



By: Ike Adams

I just spent another week end on Woods Creek Lake in Laurel County with Ed Maggard and company in casual pursuit of Rainbow Trout and Channel Catfish. Catfish, caught off the shoreline where the depth drops to nearly 100 feet almost instantly in the lower part of this wonderful little lake, produce gourmet quality fillets. The fish are healthy and strong and they have matured in waters so clear and pristine that you can count one Mississippi, two Mississippi all the way to 35 or 40 before a single grain of whole kernel corn finally disappears from sight into those dark, mysterious depths the trout call home.

While not devoid of the raving idiots who refuse to obey the no-wake and 5 mph speed restrictions on most of the lake, most folks who use Woods Creek are not in a hurry to get anywhere. But still you see the occasional jerk, who needs to prove that he is a man by showing you how fast his boat will run, come tearing along at 60 mph across our fishing lanes in the middle of the night and about all you can do is cross your fingers and hope the moron hits a stump!

Woods Creek is also a place where you sit on Ed's little dock and the folks who cruise by in sensible pontoon boats never fail to wave at you if they don't slow down to pass the time for a few minutes. I talk about it so much that some of my friends have suggested that I change my last name to Maggard and move on down. And, to be perfectly serious, the notion of trying to find a lakefront lot like Ed's has crossed my mind more than once. There are far worse ways to be retired than the lifestyle my friend Mr. Maggard enjoys. There are few places better to enjoy retirement than Woods Creek Lake. However, my major problem with the retirement dream is that I need to work another 15 years.

which more than once because I was so darned tired of fried chicken. Clay said his family never had that many fryers and that by late summer when they were all gone it wasn't unusual for an old hen to finally give up laying eggs at which point she was useless for anything except a meal. He said his mom would cook an old hen like that for three or four hours and then take the pieces out of

the cooking pot and roll them in flour for frying and you still didn't have anything but the smell of fried chicken because they were too tough to eat. He said even the gravy was so tough that you couldn't stick a fork in it. After we finished laughing it got quiet for a while. That's a pretty hard one to top. And about that time the trout started biting again anyway.

Legislative Update

State Rep. Danny Ford
November Ballots will decide fate of Railroad Commission
While both local and national media have focused on a number of Kentucky's hotly contested congressional and legislative races this fall, there are certainly other races and issues appearing on ballots throughout the state.

According to the State of Board of Elections, there are approximately 255 candidates for office this year in congressional, legislative and local races. Likewise, there are also local initiatives to decide such as the proposed merger of Jefferson County and Louisville.

In a repeat of 1998's General Election, Kentuckians will once again vote to decide if the General Assembly will meet annually in Regular Session as opposed to the current system of every other year. Another Constitutional Amendment on the ballot for November will allow voters to elect members of the Office of Railroad Commission.

The Commission is made up of three members who are elected every four years to represent one of the state's three Commission Districts. In our House District, Lincoln County is located in the 2nd Commission District while Rockcastle and Pulaski are located in the 3rd Railroad Commission District. Commissioners are paid \$3,000 per year and are reimbursed for any travel expenses that are related to their job duties. The Chairman of the Commission receives \$3,600. Currently, the Commission employs only one full-time staff person who serves as executive secretary.

The Commission does, however, employ attorneys and consultants on a contract basis. According to the

gentleman who holds the current contract, Steve Sanders, the total annual budget for the Commission is approximately \$70,000.

When the Commission was created in 1891 its responsibilities were much larger than they are today. Much of its original jurisdiction has been taken over by the federal government. Today's Commission members can investigate citizen and business complaints relating to public safety. However, the Kentucky Transportation Cabinet has authority over the railroad crossings, installation of safety lights and maintenance of cross arms. Commissioners may administer oaths in obtaining evidence and gathering information in regard to complaints.

Voters had similar opportunities to eliminate the Railroad Commission in 1973 and 1992. The question in 1973 differed from this year's because it was tied to an amendment that would have also replaced the elected position of Superintendent of Public Instruction with one appointed by a State Board of Education. That amendment failed to win approval by a vote of 186,157 to 159,005.

In 1992, the issue again appeared before voters. Like before, the issue was only part of an amendment that would have allowed gubernatorial appointment of the Secretary of State and State Treasurer. That attempt also failed to win approval by a vote of 643,708 to 408,234.

Interestingly enough, one of the most vocal proponents of eliminating the Commission is current Commissioner John E. Combs. Since being elected in 1987, Combs has consistently campaigned on the platform of abolishing the Railroad Commission.

Proponents of this amendment have questioned whether the two previous attempts were the result of public concern over eliminating the Superintendent of Public Instruction and giving the Governor the authority to name both the State Treasurer and Secretary of State.

On the other hand, opponents have argued that eliminating the office and moving the responsibilities of the Railroad Commission to a state agency would increase both the bureaucracy and ultimately the cost of carrying out the duties. Eliminating the Railroad Commission is just one of many topics we covered during the Regular Session and I will continue passing along more information about our bills that were enacted and how they will affect our state.

If there are any other issues or state programs you might be interested in getting information about, please let me know. If you have thoughts please call me here in Mt. Vernon anytime, or call the toll-free message line at 1-800-372-7181.

The Family Room

By Dr. Don Whitehead

Half of All Americans Will Suffer Mental Illness

"Why me?" Cecilia asked. (All characters are fictitious.) "Why am I the only one that I know who has ever been diagnosed with manic-depression? Everybody else seems healthy."

John wondered about the same thing. "All my friends seem so well-adjusted, and I struggle just to get out of bed in the mornings," he declared. "Why am I the only who suffers from depression?"

Stephen asked a similar question. "Other people drink and don't get addicted," he said. "Why do I have to be the one who becomes an alcoholic? None of my friends have this problem."

A 1998 study financed by the federal government shows that Cecilia, John and Stephen are not as alone as they think they are. The study found mental illness more common than researchers had previously thought. According to this study, **ALMOST HALF OF AMERICANS EXPERIENCE MENTAL ILLNESS AT SOME TIME IN THEIR LIVES.** Almost one-third are afflicted in any given year.

Headed by Ron Kessler, a professor at the University of Michigan, this study involved interviews with 8,098 people ages 15 to 34. The researchers looked for four types of common mental illnesses, including depression, manic-depression, alcohol and drug dependence, anxiety and panic disorders. Forty-eight percent of those interviewed had suffered from one of these illnesses at some point in their lives.

Some people experience multiple disorders. An anxiety disorder can lead to drinking which can lead to depression. Sometimes it is difficult

for the counselor or physician to know which to treat first.

I visited, with some of my extended family over the past weekend and listened as they talked about our family history. Depression, manic-depression, bulimia and alcohol dependence have all been a part of my family. One of my great-grandmothers died in what was then called the "insane asylum."

Most families can find at least some form of mental illness in the family tree. It is not something of which to be ashamed. The stigma that has been attached to these kinds of "illnesses is not as strong as it once was. The "insane asylum" is gone, replaced by hospitals and treatment centers. Mental illness is not a sign of weakness nor a symptom of sin. It is an illness just as are diabetes and cancer.

Finding out about the prevalence of mental illness helped John to feel better. "I guess I'm not as alone as I thought I was," he remarked. "I've even discovered that my grandfather and one of my aunts also suffered from depression."

If half of all Americans suffer from mental illness at some point in their lives, this means that there are a large number of sufferers who are not getting help. They feel ashamed or do not understand what is happening to them, and they suffer in silence, not realizing that help is available. Physicians and counselors now know how to treat depression and other such illnesses. No one has to suffer alone and untreated.

As Cecilia said, "I'm just thankful my husband talked me into getting help. If he hadn't, I might not be alive today."

In & Around Mt. Vernon

By Vallie Burton

Mr. and Mrs. Henry Caffey spent last weekend with relatives in Indiana.

Mrs. Lucie York is a patient in the Luke Cumberland Hospital at Somerset, where she underwent surgery last week. We wish her a speedy recovery.

Mr. Harris Burton was in Richmond, Thursday to consult her doctor.

Vallie Burton and son, Harris were at Somerset, Thursday to consult Mrs. Burton's doctor.

Mr. and Mrs. Dale McClure and daughter, Miranda were camping at Levi Jackson State Park during the weekend.

Symphony is extended to all who have loved ones recently.

Fred & Donna Brewer celebrated their 27th Wedding Anniversary June 16th. We wish them many returns of the day.

Mrs. Ora York, Alben York and Debbie Bugg visited Joanna Smith at Crab Orchard Friday.

Mattie Newton of Somerset and her mother, Vallie Burton were in Lexington last Tuesday.

Mr. and Mrs. Monroe Mink of London, Angie Eaton of Richmond, Mrs. Julie Coulter of Mooreville, Patricia Holland, Mr. and Mrs. Johnny Eaton, III and children were supper guests of Mr. and Mrs. Johnny Eaton, III recently.

Mrs. Lora Eaton and children and Patricia Holland were in Lexington one day last week.

Mattie Newton, Dale Peetey, and granddaughter, Samantha Jones, visited Vallie Burton Sunday.

News kindly scarce when I have to mail it in on Saturday.

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Mount Vernon Signal

Publication Number 366-000
Periodical Postage Paid in Mt. Vernon, Ky. 40456
606-256-2244

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

James Anderson, Jr., Publisher Emeritus • **Richard F. Anderson** • **Editor**
Patricia M. Anderson • **Manager Editor**
SUBSCRIPTION RATES
In County - \$16.00/Yr. Out-Of-County In State \$21.75 Yr.
Out-Of-State \$30.00 Yr.
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Good Trade-Ins Wholesale to Public

1994 Ford Taurus GL.....\$3,995	1990 Buick Skylark, 4 Dr., V6, 75K.....\$2,995	1990 Ford Crown Victoria.....\$1,700
1993 Mazda Protege.....\$1,750	1985 Mazda RX-7.....\$1,000	1984 Buick Skyhawk Runs Great.....\$650
1991 Chev. Conversion Van, Raised Roof.....\$4,000	1990 Toyota ForeRunner 4x4, Looks Great, Low Miles on Engine.....\$6,000	1990 Chev. Corsica.....\$2,000
1992 Ford Ranger, Auto.....\$1,700	1993 Ford Astro Van, Runs Great.....\$1,995	1984 BMW, Runs Good.....\$1,500
1991 Cadillac Sedan -DeVille, Nice Car.....\$4,995		1982 Ford F-250, 4x4, 6,000 Miles on Engine.....\$2,500

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