

87 Graduates Honored as The Gatton Academy's Class of 2020

Bowling Green, Kentucky -- On Saturday afternoon, August 8, 2020, 87 graduates representing 43 counties from across the Commonwealth of Kentucky, including Miriam Chambræ Richardson of Irvine, were recognized during The Gatton Academy's 13th graduation ceremony.

The ceremony took place in WKU's Diddle Arena, where masks were required and attending graduates and families were strategically and widely spaced to adhere to social-distancing guidelines. The graduation ceremony was simultaneously webcast to honor all graduates and include those who chose not to be in physical attendance.

Gatton Academy Executive Director and Mahurin Professor of Gifted Education Dr. Julia Roberts expressed that the ceremony was a celebration for the entire state.

"Graduation at The Gatton Academy presents a time to celebrate graduates, their families, and citizens around the Commonwealth,"

stated Roberts. "Gatton graduates are well on their way to being leaders in Kentucky's future."

Gatton Academy Director Dr. Lynette Breedlove praised the graduates for their persistence.

"The Gatton Academy Class of 2020 has experienced a senior year like no other. And yet the students have persevered and persisted. While at Gatton they traveled internationally, pursued their interests through research, volunteered in many different communities, and build life-long friendships. When they were forced to return home to finish their last semester, they found ways to continue to learn and contribute to their communities. I am incredibly proud of these students and know they are well on their way to pursuing their infinite possibilities," stated Breedlove.

Twenty members of the class were selected as National Merit finalists, nine graduates earned National Security Language Initiative for Youth (NSLI-Y) scholarships, and

one was awarded the Department of Defense's SMART Scholarship. Most graduates (89%) participated in faculty-sponsored research at WKU during their time at The Gatton Academy, and 17 completed the school's STEM + Critical Languages curriculum in either Arabic, Chinese, or Russian. Most graduates (93%) studied abroad while at The Gatton Academy. The graduating class completed a total of 4,773 hours of service during their two years at The Gatton Academy, which is an average of 54.9 hours per graduate.

In the fall of 2020, students from the graduating class will attend the following 32 colleges and universities across the United States and the world.

Students who attend Gatton Academy may also be graduates of their respective high schools. Richardson was among the 2020 graduates of Estill County High School. She received a scholarship from Wright Trucking and a University

of Louisville Academic Scholarship. She graduated Summa Cum Laude. She was also named a Gatton Community Scholar.



Miriam Chambræ Richardson

When Temps Are Up, Drink Up: Importance of Staying Hydrated During the Summer

from Estill County Extension

Simply said, a well hydrated body just works better. Adequate hydration aids in digestion, lubricates and cushions joints, protects our organs, helps us maintain body temperature, helps remove bodily wastes and makes it easier for our hearts to pump blood. While it is important to stay hydrated any time of the year, it is extremely important during the summer months when we spend more time outdoors being active. Physical activity or just being outside in the heat can cause us to perspire more, which can increase our risk of becoming dehydrated.

If you are dehydrated, your body cannot cool properly. This can lead to serious problems like heat exhaustion or heat stroke. Some

signs that you may be dehydrated include a dry or sticky mouth, low urine output or dark yellow urine, headaches, dizziness, confusion and lightheadedness, especially when quickly getting up.

Scientists agree that drinking water is the best way to stay hydrated. You can also get water from drinks like 100% fruit juices, milk, tea, coffee and water-rich foods like fruit, vegetables, yogurt, soups and broth-based foods. In fact, watermelons, cucumbers, lettuce and tomatoes contain about 95% water.

The amount of water you need to stay hydrated varies by person and depends on your age, gender, physical activity level, overall health and outside temperatures. Some general guidelines on the daily amounts of water needed for adequate hy-

dration are broken down by ages below:

- 1 to 5 years old: 1 to 5 cups
- 6 to 8 years old: 7 cups
- 9 to 13 years old: males need 10 cups and females need 9 cups
- 14 to 18 years old: males need 14 cups and females need 10 cups
- 18 years and older: males need 15.5 cups and females need 11.5 cups

o If you are pregnant, you need 12.5 cups

o If you are breastfeeding, you need 16 cups

Increase your intake by making water easily accessible for you and your family. Keep it stocked in the refrigerator and on hand when you are outdoors or being physically active. Take water with you in the car. Drink water throughout the

day whether you are thirsty. Make it your preferred beverage to have with meals and choose water while eating out. If you don't like the taste of plain water, you can always use fruits to naturally flavor the water. Lime and lemons are obvious choices. You can also use strawberries, blueberries, oranges, cucumbers or even mint leaves.

Remember, thirst is your body's way of reminding you to drink water. More information on ways to stay hydrated and other topics related to raising healthy families are available at the Estill County office of the University of Kentucky Cooperative Extension Service.

Phone: 606-723-4557 or email: estill.EXT@uky.edu.

Source: Heather Norman-Burgdorf, Extension Specialist in Food and Nutrition

Cullan Brown Made Big Impression On And Off The Golf Course



Larry Vaught

The death last week of 20-year-old Cullan Brown obviously touched the golf world in a big way because of his immense talent on the course.

He was a former Kentucky state high school champion and two-time state runner-up at Lyon County. He had a terrific freshman season at the University of Kentucky and then even made the cut in the Barbasol Championship last August in his first PGA Tour start and finished 10-under par for the tourney before finding out a few weeks later he had a rare form of bone cancer.

Brown made an impact on everyone who knew him on or off the course because of his personality and love for life.

Just ask Grace Gorrell who teaches an leadership studies class at UK. She had Cullan in class in the fall of 2018. However, once you know Brown, you have a lifetime friend.

"I have over 60 students per semester in my class so it is hard to get to know them

all on a personal level. I was blessed to get to know Cullan because as an athlete he had to be gone and he would always make sure to meet with me one on one to catch up," Gorrell said.

She often exchanged text messages with Brown the last year while he was undergoing chemotherapy and battling cancer.

"The last time we texted was mid July. That is when he shared how much it had spread and said that the chemo was much harder on him (than expected). But he ended the text by saying he really couldn't complain because he could still get around," Gorrell said. "Always found the positive. 'I can promise you when I am sharing my students examples of a good servant leader, it won't be many of our current elected officials but instead I will be talking about Cullan.'"

She posted on social media that was a "low key guy always willing to share his perspectives" in class.

"He was always early so I loved sitting down and solving all the world's problems with him. He always had a book with him," she said. "He never told me what an amazing golfer he was. It was others that told me.

"He just made you feel comfortable. He was humble and kind. As I started following his golfing career I found out he was quite the character that brought joy and laughter to his teammates and opponents. He was a

good guy that left all who knew him way too soon. If our world was full of Cullans it would truly be heaven on earth."

Certainly Dan Koett would agree. He was the director of media and public relations for the Barbasol Championship last year and got to be around Brown and his family a lot. He admitted when he had to put together a statement from the Barbasol Championship on Brown's passing that he cried because of how special the young golfer was.

"To cross paths with someone like that is amazing. Someone of that caliber who was so mature beyond his years," Koett said. "How blessed are all of us who had the opportunity to know the young man. We are all truly richer from having known him."

Koett remembered when his wife and mother-in-law came to the tournament at Champions Trace in Jessamine County. They were going into the clubhouse as Brown was leaving. He opened the door for both of them.

When they came to the media center to see Koett, Brown was leaving and they told Koett what a nice young man he had on his staff.

"I said, 'Honey, he is a golfer,'" Koett laughed and said. "He came over and they were just floored at how nice he was and what a gentleman he was. He just had values and virtues that are lost in today's age. I was always

impressed at how strong he was in his faith and he was not afraid to share that."

Koett remembers how media members who had not been around Brown before just "fell in love" with him during the tournament. Former PGA and British Open champion John Daly played in the tournament but Koett said there were many more requests to interview Brown than Daly.

"He just had that folksy charm. Every interview he did was special because of that great sense of humor he had," Koett said. "That smile just never left his face and the fact he happened to be just an incredible golfer only made him more lovable."

Koett often checked on Brown the last year but now regrets that he had not been in contact for about six weeks before Brown's passing.

"We had even talked to him about starting our tournament off by hitting the first drive this year before we had to cancel (due to COVID-19) because his doctors felt he was going to make a full recovery and even be able to play golf again," Koett said. "The pain of his passing for all of us is just unreal. Even after his diagnosis I never met anyone more positive. It was never if I beat this, but once I beat it these are the next steps in my life. He always found the positive."

That included teaching his UK golf teammates some of his culinary skills during his one year at Kentucky. His former teammates now



Cullan Brown seemed to always have a smile on his face like he did at the 2019 Barbasol Championship. (Gary Moyers Photo)

hope to find a way to create a memorial fund at UK to honor him that could include a cooking challenge.

Kentucky golfers Jensen Castle and Marissa Wenzler both wore blue ribbons in Brown's honor at the U.S. Women's Amateur Championship last week. Last season both the men's and women's teams wore bracelets with the hashtag #B4B (Birdies for Brownie).

Both Castle and Wenzler were freshmen last season and met Brown for the first time during a team visit to see him at the hospital in Lexington.

"I remember one of our seniors asked him how he was doing. He said, 'You

know, I really can't complain.' I will always remember that. When people ask if I knew Cullan, I tell them that story. For someone in his situation, the way he was able to stay so positive and so upbeat was just amazing," Wenzler told Tom Mackin of www.usga.org.

Yes it was and Pam Stallings certainly noticed that during her son Stephen Stallings' senior year when Brown was a freshman.

"He was gentleman in a kid's body. He brought so much joy to everybody," she said.

He did and perhaps more than anything he ever did on the golf course that will and should be his legacy.