In and Around Mt. Vernon

By Vallie Burton

By Mrs. Vallie Burton

Roger Eugene Hasty of Elizabethtown visited his father, Roger Hasty, and grandmother, dorothy Hasty, during the holidays.

Mr. and Mrs. Dale McClure and Miranda visited his uncle, donald McClure in Tennessee recently. Donald is very ill and needs our prayers.

Vallie Burton has returned home after spending a few days with Mr. and Mrs. Danny Dale Petrey of Somerset.

Mr. and Mrs. Kenny Burton of Tell City, Alabama visited his parents, Mr. and Mrs. Harris Burton, Christmas Day.

Deepest sympathy is extended to all who lost loved ones recently. May the Lord comfort each one.

Norma Coffey spent Friday night with her aunt, Nina Wolfe, of Berea.

Norma Coffey visited her daughter, Debbie Robinson, and family Christmas Day.

Saturday dinner guests of Dorothy Hasty were Charles and wilma Spoonamore, Roger Hasty, Bill and Ruby Broughton, Betty Mullins and Cory Broughton and son.

Christmas Day dinner guests of Mr. and Mrs. Edward Houston were Oscar Saylor, Bud Saylor and friend of Crab Orchard and Mr. and Mrs. Gary Houston.

Christmas Day dinner guests of Mr. and Mrs. Junior Blanton were Mrs. Mark Blanton and Amanda, Mr. and Mrs. Rodney Blanton and Mr. and Mrs. Joe Smith and girls.

Bernice Allen celebrated her birthday December 21; Charles Colewell celebrated his birthday December 29 and Mrs. Pauline Tackett celebrated her birthday December 26th. We wish them all many returns of thed day.

Monday dinner guests of Mr. and Mrs. Johnny Eaton II were Mr. and Mrs. Mark Eaton and sons, Mr. and Mrs. Johnny Eaton, III and children, Angie Eaton of Midway, Mr. and Mrs. Kenneth Coulter and son of Munfordsville and Patricia Holland and Alene Eaton.

Mr. and Mrs. Mark Eaton and sons visited her parents, Mr. and Mrs. Bob White of Harlan recently.

Mr. and Mrs. Johnny Eaton and children visited her parents, Mr. and Mrs. Tom Allen in Ohio recently.

Holiday visitors of Mrs. Ora York were Mary Ida Taylor of Brodhead, Grant Prewitt of Brodhead, Shannon york and Lisa of Manchester, Joann smith of Crab Orchard, Mark and Nicole McClure of Brodhead, Viola and Hal Robinson of Blue Ash, Ohio, John, Carl and Kevin York of Brodhead, Lucy Renner of West Chester, Ohio and Makayla Courtney of Batavia, Ohio. Mrs. York would like to wish everyone a healthy, happy and prosperous New Year and so would I.

Home for the Holidays

Christmas was celebrated at the home of Mabel Rickels on December 14 for her children, their families and friends.

There were 24 present: Mabel and Midge of Mt. Vernon; Rodger and Doug of Florida; Jane, Bill and Ann of Custer, Ky.; Glenna, J.T., Tina and Elijah of Eubank; Jim, Candi and Jessie of Mt. Vernon; Winona, Mike and Spencer of Bowling Green; Tracy, Amos, John and Missy of Rhineyville; Brandon Bosell of Florida and Aunt Ruth and Kim of Mt. Vernon.

A good time was head by all with a lot of singing and eating lots of good food. Midge had the home decorated beautifully for the holidays.

We don't usually celebrate that early but Rodger, Doug and Brandon had come up for the week and we could all be together for them.

Thanks to all for bringing food and and making this a Christmas to remember.

Ann (Rickels) Whitaker

Fish Fry
North Atlantic Cod
Lil's Place
Main St. • Livingston
Saturday, January 4th
Begins at 2 p.m.
Everyone Welcome

The Rockcastle County Farm Bureau, was recognized for outstanding membership and program achievement during the recent 83rd annual Kentucky Farm Bureau convention in Louisville. Here, Joe Bullen, center, accepts the award from David S. Beck, right, Kentucky Farm Bureau executive vice president, and Roger L. Simpson, executive vice president of Kentucky Farm Bureau Insurance Companies during a December 13 recognition and awards program.

Our Readers Write

Dear Editor,

We, at the Rock of Ages Mission, would like to thank everyone who helped make it possible for us to be able to give out Christmas baskets. A special thanks to the Mt. Vernon Signal for advertising, Saylor's Furniture for generously driving their truck to London and picking up toys for us to give out, WRVK Radio for making announcements for us and everyone who donated food items or money to help us buy food for the baskets.

God bless all of you for your kindness. Because of your kindness, we were able to help 30 families with a basket this past Christmas and toys for children who wouldn't have had them otherwise. This is what Christmas is all about. For Jesus Christ gave His all for you and me.

The greatest joy we received was when my family brought toys and food to those in need. We were really touched and blessed when the families showed how thankful they were by just receiving a Christmas meal.

But, as we were thinking, will be be there to provide meals to those who need it when it isn't Christmas? Will we be there for them if they have another need? Friends, will you will be there with us? We need your financial support so we can continue this much needed mission. Our motto is, "A Friend Indeed" and we will continue to operate by this motto as long as we have your support.

If you can only send one dollar a month, just think how many families we could help if 100 people would send one dollar. We have financially supported the Mission ourselves and friends, to be honest with you, we can't afford to do it much longer.

Won't you please help support the operatiion of the Rock of Ages Mission? Maybe your church would like to help support us. Remember, we are here for you.

God Bless You Always,
James and Kathy Bretz
Rock of Ages Mission

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"Pain Pills" for more than pain

Presented by:
Dr. Michael Hamilton

Most people find many reasons why they should not bother to take pain pills. "I don't want to hide the pain," "I can stand the pain," "It's too inconvenient," and "It doesn't help cure the problem."

Of these reasons, the last one is often the most false. It does help the underlying injury to take pain pills. Pain pills can help cure an injury in several different ways.

Pain comes from a variety of reasons. Most injuries and illnesses are associated with at least some inflammation. Several of the chemicals that your body releases in response to inflammation will greatly exacerbate pain. Anti-inflammatory pain pills help combat this inflammation. Acetaminophen and narcotics, however, are two types of pain pills that do not decrease inflammation.

All pain killers, however, can help the secondary changes that often occur. Pain from any source will tend to make a person's muscles tense up.

Dr. Michael Hamilton

After a period of even mild muscle tension, the muscles become sore and will soon create an aching or gnawing pain on their own. This muscle tension tends to be a self-perpetuating cycle--the more sore the muscles get, the more they tighten up.

Anti-inflammatory pain pills help prevent or break this troublesome cycle. Aspirin, ibuprofen, and other pain pills are available without a prescription, and many more are available by prescription.

Controlling the pain after injuries can allow a person to begin rehab sooner and prevent deconditioning. This is especially important in older persons, where any loss of strength or function can be devastating.

Yards to Paradise

By: Max Phelps

Trees in conflict with electric lines

Electricity is something we take for granted usually. But, when ice or wind brings limbs or whole trees crashing into power cables, suddenly there is a forced recognition of a troublesome situation. Let us take occasion to explore the tree vs. power line conflict further from a landscaping point of view.

Overhead cables and poles are the most common means to provide residential electric service. Generally there is a thirty foot easement or utility right-of-way associated with this situation. The utility company has the right (in most cases) to cut trees and limbs within 15 feet of their lines. To satisfy the homeowners, their customers usually, utility crews may only lop off branches or top trees in severe conflict with their lines.

Tall trees outside the right-of-way may fall and interrupt power during a storm. Though you have full right to grow tall trees outside the rights-of-way, consider how inconvenient it is when you and your neighbors must go without power a few days!

Some folks want as little trimming as possible be done to a huge tree in their yard that is in conflict with electric lines. In such case, I would consider asking the utility crews to cut down the tree to a stump. (Lopsided trees are ugly, and fresh growth is usually fast and very weak. Tree topping is not a recommended practice).

Perhaps this would be a good time to plan for a complete new landscape? Plant another tree with a "mature" height not over 25 feet in place of the old tree if you don't want or need a different landscape scheme. (See list of suggested replacements).

Underground lines are often a preferred but more expensive alternative. Though they may survive an onslaught by mother nature, tree roots as well as all forms of digging can be just as apt to cause injury to both cables and people, not to mention interruption of services.

If you are faced with replacing storm damaged trees, or are seriously considering a landscaping overhaul, select carefully any trees you decide to plant under or even near overhead power lines. Remember, the utility company can lop off threatening limbs within 15 feet of their wires. Also, their trucks must have access to poles and lines.

Plan new landscapes with low-growing trees, shrubs, flowers underneath electric wires. Plant medium sized shade trees, if you wish, at distances greater than 15' from electric lines. In the backyard, anywhere they won't cause a problem, plant large trees if you wish and your yard will provide them sufficient room when they reach full size at maturity.

Plant trees in such manner as to not damage roofs, siding, foundations, sidewalks and driveways. Be mindful kids may climb your trees someday -- if there are power lines nearby. This could become a dangerous situation.

Trees should be an asset to a property. Well-placed, shapely trees that are healthy can add hundreds of dollars to the appraised value of a home, even thousands.

Conversely, ugly lopsided trees, or "hat rack" trees with weak regrowth that is subject to split with the next storm, are unmistakable liabilities as a potential buyer appraises a house.

Some apt advice in summary, hire a professional arborist, not just someone with a truck, chipper and chain saw.

A list of suitable trees to plant under electric lines accompanies this article and is available by e-mailing the author max@rockcastles.com.

If you have suffered a loss to valuable trees from recent ice storms, you may also be entitled to a casualty loss on your income taxes. Discuss this with your tax advisor.

For those with a yard that resembles a war zone, it is my hope this will help you restore paradise to your yard.

Suggested Species:
Apple Serviceberry, Carolina Silverbell, Dogwoods, Dwarf Fruit Trees, Fat Albert Blue Spruce, Flowering Cherry, Flowering Crabs, Golden Chain Tree, Golden Rain Tree, Hollies; Japanese maples, Little gem Magnolia, Mimosa, Newport or Thundercloud plums, PawPaw trees, Redbuds, Saucer Magnolia, Smoke bush, Sourwood, Weeping trees (several), Yellowwood.

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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 Anderkin, Jr., Publisher Emeritus - Richard F. Anderkin, Editor
Perlina M. Anderkin, Managing Editor
Paige Benge, Advertising Manager - Jessica Lawson, Circulation Manager
SUBSCRIPTION RATES
In County - $16.75 Yr. Out-of-County In State - $21.75 Yr.
Out-of-State $30.00 Yr.
e-mail address - mvsignal@sun-spot.com