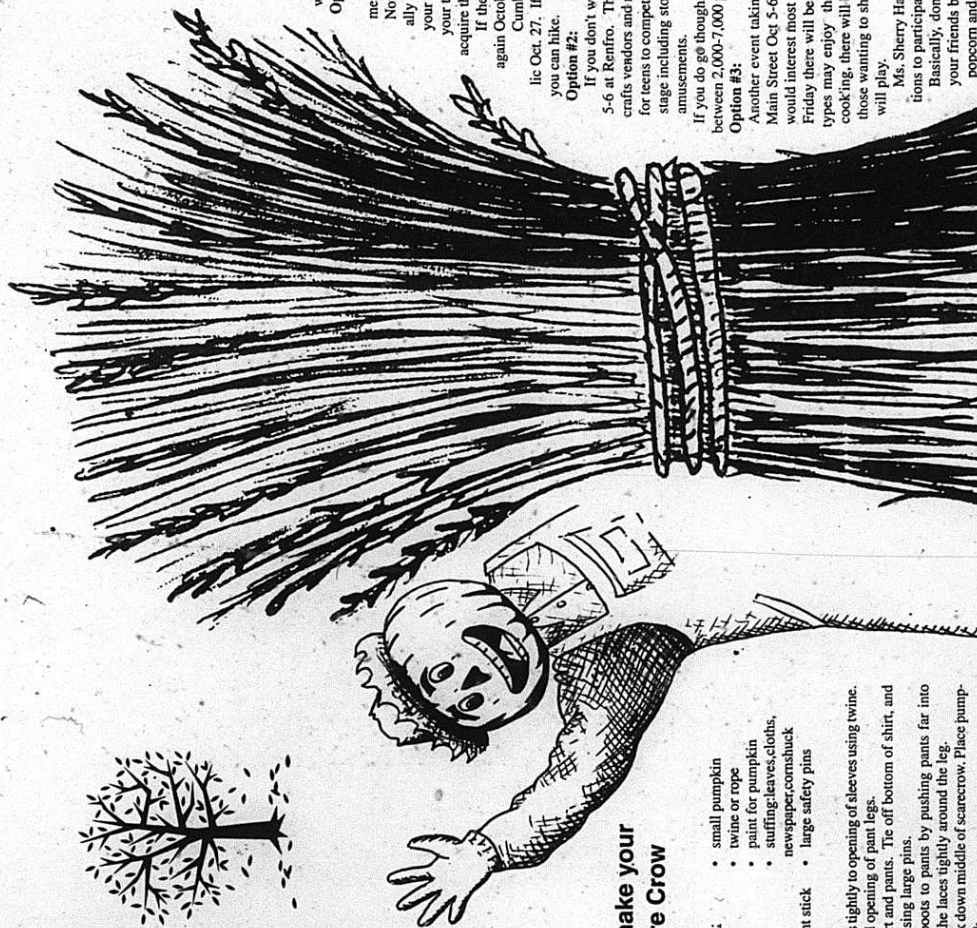
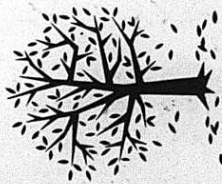


Scarecrows, festivals, and pumpkin pie...oh, my!



How to make your own Scare Crow

by Cassie Smith

Gather materials:

- old cloths
- twine or rope
- paint for pumpkin
- old boots
- stuffing:leaves,cloths, newspaper,corncob
- hat
- a long, straight stick
- large safety pins

Step 1: Tie gloves tightly to opening of sleeves using twine.

Step 2: Tie twine around opening of pant legs.

Step 3: Secure boots to pants by pushing pants far into boots and tying the laces tightly around the leg.

Step 4: Push stick down middle of scarecrow. Place pump-

Photo by Cassie Smith

Avoiding the regular weekend yawn isn't difficult during fall

by Audrey Burke

Are your weekends starting to remind you of the Nick at Night reruns? You know, date or friend dinner and movie, then home. Maybe you just need to give the somewhat unconventional a shot. With fall festivals and cool weather aplenty, there's no shortage of options.

Option #1:

According to the Cumberland Falls Recreation Department several options for the outdoors are open. The first week of November is the Moon Bow Trail Hike. Although it doesn't really have anything to do with the actual Moon Bow, if you and your pals or date enjoy being surrounded by nature, this may be to your taste. Just be sure to contact the Rec Department in order to acquire the proper info and means of registration at 606-528-4121.

If the Moon Bow is your thing, it is expected October 1-4 and again October 30-31.

Cumberland Falls will also have a haunted house open to the public Oct. 27. If you can't make it to either, don't fret. There are other trails you can hike.

Option #2:

If you don't want to travel so far, the Appalachian Harvest Festival is Oct 5-6 at Renfro. There will be a petting zoo, wagon and train rides, food and crafts vendors and much more. Saturday there will be a country singing contest for teens to compete in. Other forms of entertainment will be provided on a side stage including storytellers, puppets, a trick roper on Saturday, and additional amusements.

If you do go though, be prepared for a crowd Renfro's Main Office is expecting between 2,000-7,000 people, depending on the weather.

Option #3:

Another event taking place is the Bittersweet Festival here in Mt. Vernon on Main Street Oct 5-6. There will be several competitions and happenings that would interest most teens.

Friday there will be a street dancing contest with a d. and Saturday the athletic types may enjoy the 5K run, and for those with an interest in gourmet home cooking, there will be a pie auction. There's also a talent contest scheduled for those wanting to showcase any abilities. From 8:00-11:00 a live country band will play.

Ms. Sherry Hansel, the festival's coordinator, encourages school organizations to participate in the float contest.

Basically, don't be afraid of a change. Go out and experience life with your friends by trying something a little unconventional than high priced popcorn and loud surround sound.