barbourville, KY Michael Hail, Somerset, KY Elijah Harrington, Williamsburg, KY John Hubbard, Manchester, KY Macey Hudson, Somerset, KY Cierra Ledford, Corbin, KY Autumn McCutchen, Burkesville, KY Morgan Melton, Campbellsville, KY William Muse, Somerset, KY Jackson Owens, Somerset, KY Allie Phillips, Manchester, KY Nathan Sanders, London, KY Lauren Shackleford, Corbin, KY Anabeth Sharpe, Williamsburg, KY Kathleen Taylor, Corbin, KY Breezi Turner, Somerset, KY Emily Whittle, Manchester, KY Grayson Wise, Campbellsville, KY Abbigale Young, Albany, KY

Eastern Kentucky University

Students who attended the Rogers Explorers camp at EKU:

Noah Bekish, Somerset, KY Shelbie Black, Somerset, KY Eillie Browning, Somerset, KY Lindi Compton, Greensburg, KY Colton Correll, Somerset, KY Alicyn Croley, Williamsburg, KY Christopher Dalton, Somerset, KY Andrew Daniels, Flat Lick, KY Laikin Davidson, Jackson, K Andrew Davison, Morehead, KY Caroline Evans, Barbourville, KY Kenzie Hinkle, Barbourville, KY Lindsey Horn, Somerset, KY Autumn Jones, Annville, KY Reaghan Jones, Barbourville, KY Ian Lewis, Sandy Hook, KY Kerrigan Medley, Mt Vernon, KY Story Miller, Harlan, KY Peyton Mize, Irvine, KY Caleb Mullins, Somerset, KY Charles Pierce, Somerset, KY Madison Ruble, Somerset, KY

Bree Russell, Knob Lick, KY Morgan Smith, Dunnville, KY Madison Stewart, Pikeville, KY Trintiy Vance, Harlan, KY Ryan Varney, Belfry, KY Shelby Wade, Somerset, KY Claire Wilson, Edmonton, KY Emma Zehr, Williamsburg, KY

University of Pikeville

Students who attended the Rogers Explorers camp at the University of Pikeville:

Benjamin Acuff, Ashland, KY Emma Bates, Blackey, KY Gavin Carr. Nicholasville. KY Jenna Cassady, Salt Lick, KY Camey Creech, Rogers, KY Autumn Fletcher, Lousia, KY Kelly Froedge, Edmonton, KY Caroline Hardwick, Columbia, KY Alexis Hensely, Warfield, KY Micah Henson, Jackson, KY Brookelyn Hopkins, Somerset, KY Rayleigh Jones, Irvine, KY Christian King, Salyersville, KY William Lampert, Catlettsburg, KY Kinley Lewis, Sandy Hook, KY Marshall Maguire, Nancy, KY Alexis Marcum, Ashland, KY Jacob Martin, Martin, KY Jamie Meade, Debord, KY Katie Jo Moore, Minnie, KY John Orberson, Campbellsville, KY Meghan Ratliff, West Van Lear, KY Kade Scott, Langley, KY Meggan Smith, Whitesburg, KY Sarah Wagers, Hazel Green, KY Madison Webb. Lowmansville, KY Chloe White, Edmonton, KY Abigail Wiedewitsch, Campbellsville, KY

Morehead State University

Students who attended the Rogers Explorers camp at Morehead State University:

Hadley Alderman, Sharpsburg, KY Allison Bailey, Campton, KY Leah Blevins, Catlettsburg, KY Lauren Cline, West Liberty, KY Kyle Aaron Coffey, Mt. Vernon, KY Andrew Coyle III, Owingsville, KY Clara Finneseth, Corbin, KY Ryan Gibson, Salyersville, KY Lily Hubbs, Barbourville, KY Jazper Johnson, Campton, KY Dathan Jolly, Thompkinsville, KY Ryan Justice, Pikeville, KY Brooklyn Lemaster, Salyersville, KY Allie Lewis, Olive Hill, KY Jayla, Lindon, Stanton, KY Lauren Lindon, Hazel Green, KY

Continued on next page

Morehead State University

Continued from previous page

Dalton McCoy, Inez, KY
Benjamin, McNamee, Forest Hills, KY
Camden Mink, Mt. Vernon, KY
Andrew Mortimer, Slayersville, KY
Lily Roberts, Morehead, KY
Caleb Rushing, Mt. Sterling, KY
Lauren Smith, Eubank, KY
Hailey Stacy, Campton, KY
Elizabeth Stokes, Campton, KY
Madison Thomas, Bethelridge, KY
Dalijah Waddell, Olive Hill, KY
Carson Webb, Ashland, KY
Jasmine Webb, Ashland, KY
Allicen White, Liberty, KY

Union College

Students who attended the Rogers Explorers camp at Union College:

Emily Conn, Prestonsburg, KY Shelby Cothron, Somerset, KY Keith Cox, Pineville, KY Taryn Deckard, Knob Lick, KY Madalyn Dudley, Bronston, KY Maddy Dunn, Somerset, KY Jayden Giles, Somerset, KY Faith Harris, Brodhead, KY Kelsey Haste, Eubank, KY Bradley Heist, Somerset, KY William Hensley, Bimble, KY Ally Hobbs, Somerset, KY Leah Hollis, Somerset, KY Lauren Horn, Inez, KY Kennedy Hudson, Barbourville, KY Lily Jones, Gray, KY Samuel Leveridge, Jamestown, KY Montana Lewis, Somerset, KY Jhaughanessy Morris, McDowell, KY Audrey Newman, Science Hill, KY Allie Pennington, Corbin, KY Brett Roark, Pineville, KY Mia Stringer, Ferguson, KY Emma Thornsberry, Pinetop, KY

Allie Todd, Somerset, KY Gracelyn Walden, Thompkins, KY Emily White, Jackhorn, KY Olivia Wilds, Somerset, KY Matthew Williams, Beattyville, KY Angela Wilson, Nancy, KY







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Lauren McQuaide, of Columbia, Colton Ping, of Somerset, Nicole Hesse, of Monticello, and Walter Baker, of Columbia, were part of the winning ELI team—Community Creators, which proposed a business concept for a non-profit organization that would help small businesses in Southeastern Kentucky "get off their seat and on their feet."

Community Creators group wins scholarship offer

Four high school students from Southeastern Kentucky received a scholarship offer from Eastern Kentucky University during the Entrepreneurial Leadership Institute (ELI) at The Center this summer.

Nicole Hesse, Wayne County High School; Colton Ping, Pulaski County High School; and Lauren McQuaide and Walter Baker, of Adair County High School, were part of the group "Community Creators" during ELI.

Each ELI group pitched a business idea to a group of judges at the end of the week-long program. The Community Creators pitched an idea to provide financial assistance to small businesses.

"We came up with an idea for a non-profit organization, Econo-Pal, that would provide capital, mentoring, or networking opportunities to Southeastern Kentucky businesses in need," McQuaide said. "ELI showed me that leadership and entrepreneurial skills can be found in everyone."

"This experience has been a great way to expand my knowledge in business and create new friends," Baker said. "It was an experience of a lifetime."

The Center's ELI program is made possible through the support of the Kentucky Highlands Investment Company; Eastern Kentucky University; the University of Kentucky This experience has been a great way to expand my knowledge in business and create new friends. It was an experience of a lifetime.

Walter Baker, Sophomore at Adair County High School

College of Agriculture, Food and Environment; and the Kentucky Innovation Network. Ann DeSpain and Melony Denham, co-developers and co-teachers of E-Discovery Challenges You! program, provided the curriculum for ELI students.

"ELI is an incredibly rewarding partnership between Kentucky Highlands and The Center, as we are able to instill the value of entrepreneurship in our region's youth," Rickett said. "This is yet another opportunity for Kentucky Highlands and The Center to support Congressman Hal Rogers' message that 'No young person should have to leave home to find his or her future."



Jerry Rickett Kentucky Highlands Investment Company

For more information on ELI, visit centeryouthprograms.com.

2017 ELI students:

Ally Alred, Harlan, KY Walter Baker, Greensburg, KY Autumn Brock, Harlan, KY William Burroughs, Thompkinsville, KY Abigail Cox, Campton, KY Janice Dean, Evarts, KY Kelsie Dishman, Science Hill, KY Zach Francke, Nicholasville, KY Nicole Hesse, Monticello, KY Lauren McQuaide, Columbia, KY Matthew Moore, Corbin, KY Rinda Oliver, Isonville, KY Cameron Patterson, Burkesville, KY Ethan Phipps, Barbourville, KY Colton Ping, Somerset, KY Sydney Sexton, Somerset, KY Elias Smith, Somerset, KY Kara Stevens, Phelps, KY Zoe Stinson, Somerset, KY Erin Wilson, Stearns, KY



Kinser honored with Governor's Service Award for work with Forward in the Fifth

Lauren Kinser was recently recognized as a 2017 recipient of the Kentucky Governor's Service Award in the State Capitol Rotunda by Governor Matt Bevin.

At its 22nd annual ceremony, the Kentucky Commission on Community Volunteerism and Service program publically honored individuals who served without expectation of compensation, recognition or commendation to make our Commonwealth a better place to work, live and play. Kinser worked to expand the reach of Forward in the Fifth, a non-profit educational organization and affiliate of The Center for Rural Development, for the past year.

Key components of her work focused on the development and implementation of health and wellness program modules for school-aged youth impacting academic and nonacademic achievement. She also was responsible for assisting with the improved design and continuation of a peer mentoring

program pairing college and middle school students to address academic and social outcomes with Union College and the Barbourville School District.

Additionally, Lauren secured more than \$18,000 in cash and donations during her year of service.

Kinser, who holds a M.A. in public health, is working towards dental school.

"We congratulate Lauren on this outstanding accomplishment of selfless giving," said Jim Tackett, executive director of Forward in the Fifth. "She ably served the region by creating and seeking resources previously unavailable to students and families. I have no doubt that her dream of practicing dentistry in rural Kentucky will be achieved and she will continue to demonstrate a similar generous spirit in yet a different capacity for years to come."

For more information on Forward in the Fifth, visit www.fif.org.



TIME TO VISIT



http://go.eku.edu/center



Former Rogers Scholar earns doctorate in physical therapy from University of Kentucky

It's been 15 years since Makensie DeRossett graduated from the Rogers Scholars program, but she still fondly remembers it as one of the first times she was able to explore opportunities for her future.

"I loved the program," DeRossett said. "I remember meeting wonderful people and making great friends...It gives students valuable experience with interview skills, networking, and communicating with others. It also puts you out of your comfort zone, which is scary, but it allows you to learn and grow."

DeRossett, 31, a Clinton County native, attended the Rogers Scholars program in the summer of 2002 just before her junior year in high school. In August, she graduated from the University of Kentucky as a Doctor of Physical Therapy.

In the last 15 years, DeRossett has explored various opportunities. She graduated from the University of Kentucky in 2008 with her undergraduate degree in Foreign Language and International Economics with Spanish and Japanese concentrations.

This was a wonderful opportunity to spend a week getting to know peers around Kentucky and learning a lot about myself in the process.

Makensie DeRossett

Continued on next page

Former Rogers Scholar earns doctorate in physical therapy from University of Kentucky

Continued from previous page

"I loved studying Japanese and decided to apply for a position as a Native English teacher," she said. "I moved to Japan at the end of 2008 where I spent a year in Okayama teaching English and traveling throughout the country. This was an amazing and challenging experience that I will never forget."

After returning to the United States, she worked for AmeriCorps Vista in Louisville, KY. She was the coordinator for a mentoring program at Bellewood Homes. After her year with AmeriCorps was finished, she moved to Chicago, IL, where she worked for a large logistics company. This is when she decided she wanted to go back to school to earn her degree in physical therapy.

"I decided I did not want to spend the day working on a computer and I wanted to continue to have more interaction with people and to serve people," DeRossett said.

ROGERS SCHOLARS EXPERIENCE

DeRossett's Rogers Scholars experience was one of exploration—exploring different programs of study and learning about what possibilities she would have in education.

"My favorite part about the academic portion was one of the courses I took—Broadcast Journalism," DeRossett said. "We were able to put on a news program. I remember how much fun this was and can still remember the hot pink suit I wore!"

For DeRossett, the experience was about exploring life beyond what she already knew.

"I think it is always good for teenagers to be able to get out and see a different world that is not their typical day-to-day life," DeRossett said. "The world is a great big place and I think sometimes in a small rural town it is hard to see what the world has to offer."

For some students, the Rogers Scholars program is the first time they are exposed to a college-like experience. In 2002, the program was housed at The Center. Today, The Center partners with Lindsey Wilson College to let students stay on a college campus for the entire week.

"This was a wonderful opportunity to spend a week getting to know peers around Kentucky and learning a lot about myself in the process," DeRossett said. "This was one of the first times I was away from home for an extended period of time, which was a great practice for college and other future opportunities."

The Rogers Scholars program began in 1998. Since then, more than 1,800 students have gone through the program. For more information, visit centeryouthprograms.com



Makensie DeRossett 2002 Rogers Scholar

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TIPS FOR PARENTS

Surviving the college admission process



At the end of the day, parents just want to help their children — and Morehead State just wants to help parents navigate the college admissions process. With the help of this award-winning college—and the firsthand experience of serving students (...and their parents) since 1887—we've put together the essential tips for surviving the college admission process.

What are you looking for?

First things first: help your child identify what she's looking for in a school. Does she want a college with Greek life? One that specializes in a certain discipline or industry preparation? One close to home? One that has multiple campuses? Online classes? Extracurriculars? Sports teams?

There are thousands of colleges to choose from in the United States alone, and students can often feel overwhelmed with the vast range of options. Helping your child make a "wish list" of qualities and characteristics that he's looking for can help him narrow the scope of the search; things like location, programs offered, campus life, and support resources are a good place to start.

From there, you can help create a list of schools that make the first cut,

matching up your child's "must-haves" with a school's defining characteristics. For example, students looking for a school with a rich history, manageable class sizes, and widespread diversity may find that Morehead State meets their needs.

Set expectations

Is your child talking about traveling abroad, joining Greek life, or studying out of state when you know their college fund won't be able to handle the weight of these expectations? Instead of crushing their dreams right before they send in their letter of intent, make sure you set expectations from the outset—helping your child understand what is manageable for your family and what might need to be covered by loans or scholarships.

If additional funds may be needed to help your child afford the college experience she's hoping for, help steer her toward schools, like Morehead State, that have extensive financial aid programs.

The more opportunities and assistance that a school offers, the less you and your child will need to stress about the cost of higher education—and the more assured you can be that your son's or daughter's future is in good hands.

Tour the campus

No matter how much planning, research, and list-making you do at home, the decision of where to attend college tends to come down to a gut feeling—the feeling of "this is where I want to spend the next chapter of my life." And the only way to get this gut feeling is to tour the campus.

That's right—sometimes it's as simple as having your child step foot onto a university's campus and feeling whether or not this is the school for him. In fact, some of the best advice a parent can give a child in shopping for a college is "trust your gut." That's because the physicality of being on campus—experiencing firsthand the vibe of the school's layout, student body, and facilities—is often enough to make the connection between an abstract plan and a future reality.

Fortunately, most schools understand the importance of touring a campus—and offer parents and potential students plenty of opportunities to check out the school firsthand. Morehead State offers a rotating schedule of tours Monday-Friday throughout the year, including general campus visits as well as transfer visits, Saturday Open Houses, group visits, and campus visits along with an academic program meeting.

Are you ready to support your child in taking the next step in his or her education? A good place to start is visiting www.moreheadstate.edu, where you can discover everything you need to know about Morehead State. Known for giving students personal attention, Morehead State's acclaimed athletic teams, academic programs, local college town, and focus on giving back make MSU one not to miss during the application process.

Business & Community Training Center partners with ExecuTrain of Kentucky for soft skills training

Technical skills may help you get the job, but soft skills will advance your career.

The Business & Community Training Center partnered with ExecuTrain of Kentucky this past summer to introduce a new series of professional, soft-skills training courses at The Center for Rural Development in Somerset.

"We are proud to partner with one of the leading providers of business education to offer quality soft-skills training to employers and employees in Southern and Eastern Kentucky," said Patti Simpson, business and community training manager at The Center. "Our Business & Community Training Center provides customized training courses that address a broad spectrum of workforce needs and career training for individuals seeking to upgrade their skills."

The introduction of soft-skills training is one of the newest offerings added to a growing list of in-demand workforce and career training courses now available through The Center's Business & Community Training Center.

The partnership with ExecuTrain of Kentucky will allow the training center to expand its class schedule to include technology-based training, as well as soft-skills training. Companies across the United States are constantly searching for applicants who can communicate clearly, take initiative, problem-solve, and get along with co-workers.

These soft skills and others are in high demand in today's competitive workplace and easily accessible through a new partnership with The Center and ExecuTrain of Kentucky.

"We are excited to bring our world-class training to Southeastern Kentucky," said Crinda Francke, president and CEO of ExecuTrain of Kentucky. "Partnering with The Center for Rural Development to empower adults was a perfect fit, and we look forward to working with companies in the area to provide



Patti Simpson, business and community training manager at The Center for Rural Development, welcomes Crinda Francke, president and CEO of ExecuTrain of Kentucky, as the newest training partner at The Center's Business & Community Training Center. ExecuTrain of Kentucky will be providing instruction for a new series of soft-skills training courses now available at The Center for Rural Development in Somerset.

them with the tools needed to succeed in the workplace."

The Center and ExecuTrain of Kentucky have scheduled soft-skills training courses in Excellence in Supervision—Oct. 5; Learning to Lead—Oct. 11; Better Business Writing—Oct. 19; and Project Management Essentials—Oct. 26.

All soft-skills training courses will be taught by the professional staff of ExecuTrain of Kentucky and held from 9 a.m.-4 p.m. at the Business & Community Training Center on-site at The Center for Rural Development located at 2292 South U.S. 27 (at Traffic Light 15) in Somerset.

To register or for a complete list of soft-skills and technology-based training courses available at the Business & Community Training Center, call Robin Moore at 606677-6000 or visit www.centertech. com. Each business class costs \$149. Participants are encouraged to register at least five days before the start of class.

The Business & Community Training Center also offers technology-based training courses in Microsoft Office platforms, Intuit QuickBooks, and specialized classes taught by private, professional instructors.

ExecuTrain of Kentucky, with offices in Louisville and Lexington, opened in 1984 and is a privately-owned business that provides corporate training and development solutions to companies across the region. ExecuTrain is a world leader in developing and delivering business technology and professional development training.





Chef Mete Sergin leads The Center for Rural Development's cooking classes. Our cooking classes are also sponsored by the Kroger Marketplace in Somerset, KY.



Chocolate Dipped Bananas

INGREDIENTS

- 2 ripe but firm bananas
- 1 dark chocolate bar, chopped, or semisweet chocolate chips
- 2 tablespoons vegetable oil
- ½ cup chopped peanuts or pecans or almonds or 1/2 cup granola or sprinkles Toasted dried coconut

DIRECTIONS

- 1. Line a baking sheet with nonstick foil or parchment paper.
- 2. Cut the bananas into 2-3 inches chunks or half. Insert a Popsicle stick, bamboo skewer or a chopstick into the pieces of banana. Place them on the baking sheet and freeze for about 15-30 minutes.
- 3. Meanwhile, melt the chocolate with the oil in a heatproof bowl placed over a saucepan of simmering water. Stir until smooth.
- 4. Roll each banana half in the chocolate, then quickly sprinkle with your topping
- 5. Freeze until the chocolate sets, 30 minutes. Serve or freeze in an airtight container for up to a week. Once completely frozen, the bananas can be placed in the fridge for about thirty minutes before eating to soften the bananas.

Nutella and **Peanut Butter** Club Sandwich

Serves 8 half sandwiches

INGREDIENTS

12 slices medium sliced white or whole-wheat bread

34 Cup Nutella

3/4 Cup peanut butter

12 large strawberries

1 Nectarine or a firm Peach

1 kiwi

1 medium banana

DIRECTIONS

1. Toast the bread on both sides in your toaster.

2. Wash the strawberries and slice the stalks off and hull them. Then slice them very thinly. Peel and slice the banana into thin rounds. Peel and slice the kiwi thinly. Cut the nectarine into quarters and slice very thinly.

3. You will need three slices of bread for each sandwich.

4. Spread Nutella on eight slices of bread.

5. Spread peanut butter on remaining four slices.

6.Start with a Nutella spread toast, layer up the fruit over the bread starting with the banana, then kiwi, than strawberry, then nectarine slices. Now, Nutella spread toast on top and repeat.

7. Take peanut butter spread bread, flip it and place it over as the third piece on this sandwich.

8.Cut each sandwich into two triangles. Secure with a cocktail stick/ toothpick and serve immediately.



Chicken Pot Pie in a Cornmeal Biscuit Cup

INGREDIENTS

For the Filling:

2 chicken breast, cooked, diced

2 cups frozen mixed vegetables, thawed

1 teaspoon Italian seasoning or 1 teaspoon dried thyme leaves (12-oz.) jar roasted chicken gravy

For the Crust:

Frozen Dough Biscuits Cornmeal Pepper, black, cracked

DIRECTIONS

Thaw biscuit pucks, covered, for 20 minutes at room temperature or overnight in refrigerator. Spray backs of 2 jumbo muffin pans generously with pan spray. Mix cornmeal with cracked black pepper, and place 1/4 cup at a time on clean work surface. Roll each biscuit puck in cornmeal mixture to 1/4-inch thickness. Turn biscuit several times during rolling process to retain round shape. Place rolledout biscuit dough onto inverted muffin pan, leaving alternating spaces between biscuits. Bake it at 350°F for 10-15 minutes or till they are brown.

In a bowl, combine all filling ingredients. Pour into biscuit cups. You may cut strips from biscuit dough and place them on top for decoration, even write the first letter of your name on using the strips of dough biscuit dough. Brush the top crust with egg wash and bake it at 350°F. for about 15 minutes or until filling is bubbly and top crust is golden brown.

For a full list of future cooking classes, visit www.centertech.com



The Center hosts broadband workshops in Southern and Eastern Kentucky

The Center for Rural Development is hosting workshops related to the KentuckyWired project to expand broadband capabilities statewide.

Community leaders and elected officials in Southern and Eastern Kentucky attended the first two workshops in June at The Center for Rural Development in Somerset and in Morehead, KY in August.

The events included leaders in the broadband industry who discussed network ownership and financing, network management, and broadband providers and partners. A panel of industry and civic leaders discussed their triumphs and challenges to increasing broadband availability and adoption in their communities.

Attendees were encouraged to ask questions and participate in the discussion.

"Our community leaders understand the importance of closing the "Digital Divide" and are working hard to fully understand the difficult task before them," said Larry Combs, The Center's Broadband Implementation Manager. "During the Broadband Workshops, we are presenting topics that range from the technical to the financial and even into the social aspects of fiber broadband deployment. Each workshop is designed to delve deeper into the subject matter, much like a college curriculum would."

The workshops are a series designed to educate attendees on how communities can capitalize on KentuckyWired. KentuckyWired is a statewide fiber optic network which will deliver affordable, high-capacity, high-speed broadband access in communities throughout Kentucky. The project is based on an unprecedented partnership between The Center for Rural Development, the Commonwealth of Kentucky and private sector partners to build out the network's middle mile.

The second workshop, a continuation of the first one, was held in Morehead, KY. Workshop 102: A Closer Look"

featured speakers including Doug Dawson, President and Founder of CCG Consulting; Tom Asp, Principal Engineer and Business Analyst with CTC Technology and Energy, Mike Hayden, COO of the Kentucky Communications Network Authority (KCNA), and Nancy Ward, a strategic Consultant for Solarity.

A third workshop will take place on Nov. 14 at the Hazard Community & Technical College in Hazard, KY. This workshop will continue to dive deeper into the community development and planning of last-mile services.

Stay tuned to www.centertech.com for future announcements. More information about the history and progress of KentuckyWired is available at kentuckywired. ky.gov. Contact Larry Combs, Broadband Implementation Manager for The Center, at Ircombs@centertech.com.



Center Stage Tickets are now on sale

Season includes Bellamy Brothers, Celtic Angels Christmas, On Golden Pond & Erth's Dinosaur Zoo!

Lake Cumberland Performing Arts (LCPA), in partnership with The Center, is pleased to announce the 2017-2018 Center Stage season!

Our exciting four-show season lineup kicks off with pop and country music duo the Bellamy Brothers on Oct. 12 which is followed by the holiday favorite Celtic Angels Christmas on Dec. 7. Next up is the play—On Golden Pond on Feb. 20, based on the Academy Award-winning film of the same name. The season finishes off with a treat for children of all ages, Erth's Dinosaur Zoo Live on April 17, with life-size prehistoric puppets sure to delight and amaze! All shows begin at 7 p.m.

To purchase tickets, contact the Box Office at 606-677-6000 or stop by The Center at 2292 South U.S. 27.

For show descriptions and photos, check out our Center Stage web page, or be sure to pick up or download a copy of our new season brochure. The brochure has a new and expanded format, which features both our Center Stage and School Time Theatre performance season. You can also visit our School Time Theatre web page for descriptions, photos, and thematic connections.

Individual show tickets are on sale now. Individual tickets will be available online, as well as in person or over the phone.

All of us at The Center and LCPA appreciate your attendance and continued support. Please check back for tickets and upcoming show information. We look forward to seeing you at the show!





BELLAMY BROTHERS Thursday, October 12, 2017 - 7 PM

CELTIC ANGELS CHRISTMAS Thursday, December 7, 2017 - 7 PM

ON GOLDEN POND Tuesday, February 20, 2018 - 7 PM

ERTH'S DINOSAUR ZOO LIVE Thursday, April 17, 2018 - 7 PM

EVENTS 2017-2018

ARTS & CULTURE

Theatre - Film - Music - Dance - Artwork

26 September

All and Only Just About Teeth

The Schmidt Opera Outreach Program is presenting the production of "Just About Teeth" to elementary schools and venues throughout the Commonwealth. It is a new, original interactive mini-musical that teaches while it entertains created especially for PreK through 3rd grades. Just About Teeth is sponsored by Brandi Prather, D.M.D. Tickets \$5





12 October

Center Stage: Bellamy Brothers

The Bellamy Brothers are an American pop and country music duo consisting of brothers David Milton Bellamy and Homer Howard Bellamy. Best known for the easy rolling '70s Southern soft rock classic "Let Your Love Flow," the Bellamy Brothers consistently climbed into the upper reaches of the Billboard country charts during the '80s. They hold the record for most duo nominations in both the Academy of Country Music and the Country Music Association Awards. Tickets \$25



15 October

Dayla's Other Country

Dayla's Other Country, an independent film, is the nuanced story of a family displaced by the Syrian conflict who are remaking themselves after the parents separate. Effervescent teen Dalya goes to Catholic high school and her mother, Rudayna, enrolls in college as both walk the line between their Muslim values and the new world in which they find themselves.

Tickets \$10 & \$5 for Students with ID

3 November

Ballet Magnificat!

Ballet Magnificat! is a School of the Arts that was established in 1989. It is an arts organization dedicated to presenting the good news of Jesus Christ to the world through dance. The touring company has performed nationally and internationally.

Tickets \$18 Adults & \$12 Children

November 10 AM & 7 PM

Oscar Wilde's The **Importance of Being Earnest**

Hilarity ensues in Oscar Wilde's most

notable comedy when two bachelor friends, Jack Worthing and Algernon Moncrieff, take on alternative identities to court Cecily Cardew and Gwendolyn Fairfax. Will their bunburying get them the women of their dreams, or just bring trouble. Performed by Lindsey Wilson Players and Directed by Robert Brock.

10 AM: \$5 Reservations only 7 PM: Tickets \$15



19 November

Look & See, A Portrait of **Wendell Berry**

Look & See is a cinematic portrait of the changing landscapes and shifting values of rural America in the era of industrial agriculture, as seen through the mind's eye of writer, farmer, and activist Wendell Berry. Look & See was filmed in and around the rolling hills of Henry County, Kentucky - where Berry lived and farmed since the mid-1960's. Robert Redford. Terrence Malick and Nick Offerman served as producers on Look & See following its award-winning March 2016 premiere at the SXSW Film Festival. Tickets \$10 & \$5 for Students with ID

27 November 7 PM

Christmas Tree Lighting & At the Stroke of Midnight: A Holiday Musical

Just in time for the holidays—an original family musical! It's that time of year when everyone's heart is filled with love and anticipation as a joyous season of laughter, love and giving approaches. However, it will take a miracle to help William, an overworked clock-maker. discover the true meaning of the holiday season. The true meaning of the season shines brightly as he learns how to laugh and love again in this charming new musical. Tree lighting is free.

Tickets \$7 Adults & \$4 Children 12 and under

7 December

Center Stage: Celtic Angels Christmas

Celebrate the joys of Christmas with this dynamic holiday show featuring timeless holiday classics together with the best of Irish and Celtic music, song and dance. You will be captivated by a full cast of tantalizing dancers, five sensational vocalists and a world class band. Direct from Ireland, Celtic Angels Christmas will give you an exciting holiday experience you won't forget. This is the perfect mesmerizing event to enjoy this holiday season! **Tickets \$25**

19 December

Campbellsville University's It's A Wonderful Life

It's a Wonderful Life was made famous by the 1946 American Christmas drama directed by Frank Capra. Join Campbellsville University's theatre department in celebrating Christmas with one of America's classics. **Tickets \$15**

18 February

First Lady of the Revolution

First Lady of the Revolution is the remarkable story of Henrietta Boggs, who fell in love with a foreign land and the man destined to transform its identity. Her marriage to Costa Rica's Jose 'Don Pepe' Figueres in 1941 led to a decadelong journey through activism, exile, political upheaval and, ultimately, lasting progressive reforms.

Tickets \$10 & \$5 for Students with ID

20 February

Earnest Thompson's On Golden Pond

On Golden Pond is an American treasure. Many of us are familiar with the story through the Academy Award-winning film with Henry and Jane Fonda and Katharine Hepburn. Others have attended one of the literally thousands of productions this extraordinary play has received over the years. Something deep and profound resonates through the events that unfold in this American masterpiece brilliantly penned by Ernest Thompson.

Tickets \$25

18 March

Swim Team

Swim Team is a feature documentary chronicling the rise of a competitive swim team made up of diverse teens on the autism spectrum. Based in Perth Amboy, New Jersey, the cast of Swim Team is largely Latino and Asian, minorities that are underrepresented in competitive swimming and underserved in autism intervention and education. The film follows three of the team's star athletes, boys on the cusp of adulthood as they face a future of exclusion and dependence. Everything changes as they come together as a team with parent coaches who train them with high expectations and zero pity. As the team vies for state and national Special Olympics championships, Swim Team captures a moving quest for inclusion, independence and a life that feels winning.

Tickets \$10 & \$5 for Students with ID

30 March

Campbellsville University's Harlequins Improv Comedy

Join Campbellsville University's theatre department for their Harlequins Improv Comedy Show for a "Who's Line Is It Anyway" themed performance.

Tickets \$10

8 April 2 PM

Bending the Arc

A powerful documentary about the extraordinary team of doctors and activists, including Paul Farmer, Jim Young Kim, and Ophelia Dahl, whose work thirty years ago to save lives in a rural Haitian village grew into a global battle in the halls of power for the right to health for all. Epic, yet intimate, the film is a compelling argument for the power of collective and personal vision and will to turn the tide of history. Together they brought resources to build real health clinics in areas that had been ignored by everyone else, where patients were as likely to arrive by donkey as by ambulance. They took on AIDS, becoming the first doctors in the world to treat AIDS patients in rural settings with full-courses of anti-retrovirals. As a result, world policies changed, deeply entrenched ideas transformed and millions of lives were pulled back from the brink of death.

Tickets \$10 & \$5 for Students with ID

17 April

Erth's Dinosaur Zoo Live!

Get ready for the ultimate playdate - 65 million years in the making - as Erth's DINOSAUR ZOO LIVE guides your family on a breathtaking tour that begins in pre-historic Australia. You'll observe, meet and interact with an eye-popping collection of amazingly life-like dinosaurs and other creatures presented in a theatrical performance. Brought to life by a team of skilled performers and puppeteers, and designed with the help of professional paleontologists. Erth's DINOSAUR ZOO LIVE's puppets are so extraordinarily realistic you may feel the urge to run and hide - but don't! Because you won't want to miss a minute of this fun, unique, entertaining and educational live show created by Erth Visual & Physical of Sydney, Australia. While it may indeed have been 65 million years in the making, we think you'll agree it's well worth the wait. Tickets \$25

20 April 10 AM & 7 PM

William Shakespeare's Macbeth

Returning from victory on the battlefield where they helped crush a rebellion against King Duncan of Scotland, the warriors Macbeth and Banquo are accosted by three mysterious women. When Duncan quickly rewards Macbeth with the executed Cawdor's title, Macbeth-encouraged by his ambitious wife-begins to contemplate fulfilling the second part of the sisters' prophecy. Written by William Shakespeare. Performed by the Lindsey Wilson Players. Directed by Robert Brock.

10 AM: \$5 Reservations only

7 PM: Tickets \$15

For a complete list of events or information on our artist exhibits, visit the Calendar of Events at www.centertech.com or call 606-677-6000.

School Time Theatre

2017-2018 Season



PINOCCHIO

Monday, October 23, 2017 - 10 AM & 12 PM

MY FATHER'S DRAGON

Friday, November 10, 2017 - 10 AM & 12 PM

AT THE STROKE OF MIDNIGHT A **HOLIDAY ORIGINAL MUSICAL**

Monday, November 27, 2017 - 10 AM & 12 PM

CHOCOLATE MILK, POR FAVOR! THE MUSICAL

Monday, March 19, 2018 - 10 AM & 12 PM

ERTH'S DINOSAUR ZOO LIVE

Wednesday, April 18, 2018 - 10 AM & 12 PM

ADMISSION

Admission is \$4.00 per person for each performance. One complimentary teacher (supervisor admission will be provided for every ten paid admissions.

TICKETS

Tickets are not issued for School Time Theatre performances. Your reservation and advance payment will reserve the requested number of seats in the theatre.

RESERVATION REQUEST

Reservations are accepted online at www.centertech.com

The Center partners with South Arts to screen six documentaries

The Center for Rural Development is now on the 2017-2018 Southern Circuit Tour of Independent Filmmakers and will be screening six different documentaries between September and April.

"This is a huge opportunity for The Center for Rural Development to offer its service area a chance to experience film documentaries made from around the world." said Laura Glover, Managing Director of Operations at The Center. "Each film showcases a different culture of people and issues that we may not otherwise be exposed to in this area."

The Southern Circuit Tour of Independent Filmmakers is a part of South Arts, a regional arts organization serving nine states across the Southeast. Throughout the 2017-2018 season, 18 filmmakers will tour the Southeast United States screening their documentaries at 21 venues in Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee.

Filmmakers on the Southern Circuit come from all over the United States and embark on tours of up to two weeks throughout the South. During their tour, they experience portions of the country that are underserved by the film industry, both commercial and independent. For both filmmakers and audiences, the Southern Circuit is frequently the only option to connect the creative process. Last season, over 15,000 people attended Southern Circuit screenings and events throughout the South.

The Center will host six of the documentaries running from September through April 2018.

Big Sonia by Leah Warshawki and Todd Soliday was the first in the series that premiered in September.

Big Sonia is about a tiny woman with a huge impact inspiring others with her stories of surviving the Holocaust. The rest of the series will run through April of 2018.



October 15, 2017 - Dalva's Other Country by Julia Meltzer -Dalya's Other Country is the nuanced story of a family displaced by the Syrian conflict who are remaking themselves after the parents separate. Effervescent teen Dalya goes to a Catholic high school and her mother, Rudavna, enrolls in college as both walk the line between their Muslim values and the new world in which they find themselves.

November 19, 2017 - Look & See is a cinematic portrait of the changing landscapes and shifting values of rural America in the era of industrial agriculture, as seen through the mind's eye of writer, farmer, and activist Wendell Berry. Look & See was filmed in and around the rolling hills of Henry County, Kentucky - where Berry lived and farmed since the mid-1960's. Robert Redford, Terrence Malick and Nick Offerman served as producers on Look & See following its awardwinning March 2016 premiere at the SXSW Film Festival.

February 18, 2018 – First Lady of the Revolution by Andrea Kalin -First Lady of the Revolution tells the remarkable story of Henrietta Boggs, a young Alabaman who fell in love with a foreign land and the man destined to transform its identity. Her marriage to Costa Rica's José 'Don Pepe'

Figueres in 1941 led to a journey of activism, exile, political upheaval and, ultimately, lasting progressive reforms.

March 18, 2018 - Swim Team by Lara Stolman - The parents of a boy on the autism spectrum form a competitive swim team, recruiting other teens on the spectrum and training them with high expectations and zero pity. Swim Team chronicles the extraordinary rise of three diverse youth athletes, capturing a moving quest for inclusion, independence, and a life that feels winning.

April 8, 2018 - Bending the Arc by Cori Shepherd Stern - Thirty years ago, as much of the world was ravaged by horrific outbreak of AIDS and tuberculosis, three remarkable activists came together while attending college at Harvard to provide medical relief to a Haitian squatter settlement. Because of their dedication, world policies changed, entrenched ideas transformed, and millions of lives were pulled from the brink of death.

Each screening will be held on Sundays at 2 p.m. An informational Question-and-Answer session with each filmmaker will be held after each screening. Tickets are \$10 General Admission and \$5 for students. For more information, contact The Center at 606-677-6000 or visit www.centertech.com.

The Center to host Executive Education Seminar for government officials

The Center for Rural Development, through the Rural Domestic Preparedness Consortium (RDPC), is partnering with the Naval Postgraduate School to host a free Executive Education Seminar for local and state government officials in November.

The Executive Education Seminar is an intensive half-day seminar on Homeland Security designed to help strengthen the capability to prevent, deter, and respond to domestic terrorism. The training helps build the intergovernmental, interagency, and civil-military cooperation that Homeland Security requires.

The seminar is conducted by the Mobile Education Teams (MET) through the Naval Postgraduate

School Center for Homeland Defense and Security in Monterey, CA. The MET team is comprised of nationally recognized experts in various areas related to Homeland Security.

The seminar focuses exclusively on enhancing the capacity of top government officials to successfully address new Homeland Security challenges. Additionally, it focuses on issues that rural areas and local government agencies face.

"Through RDPC, The Center has consistently provided high-quality public safety training to rural areas across the Nation," said Lonnie Lawson, President and CEO of The Center for Rural Development. "It's essential that we also provide the

same opportunities in our service area. We are able to do so through this partnership with the Naval Postgraduate School."

Topics of the seminar include federal/state/local responsibilities and coordination, prevention, intelligence collection, assessment, and disseminations and information sharing, critical infrastructure protection, public communications and fear management, and response operations.

For more information, visit www.centertech.com or www.ruraltraining.com.



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Russell Clark
Wyoming Office
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"I cannot praise the Rural Domestic Preparedness Consortium highly enough! The training opportunities the RDPC provides consistently meet the highest standards by providing the right mix of instructor expertise, mentoring and first class curriculum. I have personally spoken with many students who said they were going to bring their newly acquired knowledge and concepts back to their home agency to implement into their emergency operations plans."

The Center announces new Associate Director of Charitable Giving and Donor Relations



Natalie Pitman, Associate Director of Charitable Giving and Donor Relations

The Center for Rural Development welcomes Somerset native Natalie Pitman as its new Associate Director of Charitable Giving and Donor Relations.

Pitman, of Pulaski County, moved to Lexington in 2009 to attend the University of Kentucky. After graduating with her Bachelor's Degree in English in 2014, she returned to her hometown.

Natalie is a bright example of U.S.
Congressman Hal Rogers' mission that,
'No young person should have to leave
home to find his or her future.'

Lonnie Lawson President and CEO of The Center for Rural Development

"It's nice to be back in Somerset. There is nothing better than living by the lake," Pitman said. "That's just one of the reasons I came back to Somerset. The other reason is the community. People here in Pulaski County are friendly and genuine. I am excited to start working at The Center because it brings me even closer to that feeling of community."

The Center for Rural Development President and CEO Lonnie Lawson said The Center is excited to have Pitman on board. She will work closely with community members in The Center's 45-county primary service area in order to strengthen and maintain regional community ties throughout Southern and Eastern Kentucky.

"We are always looking for ways to expand our community relations," Lawson said. "We are looking ahead to new and exciting times here at The Center. Natalie is a bright example of U.S. Congressman Hal Rogers' mission that, 'No young person should have to leave home to find his or her future."

"I am extremely thankful to have been given this opportunity here at The Center," Pitman said. "But none of my accomplishments could be possible without God and my family – including my dog, Penny Lane (who is a furry family member)."

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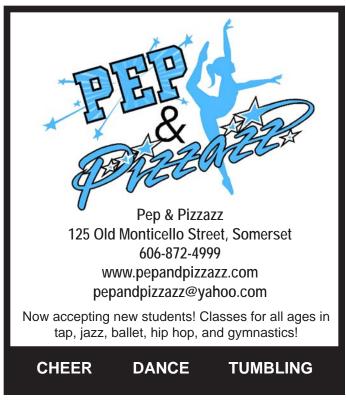
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