



Points East

By:
Ike Adams

This coming Saturday night, April 19th, commencing about 7:00 PM, some of the finest Bluegrass Musical talent in the Bluegrass, or at least along the fringes of the region, will repeat a concert that they first staged on a cold night back in February.

Staged in the old Kirkville School gymnasium/auditorium in Madison County, the first one was easily the best night of musical entertainment I have experienced over the last couple of years and I fully expect the one this weekend, to be even better. (Kirkville is on the Kentucky Road Map in Madison County. The school is right beside the road on 595, on the left, about a quarter mile after you turn off 1295 and head into town. You can't possibly miss it if you can see how to drive.)

The concert will start at 7 and end around midnight and the music will be non-stop. Wilderness Trail, John Cosby and the Bluegrass Drifters, The Parker Brothers, Darla Cosby, Betty Wright, and a host of special guests will sing and play Bluegrass and Bluegrass Gospel music for you as good as and as proficiently as it gets. They will perform old standard songs better than the original artists and, between them, they know about every Bluegrass song ever written or recorded.

In short, they will knock your socks off and you will go away wondering why these bands are not on the stage of the Grand Ole Opry every Saturday night. But when you get to talking to the musicians you will find that they are into making the music because they love it and not because they consider it a knock-down-drag-out business, a la Nashville.

Admission at the door is only \$8.00. I'm not sure what the cut-off is age wise but kids under 12 either get a big price break or they get in free. Bottom line is, with a ten dollar bill you can get in, stay all evening, eat a couple of hot dogs and drink a cup of coffee. A big outdoor festival is gonna cost you three times that much to get in the first night.

Give me a choice between seeing/hearing a big Nashville or other commercial act or festival and this group and I will take the latter every time. I know most of the words or at least the choruses to about every Bluegrass

Song ever popularly recorded and a bunch that never made it. I have hundreds of albums and tapes and c'ds that I listen to regularly. I know what if you show up this weekend you will hear Bluegrass Music as good as it gets in a venue second to none. The roof doesn't leak and the acoustics are amazing.

The old Kirkville School was originally a high school founded back in the 20's or 30's or maybe even earlier than that. I'm pushing a deadline here and don't have time to call someone to give you a history lesson. Anyway it was turned into an elementary school only in the sixties but the gym and auditorium remained. Finally, three or four years ago, a fancy new school was built out on 52 and the alumni and community members of Kirkville are doing everything they can to keep the facility maintained as their own special place.

This concert will raise some money to help them do just that. The same auditorium stage with its original floor on which the bands will play on Saturday Night have hosted Bill Monroe & The Bluegrass Boys, Lester Flatt and Earl Scruggs, The Stanley Brothers, Johnny & Jack, Hylo Brown, Lily Mae Ledford and the Coon Creek Girls and the Lord only knows how many other big stars over the years before most of us were born.

They didn't even have amplification systems back in those days because the natural acoustics were perfect and the audiences were polite and quiet.

If you come out this Saturday Night you will find a sound system, assuming that it works as well as it did last time, that is akin to the best stereo surround system you ever heard. Not too loud, but loud enough to drown out fools like me in the audience who want to sing along with every word.

It's a chance to hear Bluegrass Music in a venue where it publicly originated on what promises to be a wonderful, central Kentucky evening. It's a chance to relive history, have some good clean fun, and, perhaps, assure that something good and wonderful continues to survive. I can't think of a better place to be. I hope to see you there.

Our Readers Write

Letter to the editor:

I was quite disappointed in the school board's decision to not accept the five additional snow days offered to KY counties. From all of the districts I have polled around Rockcastle, I have yet to find another that did not accept these "free" days.

From what I understand, the school board would have to request these days from the State. These days would be granted and the School system will get the funding as if school were in regular session. Our school board, not wanting to be seen as "light" on education decided to not seek these days and instead to lengthen the regular school calendar.

If Rockcastle chose to accept the addition days, the school system would actually save money. The schools would get the funds without having to spend any of the money on buses or school lunches; teachers could use these days for career development and planning for the next school year.

I would much rather have my child attending a class where the teachers and staff were well planned and prepared for teaching than to lengthen the calendar.

Since the weather has gotten warmer and outside activities have increased, many kids are finding it hard to concentrate on school work. I do not think that my children will gain any educational value in attending school an additional five days this school year. I have talked with several other parents in the county and I know that they too were hoping that the board would accept these days.

Our school age children will essentially only have two months for summer break, as the school calendar starts in early August this fall.

I hope that other parents would also let their opinions be known to the school board members of Rockcastle County. I would like to see the school board ask other parents how they feel on this issue. I have much respect for our school system and I am very pleased with the level of education my children receive; however, I would like to see the school board reconsider their decision on this matter.

Respectfully,
Beth Hamm

Dear Editor,

The Rock of Ages Mission is having a clothing giveaway on Saturday, April 19 from 8 a.m. to 2 p.m. It will be at the ball park in Brodhead, near the Fairgrounds. Bring someone with you. Also, bring your own bags and fill them up. Sizes range from infants to adults. No dealers please. We also have full or queen size

box springs and mattresses to give away. We have several sets but, we believe they will go fast so give us a call.

For more details, call 758-8546 or 758-4203.

We are already getting requests for fans and air conditioners. If you would like to help by donating, please call us. Your financial contributions are needed also at this time. Please call or write.

Thank you,
Kathy Bretz
c/o Rock of Ages Mission
Rt. 2, Box 1004
Brodhead, Ky. 40409

Dear Editor,

We would like to thank the following businesses, community leaders, parents and individuals for their support on Project Graduation 2003. We greatly appreciate each and everyone for helping to make this a huge success.

Adams Feed & Supply, Appalachian Medical Equipment, B&H Tool Works, B&L Grocery, B&M Liquidators, Britton Chevrolet-Olds, Brodhead Christian Church, Brodhead Lion's Club, Mark's Hardware, Jeffrey T. Burdette Law Office, Carter's Market, Central KY Carpenter, Jennifer Chadwell, DMD, Citizens Bank, Clifford Collins, Climax Christian Church, D&S Computers, Dairy Mart of Brodhead, David's Tire Center, Danny Dooley, Dowell & Martin Funeral Home, Dr. Kim Comelius, Ford Brothers, Hayes Furniture, Hilltop Market Produce, Hogg Enterprise, Inc., Hometown Cafeteria, J&D Cabinets, J&L, Inc., Kentucky Utilities, KWIK Mart, Livingston Homecoming, Livingston Market, Lumber King, McKinney's Tire, Mt. Vernon Car Wash, Mt. Vernon Drug, Mt. Vernon Automotive (NAPA), Mt. Vernon Plumbing, Mt. Vernon Scrap, J.C. Newland Construction, Owens Funeral home, Preston Parrett, Perry's Body Shop, Roberts' Barber Shop, Rockcastle Health & Rehabilitation Center, IGA (Shoppette) of Brodhead, Sipple & Sipple Chiropractics, Sparks Flowers & More, Sylvia's Hair Salon, Taylor's Produce, Tobacco Barn, Tokico, Town & Country Chevron, Town & Country Motors, Young's Pharmacy, Kentucky Depot, A&D Market, S&M Lumber Company, Hall's Print Shop, Snyder Market, Tobacco Shed, Alan Sanitation, Tölle

Hypertension, the silent killer

Presented by: Dr. Karen Saylor

Causing few or no symptoms, hypertension has become known as the "silent killer". You must have your blood pressure taken to diagnose it.

A normal reading is below 140/90. When it goes above this reading it should be followed closely. The diagnosis should not be made from just one or two readings. The blood pressure will vary depending on heart rate, excitement, and just being in your doctor's office.

When the readings are consistently high, your doctor will consider several factors which may be affecting your blood pressure. Use of tobacco, alcohol, coffee, and salt may contribute to the elevated readings. These are all life-style factors which can be changed. Losing weight and increasing your physical activity may be all that is needed to control mild hypertension.

When dietary and life-style changes do not control the blood pressure, medicines are usually started. A wide variety of medicines are available and the best choice often depends on your age and medical conditions, such as diabetes or asthma. Water pills, which remove salt and water from the body, or beta-blockers, which slow the heart rate, are often used first. They have proved their effectiveness over decades.

When the readings are extremely high, there is an immediate risk of a stroke or heart attack until it is controlled. Hospitalization to treat the blood pressure and protect against these complications may be necessary.

A person's blood pressure may increase with age, so yearly checks are needed. Early treatment can help prevent the complications of heart attacks, strokes and kidney failure.



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Welcome to a

Gospel Meeting

Church of Christ at Chestnut Ridge

2 Miles South of Mt. Vernon on Highway 25

April 23, 24, 25, 26 & 27

Wednesday thru Saturday Services - 7:30 p.m.

Sunday Worship Service - 10:00 a.m.

Speaker will be Evangelist

Doug Hawkins

Somerset, Kentucky

Foot Care is
Just Steps Away.

ROCKCASTLE

185 Newcomb Avenue • Mt. Vernon, KY

If you suffer from pain in the heel, foot, ankle or lower leg, have complications from diabetes or need treatment for something as simple as athlete's foot, good care is now just steps away.

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.

