

Pray for our troops and our President



Richard Anderton
Editor
Mount Vernon Signal

Freedom comes with a price! And let me say that I have not done one thing to make sure that life in this country remains free. I admire the people that have done that in one way or the other by serving their country.

And I do appreciate the fact I still live in a country where I have a choice. God knows I don't make the right choices all the time, but I still have that freedom.

It does bother me somewhat that apparently some people, mostly the recording artists and movie stars, think they can question a President who has obviously labored, time and time again over sending our troops to war.

I truly don't think President Bush has a private agenda whatsoever, after all he is the President of the United States, something all red-blooded Americans should aspire to be.

I also do not think that he would put one person in harm's way if he did not know that he'd get it any

other choice, except to try and protect all mankind from crazy people, such as the leader of Iraq.

I really think that we should support our President and especially our troops at this point because it is a done deal.

As of this writing we had not gone to war, but it is only evidently a few hours away.

The United States stands for freedom and we were attacked at Pearl Harbor, in New York City and Washington, by people who are willing to die for their cause, even against a nation that has tried to take care of everybody else.

President Bush has given Saddam every opportunity to leave Iraq unharmed, but he refuses to do so.

President Bush has not done the best on our economy, but he told the Iraqi people that we would take care of them, as best as "he" could.

What kind of other government in this free world would do that. Only the United States of America.

I really like the bumper sticker that is floating around that says first Iraq and then France. Enough said.

Pray for our troops.

On a little personal note - congratulations to the Lady Rocketts and the Rocketts in fine seasons. You don't always get everything you want and deserve. Life goes on!



By:
Ike Adams

The good news is that there is a company called Totally Tomatoes based in South Carolina that sells about every variety of tomato seed known to man.

The bad news is that they are out of 2003 catalogues and the only way you can order it to go to their web site www.totallytomato.com. Please note that the web address is totallytomato-not totally tomatoes. If you aren't online, go to your neighbors' or friends' house who is and have them print you off an order form. You might want to glance over their shoulder and jot down the varieties, price and catalogue number then you can just mail in your order in as usual.

I'm not sure why the greenhouses and run of the mill plant places don't raise them, but if you want giant ox heart, Italian bulls heart, big Zac or any of several varieties of salsa/paste tomatoes you just about have to raise them from seed yourself. If you do know of any place that sells these varieties please let me know because it would save me a lot of trouble.

I wouldn't drive to Pennsylvania to pick some up, but I'd make a hundred mile trip in a heart beat. In the meantime, I'm ordering seed. Totally Tomatoes, incidentally, also offers a huge variety of peppers including China Giant bells that grow larger than any I've ever seen. They have at least two dozens varieties of hot peppers as well.

Actually, growing tomato and pepper plants is fun and very easy. You don't need any fancy equipment. A bag of potting soil and a stack of disposable cups, the foam kind work best, along with something to stack them in is all the equipment you need.

You also need a window that gets at least some sun. I usually put about 4 seeds to the cup and usually get at least three plants. In other words a dozen cups will yield at least 36 plants. I usually do about 50 cups so I can give some away.

Simply punch a hole about the size of a pencil lead in the bottom and then fill your cups with loose potting soil

Plants East

tamp it down, put in the seeds, then refill the cup with soil and tamp again. Add a little warm water and set it on a window sill. Remember to water every three days. Once the plants are up water them sparingly or they will scald off. It's also a good idea to fertilize them every two weeks with any general purpose liquid fertilizer. You need a shallow box of some sort to keep them outside anytime the weather is 50 degrees or higher. Planted by the first of April, they will be plenty big enough to transplant in your garden by mid May.

Growing your own plants from seed is a way to raise varieties that nobody else has and I'm serious when I tell you that there are many varieties out there that are far better tasting than anything else plant places sell. I usually do buy some plants from the Amish in Lincoln and Casey County, but mostly I grow my own and usually I save my own seed. I simply forget to do so last year.

Incidentally, the old saying goes that if it thunders in February, it will frost in May so you don't know if it is any big hurry to plant beans. I personally wouldn't be surprised if it snowed in May because we had several serious thunder storms during February in Paint Lick.

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Appendicitis-A Difficult Diagnosis

Presented by: Dr. James Stern

Everybody knows about appendicitis, but it is still a very difficult diagnosis to make in many cases.

Appendicitis is the first concern of parents when a child gets a stomach ache. But other causes, such as viral gastroenteritis and urinary infections, are much more common causes of abdominal pain. Another common problem is swollen glands along the bowel which can be caused by a viral cold or sore throat. These glands can act much like appendicitis.

Appendicitis has a few typical symptoms to watch for. It normally begins with pain or an uneasy feeling around the navel. Over a few hours, the pain may migrate to the lower right side of the abdomen. The abdomen gradually becomes quite tender half way between the navel and the front of the pelvic bone.

The child will usually develop nausea and is likely to throw up. If a child is able to eat, appendicitis is unlikely. There is seldom diarrhea, a symptom that is much more likely to be due to a virus or food poisoning.

As the swelling and infection of the appendix increase, there may be a low grade fever. The blood count is usually moderately elevated. A high fever or a very high blood count is more likely to be due to some other infection.

The main problem with appendicitis is the risk of rupturing which can cause a life-threatening infection in the abdomen. A ruptured appendix commonly can occur within about 36 hours after the onset of pain, so a person should never delay when appendicitis is a possibility.



Words of Hope

Have you ever been involved in a conversation with someone who continually complains? Do you ever notice that after your conversation you feel tense and irritable? There is a good reason for this. Proverbs 12:25 states, "Worry weighs a person down, but encouraging words cheer a person up." Words of negativity are like a poison to the body. The next time you are involved in a conversation with someone who constantly complains try to be helpful by giving some encouraging words.

—A message of hope from your friends at
Mt. Vernon Pentecostal Church

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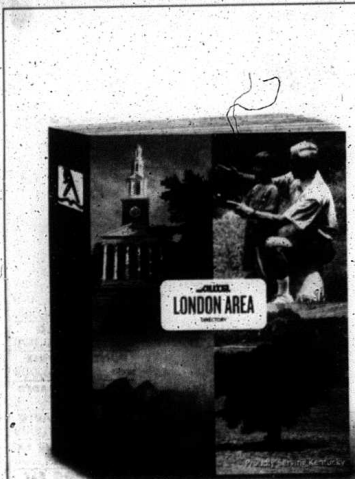
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