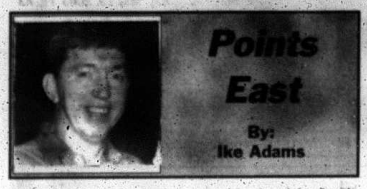


If you've never been to Berea in the middle of a festival, you've missed out on something that you will remember for the rest of your life.

If you've never been here when two festivals are going on at the same time, you have no idea what fun is all about.

Sure, parking gets to be a problem now and then if you insist on Main Street, but we schedule our festivals to mostly take place on the outer edges of town in places that would not, otherwise, be in the city limits if they didn't draw a crowd and the big dollars every year.

Give us enough time and we will beat Mt. Vernon to annexing Renfro Valley. I mean the big RV is only ten miles away and somebody has to do it.

All of which is, as usual, beside the point unless you live locally and see some disadvantage in Berea annexing most of central Kentucky. I say this because our new mayor is ambitious and dreams that we will one day be a "big" city.

In the meantime, if you have never visited Berea, this weekend is the best time you will ever find to do so.

In the first place Dale Ann Bradley and Coon Creek, perhaps the most popular Bluegrass Music Band in the country right now, will host their annual festival at OH KENTUCKY CAMPGROUND commencing Thursday evening, May 15 and running through late Saturday night on the 17th.

It's a chance to get up close and personal with the best bands in the business and listen to our music in a natural acoustic auditorium.

The line-up is far too detailed to list in this column. Suffice to say, you will never have an opportunity to see and hear band after band after band and hear them sound so well. And remember that they start on Thursday night this year!

Of all the Bluegrass Festivals in the country, this one is consistently my favorite. Take exit 76 off I-75 and go west on Highway 21 for about half a mile and you can't miss it on your right.

OH KENTUCKY is booked up already but you can find other nearby accommodations by checking the Berea website at www.berea.com.

The Kentucky Arts and Crafts Guild will also have its Spring Show this weekend featuring over 100 artisans demonstrating, not only their crafts, but the way they make them at Indian Fort on the other side of "town".

If you are staying in Berea and want to take advantage of a super meal, follow highway 21, West, take a left on 52, come into town, and visit Ma Agee's Restaurant in Paint Lick. (You can't possibly miss it). In fact, if you are just hanging around and want a good meal, Ma has a huge catfish dinner on Friday evening from about 6 to 9 that includes a fillet all of 10 hanging-off-the-edges-of-the-plate inches long, 3 inches wide and an inch thick along with the fixings and tea or coffee for $6.50.

Saturday is "Steak Night", which includes a t-bone or rib-eye (depending on the best deal Ma can cut with the butcher) served with a big baked tater, salad, side dish, rolls and a drink for $7.50. Given the traffic she's apt to have this week-end, it might be best to call before you drive out here. Ma's number is 859-925-3029.

Bottom line is that if you really want to have a good time in Kentucky, Berea is the place to be this week-end. If you want to get the weekend started early, show up at Dale Ann's Festival Thursday night and then just follow your nose. Follow it to Paint Lick while you're here. We are only 8 miles away and we'd love to have you see how the other half lives.

Subscribe to the Signal

Our Readers Write

Dear Editor,

This is to inform the public that the Mt. Vernon Lions Club will be conducting a Grand Illusion Magic Show fund-raiser on Saturday, May 31, 2003 at 7 p.m.

This year's illusionist Roger Despard will be performing. Many of the exciting illusions you've seen on national TV will be presented live on stage.

The Mt. Vernon Lions Club will be conducting a telephone ticket campaign during the next several weeks. Proceeds from the show will help benefit needy children with the purchase of eyeglasses, along with other optometry needs here in Mt. Vernon and the Rockcastle Co. area.

To make things easier, should you receive a phone call for Grand Illusion Magic Show, the caller will announce that they are calling on behalf of the Mt. Vernon Lions Club. Should you decide to purchase tickets, they will send you an official receipt, along with the tickets. All checks should be made payable to: Mt. Vernon Lions Club, P.O. Box 14, Mt. Vernon, Ky. 40456. For more information, call, toll-free, 1-888-334-3207.

Thank you for your continuing support.

Mt. Vernon Lions Club

Dear Editor,

We would like to acknowledge the following businesses and individuals who have made donations to the Red Hill Cemetery Veterans Memorial Fund:

Marvin E. Owens Home for Funerals and Monuments; Roy A. Martin LLC d/b/a Dowell and Martin Funeral Home; Sparks Flowers and More; Albert Hicks; Odella Boshers; Geraldine Allen; Christine Sower; Clifton Bond; James and Opal Honaker Trust Fund; Barb and Bill Fain; Willis Richardson; Tevis Bryant; Mr. and Mrs. James W. McNew; Mrs. Sidney Lakes; Dashia Hall; Albert Hall; Myrtle Durham; Wilma Haire; Douglas Dell Ponder; Gladys Dash; Roy Carroll; Tom Welch; Barbara Guseman; Christine Phillips; Brad Phillips; Freida Frederickson; Madeline and Michael Ponder; Eugene Philbeck; Dartha "Mobley" Whitaker; Paul and Carolyn Ponder and Jasper Carpenter.

With our appreciation,

Dell Ponder and Clifton Bond

Dear Editor,

With all due respect, I can't understand how Mrs. McKinney could support Mr. Bush in this war. It has now become obvious there is no "weaponis of mass destruction" ! and if some are found the world will think they were "planted", likely true.

Bush quickly protected the oil wells, put out the fires, caped them off, an extreemly risky, dangerious job, (Texas style) but turned his back while looters carried off the worlds most valuealle art treasures dating back into the very mist of time, turned a blind eye while animals in the zoos fed on one another, most later dieing of starvation. Turned a blind eye while looters broke open the banks.

Now today there were dangerious mobs filling the citys streets shouting "Americans go home"

Reminds me of what Notradamus wrote, In the millenium, month twelve, the worlds most powerfull shall elect as their leader, the village idiot.

Jim Norton

Dear Editor,

My husband and I are separated now and will be divorced later.

Many people are listening to him and believing everything he says. But, you know, there are two sides to every story.

So, people, stop and think about that before you go gossiping or spreading more lies about me.

If you had lived with this man for 23 years as I did, you would wonder why I waited so long to leave him.

He was never around for me or our two sons, so why did he think this separation came as such a surprise?

Now, he has our youngest son believing him and has moved in with his dad before Mother's Day.

But, I wish him, my son and his new girlfriend happiness in the future. They sure shot mine all to heck.

Also, a thank you to him for leaving me without anything to live on.

Sincerely,

Lois K. Barron

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 Carpentry, 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 Cornelius, 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's 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 (Shoprite) of Brodhead, Sipple & Sipple Chiropractics, Sparks Flowers & More, Sylvia's Hair Salon, Taylor's Produce, Tobacco Barn, Tokico, Town & Country Chevrol, 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, Tolle Gallery, Sand Gap Holiness Church, Morning View Holiness Church, Wal-Mart (London), Brookhaven Christian Books, Joseph Howard, Handcrafted Furniture.

A Cut Above, Apollo Pizza, Barnett Cycle Shop, Bray's Transmission, Brodhead Baptist Church, Brodhead Car Wash, Brodhead farm Equipment, Bullock's Muffler Shop, Car Quest (Berea), Joseph Clontz CPA, Cutting Edge, D&D Lawn Service, E&Y Jewelry, Dabney Feed & Supply, Danton's CTA, Image Entry, Johnny's Music, Ky. Farm Bureau, Livingston Fire Department, Marsha's Florist, McNew Monuments, N&N Contracting, Reppert Funeral Home, Roy Todd Builders, Inc., Sabrina's Hair Design, Save-A-Lot (Mt. Vernon), Williams Funeral Home, Country Flowers, Gedd's Pools, Inc., Rockcastle County Middle School, Pizza Hut, Godfather's Pizza, Bruner Studio, Rockcastle Embroidery, Touch of Class, Country Peddler, Brock Studio, Danetta Ford, Jerri Lynn & Keith Smith, Pepsi Cola, Frito Lay, Butternut, Dick's Family Market, Carter's Market, Dr. Karen Saylor, Ruckels Grocery, Swim World, Lonnie & Teresa Vanzant, Rockcastle Co. Kiwanis, Lovell's Gun Repair, Church on the rock, Tevis Bryant, Pleasant Run Baptist Church, Bible Baptist Church, Livingston Community Home, Singleton & Associates, Flavo-rich Dairy, Morgan's Plumbing & Repair, Integrity Mold & Dye, Payne's Auto Sales, Kentucky Powder Co., Grace Baptist Church, First Pine Hill Missionary Baptist, Movie Warehouse, Saylor's Furniture, Donald & Rena Anglin, Carolyn McKinney.

Lay Simpson Furniture, KOA Campground, Rockcastle Area Tech Center, John Holbrook, Vicki Sears, Fong's, Denny's towing Service, MVES PTG, James Earl & Libby Hammons, J&J Auction, Clarence & Louise Carter, Floors, Etc., Inc., Kentucky Steel Center, Inc., Ohi Automotive of America, Quail Homemakers, Rockcastle Vet Clinic, K&D Trucking, Jeannine Parsons, Sarah Miracle, Community Trust Bank, Wildie Christian Church, Wildie General Store, Dari Delite, Pamela R. Chaliff, Linda Davidson Realty, Suzanne Thacker, Gladys Carpenter, Willailla Grocery (David & Rose DeBorde), Long's Automotive, RTEC, Larry's Seamless Gutters, Rose's One Stop, Mobley's Electrical Service, Dennis Bare, Don Thompson, Ottawa Baptist Church, Mt. Vernon Signal, WRVK Radio Station, Jenny Sweet, Lisa Smithern.

Northside Baptist Church, Buckeye Christian Church, Dr. Kevin Rowe, Our Lady of Mt. Vernon Catholic Church, Aletha's Flowers, C&H Storage, Marlene Lawson LLC, Madison Livestock Sales, Willis Coffey PSC, Clontz & Cox, Rockcastle farm Supply, Skaggs Creek Baptist Church, Cintas Corporation, The Banner, Richmond Street Eye Care, Collins' Respiratory Care, Edwards Chiropractic, Inc., Debra Hembree Lambert, Whispering Pines Stables, Rockcastle Hospital & Respiratory Care Center, Inc., Country Sam's, Cox Hardware, Bissell's, Inc., Save-A-Lot Bera, Maloney Graphics & Design.

First Baptist Church, Rockcastle County Schools, Peoples Bank & Trust, Livingston Baptist Church, Buzz Carloftis, John G. Hamm Auto Sales, Kentucky Malt Beverage Education Corporation, Flat Rock Baptist Church, Mt. Zion Baptist Church, Norma Houk, Dwayne Adams, Lake Linville Boat Dock, Mt. Vernon Printing, Food World, Denny's, Lee's Famous Recipe Berea.

Behind the Cross, One Voice, Burdette & Associates, Barnett Auto Salvage, Maretburg Baptist church, Burkmann Feeds, Valley Baptist church, Freedom Baptist Church, Livingston Christian Church, Dr. Tony Aryin, Dr. Michael Hamilton, Property Valuation Administrator Margaret Offutt, Berea Lodge #617, Clayton B. Bonder, Modern Woodmen of America, Lowe's Sporting Goods, Appliance Service Center, American Greetings, Cedar Rapids Country Club, Mahaffey Oil Change, Teresa Jackson Insurance Agency.

Bradley's Garage, Inc., Brindle Ridge Baptist Church, Western Auto Crab Orchard (Bill Long), Sunshine Homemakers, Bradley's Barber Shop, Scaffold Cane Baptist Church, Laides Auxiliary of Livingston, Margaret Offutt, Cox Funeral Home.

Gary W. Mink, Helen Abney, Jenny McKinney, James Miller, A&J Nicely Insulation, Inc., Rockcastle River Trading Co., Conway Baptist Church, Blair Construction, Roundstone Elementary School, Trophy World, Cromer Trucking LLC, Mt. Vernon Oil, Big hill Barbecue, Jackson Energy, Clear Creek Baptist Church, Jerry Carter Contractor, Jerry's Laundrymat, Gladys Carpenter & RCMS Cooks, Hiatt's S&10.

If we accidentally left someone out, please feel free to call and let us correct the error.

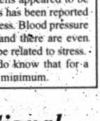
Project Graduation 2003 Committee

How Stresses Affect Your Health

Presented by Dr. Kevin Rowe

No one likes stress. It makes us anxious and irritable, but does it also make us more likely to have illnesses? It seems so, and not just for the things that come to mind, such as ulcers and high blood pressure.

This is a field that is being studies extensively, and researchers are learning how stresses affect our lives, especially in regard to such serious illnesses as heart disease and cancer.



It has been known for a long time that increased stresses in life make it more likely for you to have infections in the following months. The most serious stresses are deaths in the family, divorce, and major stresses in life, such as a change in residence or jobs.

Statistics have shown that even what we consider to be good changes, such as a raise in pay or moving to a nicer home, are great enough stresses that illnesses are more likely in the following year.

There is also evidence that stress significantly increases irregular heart beats, raises the blood pressure and even affects our ability to fight cancers. Some studies have shown that tumor cells grew faster in patients who were under stress--the defenses against tumor cells appeared to be decreased. Sudden death from irregular heart rhythms has been reported to be more common in people under psychological stress. Blood pressure readings are higher when a person is under stress, and there are even reports that diabetes and some forms of arthritis can be related to stress.

Just where this will end no one knows, but we do know that for a happy and healthy life it is good to keep stresses to a minimum.

Subscribe to the Signal

Absolute

Auction

of Carpenter Farm Equipment's

Farm Machinery

Friday, May 16, 2003 • 1:30 p.m.

Brodhead Fairgrounds

Highway 150, Brodhead, Ky.

Due to the closing of Carpenter's Farm Equipment of Berea, Ky. our firm has been authorized by Citizens Bank of Brodhead, Ky. to sell the following equipment at absolute auction. The equipment will be moved from the Berea location to the Brodhead Fairgrounds (the sale site):

7340 Zetor Tractor • 2460 Long Tractor/Loader • 8520 Zetor Tractor with cab • 555 Ford Loader • 580C Case Backhoe • 7245 Zetor Tractor with cab • 574 IH Tractor • 444 IH Tractor • 560 Long Tractor • 2010 John Deere Tractor • 2000 Ford Tractor • IH Super A Farmall Tractor with cultivator • 1085 Massey Ferguson Tractor • B414 IH Tractor • Massey Ferguson 202 Tractor with Loader • Super A Farmall Tractor with cultivators.

GL Farmhand Loader • 2001 Kawkin Loader • 2001 Massey Ferguson 236 Loader • RC 456 M & W Rake • ER8 V Rake • 1450 Gehl Roll Baler • 18 M & W Roll Baler • 15 ft. BMB Rotary Mower • 33 ft. Gooseneck Trailer • 16 ft. Wil-Ro-Stock Trailer • 394 Allied loader • Three - 16 ft. Stock Trailers

SM 240 Fella Disc Mower • 5408 New Idea Disc Mower • 84 inch Farm King Finish Mower • 15 ft. Bush hog Rotary Mower • 20 ft. Barwing-Bush Hog Mower • 338 New Holland Manure Spreader • GS 4 Panorama Tedder • 310 New Idea Corn Picker • 3 pt. Farm King disc harrow

124 Massey Ferguson Baler • #12 Massey Ferguson Baler • #3 Massey Ferguson Baler • 605 Vermeer Baler • 273 New Holland Baler • #9 Massey Ferguson Baler • 273 New Holland Square Baler • John Deere Hayhine • 67 inch WAC Tiller • 230 Suzuki ATV • 1992 Model 250 Polaris ATV • 230 Suzuki ATV • 1999 model 500 Arctic Cat ATV

Auctioneer's Note: There will be a large variety of equipment here that will be selling for the absolute high dollar - dealers and farmers are welcome.

Inspection: The equipment will be available for viewing on May 15th from 8 a.m. until 5 p.m.

TERMS: Cash or check in full day of sale.

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

FORD BROTHERS, INC.
AUCTIONEERS - REALTORS

London, KY (606) 878-7111 — Mt. Vernon, KY (606) 256-4545 1-800-435-5454 — Somerset, KY (606) 679-2212

REALTOR/AUCTIONEER
SAM FORD • DANNY FORD
ROY ADAMS • DEVIN FORD
JEFF BURDETTE
DANETTA FORD ALLEN
MATT FORD • JEFF CROMER
AUCTIONEER
JERRY HAM & BILLY WAYNE BRYANT
APPRENTICE AUCTIONEER
H.D. PREWITT

GOSPEL MEETING

Fairview Church of Christ

Willailla

May 18th-23rd

Sunday 10 a.m. & 7 p.m. • Mon.-Fri. 7:30 p.m.

Speaker: Dale Robins

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

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