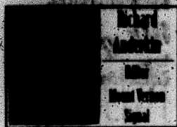


Love of America is evident in Cocoa Beach, Florida



We are in Florida this week, enjoying spending time in the Sunshine State.

We are at Cocoa Beach, which is located next to Cape Canaveral. The Rocket baseball team is here and working hard at the Expo Center to get ready for this season.

If you want to see a patriotic color, come on down. I've talked to several people while I have been here and the majority of them say they don't like war. But, they also say they support our troops. Actually, only one person, a Vietnam veteran, told me he was against the war.

You can understand his sentiments because history has shown that Vietnam was probably a mistake or at least the manner in which we conducted that engagement. But that

doesn't belittle the efforts of those who served this country and especially those who died.

I've said this many times, that we live in the best country in the world and we do not have to worry about losing our freedoms because of our willingness to fight for what we believe in.

No sensible person wants to see innocent people die, but Americans do what they live to do to protect the world and again, our basic freedoms.

On a personal note: Last Saturday, we buried a special man, Todd Fields. Todd was murdered in Central America. He died protecting others and his family and friends know that and this has helped their grieving.

Over 700 people attended the funeral on Saturday, and knowing Todd, he would have smiled at the number of people there and probably thought, "what is the big deal?"

To Lynell, Savannah, Sophia, the Hammons' family and the Fields' family, all I can say at this point is: Todd is no doubt in a better place. It was good to see old friends at Todd's funeral. I do wish it had been under these circumstances.



As most of you know, Woods Creek Lake in Laurel County is one of, if not my very favorite, places to fish since the fast boat, high dollar, fishing pole clique cowed the Kentucky Department of Fish and Wildlife Resources (DWFR) into putting an exorbitant size limit on everything except carp and tadpoles in Laurel and Cumberland Lakes.

The other reason I love Woods Creek is that my buddy, Rufus Harrison has a lovely home on the shore and my other buddy, Ed Maggard, has a rustic camping facility and a private dock on the opposite bank and all I have to do to get hospitality at either place is promise that I'll do my best to keep them out of the paper if they get in trouble with the law.

Fortunately telling tall tales is not a crime that the local courts take seriously and, over the last several years, I have succeeded in protecting both Rufus and Ed's tender reputations by vouching for everything they say.

Their word is as good as mine when it comes to fishing and I'd swear to that on the Bible, "is what I tell anybody who asks. So far it's worked if you know what I mean."

Ed has yet to check in this Spring but Rufus just registered a report to exciting, dated April 6, on the fishing conditions at Woods Creek that I am reading my best for an expedition that may last several days, provided that Ed can also get time off his retirement.

Rufus, also handicapped by the demands of retirement, is chomping at the bit, but the endeavor on which I plan to embark will require at least the three of us and probably some help besides.

In short, I want to catch and fillet the mother of the mudcat recently lost to vermin while Rufus went for help. The loss is a sad and disappointing story, as I will detail in this column, but it is not something that we can't overcome.

According to Rufus, last Saturday night he and another fellow found a fresh killed wild trout that some-

body had run over on the road on the lake leading from his house down to the dock. (The wild turkeys on Wood's Creek are wild in name only and not the brightest stars in the evening sky according to Rufus who swears that he has never actually eaten road kill.) Anyway, Rufus spends a lot of time in Florida during cold weather and he had brought home some huge shark hooks to show off to those of us less fortunate souls who have to tough it out year round in Kentucky while he is basking on the beach or pier in Florida.

So Rufus and this unnamed friend who would rather his name not be in the paper, because it's against his religious taking, took the turkey down to the lake and baited it, fished and all, onto the shark hook which they fastened to a big chain somebody had used for logging. They tied the other end of the chain to a big oak tree about five feet through at the stump and then shang' the hook out into the lake and then they went on about their business. Long about midnight Rufus went down to the lake to check on things and the chain was stretched out tighter than a banjo string.

"I know something big was on it cause that old oak was shaking like the wind was blowing hard and the bark was wearing off and pieces were flying all around where we had that chain fastened around it. The ground was trembling but the rest of the woods was still as death," said Rufus.

Rufus managed to get several neighbors up out of bed to witness the event, and one of them owns a wrecker that he uses to tow 18 wheelers that get stuck on I-75. The wrecker tied onto the chain and commenced pulling, but Rufus realized right away that it was a giant mudcat they had hold of and it had probably clamped down on a big oak stump out there on the bottom. Finally, after all the witnesses had gone back to bed shaking their heads, the catfish turned loose of the stump and they winched it up on the bank. But all they had to fillet it with waspnet knives and they knew that had to have bigger and sharper blades. So they left the fish there on the bank and tied to the wrecker and drove to town to get some help and sharper knives and kettles in which to put the meat.

When they finally got back to the lake about daylight with people willing to help skin the fish and cut it up, Rufus says that all that was left was a little pile of grease because the coons and possums had devoured the carcass while they were gone for help.

"All the eye-witnesses just gave up and went home and the meat was probably too tough to eat anyway," says Rufus but I do have one witness on the other side of the lake who sat over there and watched the ruckus on my side of the lake and he said that it took nearly all night for the hole to fill back up with water when we dragged that mud-cat out of the lake."

"I don't suppose the witness was Ed Maggard," I asked Rufus.

"Aight have been," said Rufus. "He didn't leave his name. But he sure sounded truthful and I'm absolutely sure he saw the whole thing. Why don't you ask him?"

So call me Ed. I can't swear anything on the Bible until you do and we have Rufus' reputation to protect here. As soon as I hear from you, we will chalk this one down as Gospel.

What is an Allergy?

Presented By Dr. Tony Arvin

The body has defenses against virtually everything. Sometimes, however, the body chooses the wrong defenses to handle certain proteins, such as the pollen and molds, it comes in contact with.

In the case of allergies, the wrong antibody, called IgE antibody, is produced. The IgE antibody attaches to certain cells in the skin, nose, lungs and eyes. These cells are called mast cells, and they contain the substances that cause the symptoms of allergies.

When the proteins of pollen or mold gases come in contact with the IgE antibody, a reaction takes place in the mast cell which releases histamine and several other very potent substances. These chemicals cause a runny nose, sneezing and watery, itchy eyes -- all the symptoms of allergies.

Certain proteins, such as molds and ragweed or grass pollen, can very easily induce allergies because of their size and chemical makeup.

Hereditarily also plays a big role in who will develop allergies. A person has a greater chance of allergies if close relatives have had hay fever, asthma or eczema. Allergies are very common. About 15% of Americans have some form of allergies.

Medicines can help many people and allergy shots can help most people by inducing the body to develop the right defenses.

Checking the blood level of the IgE antibody can be useful in evaluating allergies. A high level will assure your doctor that allergy testing is worthwhile, while a low level makes it less likely that allergies are the cause of your symptoms and other treatments may be tried first.

Our Readers Write

Dear Editor,

I am writing to the community in response to the recent article about "No Lights and Sirens for constables." I personally think that it should mean something that we, the law-abiding people, not only support and appreciate the hard work of individuals, but we faithfully vouch these people in our districts to uphold the law. If it isn't bad enough that they aren't given a salary for their work and efforts, now the fiscal court has decided that these "elected officials" can't even have lights and sirens that would only benefit the communities they are representing and make the job they do easier. I heard that the Fiscal Court gave the community a "good and adequate" explanation for making this decision. Why do we even have constables if they can't have the adequate equipment to fulfill their duties? Lights and sirens are typically a safety device for the general public, to let them know when an emergency is taking place.

Furthermore, I am proud to say that I voted for and support the constables in my district to the fullest extent. I live in the 4th district and I have witnessed more negativity from my constables since the beginning of his term, than I have ever witnessed the other 3 control the criminal population in all of my life. I would like to send my support and heartfelt appreciation out to Roger Figg, who is the constable "overwhelmingly elected by the people." In the 4th district, He has worked with Darrell Dunn of our new Sheriff's department, deserve recognition for their outstanding performance in our communities. I would also like to send my support and heartfelt appreciation to Constable Mullins, Magistrate in the 4th District, who had enough intelligence and dedication for his community to stand up and suggest the beneficial idea of giving our constables lights and sirens in the first place. Not only should they be given lights and sirens, but they should be given some compensation and a whole lot more respect, obviously. Especially when they are working as hard and making as much progress in the community as Roger Figg.

Maybe "we, the people" (the U.S. Constitution) need to use our voting rights and make some changes in our Fiscal Court. I plan to investigate and make an effort to change this ridiculous decision. I am hoping that other communities are as interested in having the law upheld in their communities as I am. I have recently observed constables in surrounding counties, particularly in Madison and Jackson with lights and sirens. Do they deserve better equipped constables than Rockcastle County? I just know that my community supports and appreciates anything that will make our world a safer place to live, that's why we vote!

I would like to share a section of an article from *Ace Magazine* entitled "What's a Constable?" A constitutional relic brought over from England at the birth of our nation, the office of constable is an "unpolished" position of power equal to the sheriff in all aspects save one -- training. The office of constable is one of ancient origin, once very powerful in a military sense, now a glorified adjunct to the court system. Constables, like sheriffs, are known as "constitutional officers," and the office has the same powers as that of sheriff to detain and arrest. The term "cop" is actually derived from "constable on patrol." The office is unique in its position of power.

Thank you,
James Zula
Rt. 2, Box 199C
Mt. Vernon, Ky. 40456

To the editor,

I want to say how much everyone in the Livingston area are, having two places to go on the weekend and to listen to free entertainment on Friday and Saturday nights.

I don't know when Sam Stallworth and his wife purchased an old Ford station wagon and started letting local people pick and sing on Saturday evenings.

My first time was there a year ago. My husband Clayton Durham was born and raised there, however it was my first visit. I heard a woman sing and she had the most beautiful voice. When I first saw her go up to the mike actually I had my doubts, she wasn't what you might say really dressed up, she had no fancy hairdo, just a modestly looking woman. Boy was I in for a treat. She sang *God On the Mountain*, yes she made me sit up and take notice. She sang a couple of more songs. I could bit all night and listen to her. I was a woman named Kitty Pride more.

Kitty plays the Guitar, Banjo and Mandolin, and also floats with the Dobro. Now my story doesn't end there. Kitty is one of the most attractive people I have ever seen. She has beautiful pictures and she had a float in the 2002 Homecoming at Livingston.

If you all have the pleasure of knowing this area and seeing her all the time, you are very lucky.

You can also find her singing and picking at a place on Friday nights next to Life's Restaurant. She and her husband, J. C. Griffin, has music on Friday nights.

Thank You Kitty Pride more for being nice to a stranger.
Rose Ballard Durham
9110 Lawrenceburg Road
Harrison, Ohio 45306

Dear Editor,

I enjoyed your editorial in response to Jim Norton's evaluation of the war effort and disrespect for President Bush. But, we really must be so too critical of our life, it is just one of untold thousands still counting and dimpled and pregnant chads! They will all recover nicely and when they can once again see a President in the Oval Office with more things to do than liberating oppressed people and unopposed tyrannical leaders best on imposing their type of government upon us.

It is obvious that Mr. Norton has never put his life on the line, nor seen a son or daughter serving the country in time of war. These young soldiers of today, every single one, proudly chose to do the uniform and answer the call. Not one of them was drafted or conscripted, each separated the brave from the dimmers. They make us proud!

For those of us who have ever experienced this pain of seeing one of our march off to war and living, make that sacrifice. One day to the next expecting the dreaded news that comes to no man's, we would not only that you keep your mouth shut while enjoying your many freedoms. If you can't help to remove the blame, we have in America, could I implore you, please don't make it more difficult for those of us who are doing the job and for those of us who gave birth to our Country's heroes, past and present.

In closing, we should all thank God for President Bush. If not for him, we would still have our head in the sand while planes explode into buildings, American ships and our crews are blown up at sea. It is this the "peace" Mr. Norton and his kind of government leaders prefer! Please, God, never let it be so again!
Christine McKinney
West Chester, Ohio

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Foot Care is Just Steps Away.

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Beginning April 15, podiatrist Paul Krestik, D.P.M. (left) and nurse practitioner Daniel Albertson will begin seeing patients at the Rockcastle Medical Arts Building on the first and third Tuesday of each month.

To schedule an appointment, call (866) 602-9900.

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