

How to make your own Scare Crow

BY CASSIE SMITH

Gather materials:

- old cloths
- old boots
- work gloves
- hat
- a long, straight stick
- small pumpkin
- twine or rope
- paint for pumpkin
- stuffing/leaves/cloths
- newspaper/comstock
- large safety pins

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

The twine around opening of pant legs.

Step 2: Stuff shirt and pants. Tie off bottom of shirt, and secure to pants using large pins.

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 pumpkin at top of stick.

Step 5: Paint face and secure hat to pumpkin.

Cheesy Potato Soup

- 6 med. potatoes, cubed
- 1 cup chopped onion
- 1 cup diced celery
- 1 sliced med. carrot
- 1/8 tsp white pepper
- 3/4 tsp salt
- 2 cups water
- 2 cups skim milk
- 3 tsp margarine
- 1/2 cup grated cheese

Combine potatoes, onion, celery, carrot, salt and water. Cook 20 minutes or until tender. Add skim milk, margarine and pepper; reheat. Sprinkle each serving with 1 1/2 tbsp grated cheese. Flavor is better is made the day before.

When the temperature drops, it's time to bundle up

BY COURTNEY ALEXANDER

The Rockcastle County High School Rockets football team has thoroughly pounded its first six opponents, a pattern that hopefully will not change. However, something that will change in the coming weeks is the way fans dress.

The warm temperatures are quickly disappearing, and tank tops and flip-flops are being traded for toboggans and gloves.

So, where are the best places to find your fall and winter gear? (In Rocket colors of red, white, and blue, of course.) Check out this handy guide to affordable "football gear" so you can warmly display your Rocket pride!

Rite Aid

- Toboggans--\$12
- Rocket throws--\$40
- Touchdown towels--\$1
- Longsleeve T's--\$12
- Shortsleeve T's--\$7

Wal-Mart

- Gloves--\$1.50-\$1.96
- Scarves--\$8.96
- Toboggans--\$3.96-\$5.96
- Socks (6 pack)--\$4.96
- Ear warmers--\$4.96
- Long Johns--\$3.76

Fried Apple Pies

- 2 cup all-purpose flour
 - 2/3 cup shortening
 - 1 tsp salt
 - 5 to 7 tbsp cold water
- Add sugar to dried apples and cook until tender and there's hardly any liquid left. Mash and add a dash of cinnamon.

Sift flour and salt, cut in shortening with party cutter until pieces are small. Sprinkle water into mixture 1 tbsp at a time, gently tossing with a fork, until all is moistened. Gather into a ball and roll out until around 1/8 in. thick. Drop a spoonful of apples onto dough and cut around it. Fold over and pinch edges closed. Fry in greased, heated pan until brown on both sides.

Classic Pumpkin Pie

- 1 unbaked pie shell
- 1 16 oz. can pumpkin
- 1 12 oz. can sweetened condensed milk
- 2 eggs
- 1 tsp pumpkin pie spice

Combine pumpkin, condensed milk, eggs, and pumpkin pie spice, mixing well. Pour into pie shell and place in oven preheated to 345 degrees. Bake 15 minutes, then reduce heat to 350 degrees and bake another 35-40 minutes.

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.