Points East

By: Ike Adams

I was running my tiller last Thursday evening, at full throttle and overdrive and basically just mashing down and hanging onto the handles and making sure I swung her around without knocking down the 6 foot rock wall on one end of my garden or mulching in the industrial grade wire fence on the other.

You're supposed to be able to run a big Troybilt Horse with one hand and pick your teeth, curl your hair, or write your memoirs with the other and really do nothing more than stand around a lot while the tiller does all the work if the ground you are working in is not full of boulders and grown up in saw briars and locust sprouts.

Put her in high gear, adjust the throttle spring a little tight and your Troybilt Horse turns into a bucking bronco that will kick clods of hard-packed clay (and boulders) into the next county. In the meantime it will turn the most stubborn soil you've ever seen into a lettuce bed if you can just hang on.

Actually, you can read a New York Times best selling novel (if you have time to waste) and plow at the same time under normal circumstances, but this spring has been no normal circumstance. When it gets dry enough to plow, you do so with a vengeance and you celebrate those rare occasions when you get your soil loose enough to put a seed or sprout confidently planted into Mother Earth.

But it has rained a lot upon my garden, or at least upon the modest plot whereon I normally tend vegetables. Name your favorite street in Manhattan, block it off, and I will till it up and plant whatever you wish to grow. Then I'll go away and let cab drivers fight over the radishes and lettuce and peas etc., etc., etc., growing there where traffic use to be a problem, or as they say, "yada, yada, yada" which is THE thing to say to anybody you meet in New York City if you if you're just up there visiting. It's a universal language. If vendors or store clerks look confused, revert to Pig Latin if you can't make the proper enunciation of yada.

And if you can't do the yada thing or speak Pig Latin, don't go, because they will eat you alive and take all your money.

In the meantime, as I have fought the rains and tried to till my garden, I have been accompanied by a ground squirrel, off and on, who scampers out of the rock wall that I don't want to knock down and file sits upright on his haunches at the edge of the garden atop the highest rock curiously observing every move I make. When the tiller gets too close he moves a few to the side and studies what I'm up to.

Finally, at the close of tilling last Thursday, I shut the tiller off and bent down to approach him. I got down on all fours and looked him in the eye. I held out my hand, ground level and palm-up and the chipmunk hopped upon it. He had obviously been caged and knew a bit about humans from times past.

I tried to pet him with my other hand but he wanted no part of that.

"Stick with me pal", I thought as he hung around close by.

"I ain't going to New York if I can get this garden going."

MARATHON

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10 Pack Tacos 5.99

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Located at Exit 62 - Mt. Vernon

TACO BELL Express

4th Annual Brodhead Headwaters of the Dix River Fish Fry Festival

FRIDAY, JUNE 6TH

(Vendors Welcome)

5:00 Survivor contest begins at BES

6:30 Half & Half Band - Main St.

7:00 PUSH (Austin Millr, Collin Williams, Clifton Williams, Eric Vanzant)

SATURDAY, JUNE 7TH

9:30 Survivor Contest Begins

10:00 Horseshoe Tournament - City Park ($5 Single $15 Doubles - 50% Payback on both)

10:00 Vendors Open

12:00 Story Book Line-up

12:30 Story Book Parade

1:30 Parade Line-up

2:00 Citizen and Teacher Awards Cloggers

3:00 Parade

4:00 Baby Contest
Survivor Competition Awards

6:40 Queen Coronation

7:00 Auction

8:00 Just In Time - By the Bank

(Paul Rice, Charles Fields, Tom Bentley, Jerry Petrey and Vickie Petrey)

Bring a Lawn Chair and Enjoy the Festivities!!

Our Readers Write

Dear Editor,

The Rockcastle County Board of Elections would like to express our thanks to Supt. Larry Hammond and the Board of Education and to principals Caroline Graves, Lisa Noe, Anthony Coffey and Leon Davidson. We greatly appreciate their assistance and cooperation in our changing of the locations of some of our voting precincts. The principals and Mr. Hammond were of a tremendous help to the County Board of Elections.

These changes were made in an attempt to provide a better convenience for the voters.

We also want to thank each of the voters for their understanding and patience in making these changes. Your help was greatly appreciated.

We welcome and ask for any comments from the voters concerning these changes. Please call 256-2831 with any comment you have.

Rockcastle County
Board of Elections
Juanita Davis
Joe Bullen
Darrell Doan
Norma Houk

Legislative Update

By State Representative
Danny Ford

Airbags. They are a safety precaution that save thousands of lives every year, yet we rarely think about them until an accident forces us too.

The National Highway Traffic Safety Administration estimates that the combination of an air bag in addition to a lap and shoulder belt reduces the risk of serious head injury by 81 percent, compared with 60 percent reduction for belts alone.

Air bags are designed for front impact accidents, the kind of crashes responsible for more than half of all automobile deaths. Air bags are designed to limit head and chest injuries, but only supplement safety belts, they do not replace them.

Over half of the automobile's in the United States are equipped with at least one a driver's side airbag. According to the Insurance Institute for Highway Safety, over 107 million of the over 207 million cars and light trucks on U.S. roads have driver air bags. More than 81 million of these also have passenger air bags.

By law, beginning with model year 1998, all new passenger cars are required to have driver and passenger air bags and safety belts. Light trucks are subject to the same requirement beginning with the 1999 model year.

While they may appear to be soft pillows of air and powder, air bags actually pack a great deal of power and can injure passengers who sit too close. After all, they come out of the dashboard at up to 200 miles per hour. With that in mind, it's no surprise that air bag manufacturers advise following the safety precautions outlined in automobile manuals. Drivers and passengers who are unrestrained or are wearing only the lap portion of their safety belt can receive serious or even fatal injuries from deploying air bags.

Children ages 12 and under - including those in car seats - should always be properly restrained in a child safety seat or safety belt and ride in the back seat. Even if there isn't a passenger air bag in the motor vehicle, the safest place for infants and children is properly secured and buckled up in the back seat.

Just like a wrecked bumper or any other damaged car part, airbags can be replaced after they have deployed. While safety experts and automobile manufacturers both advise that replacements be made with an airbag designed to be in line with federal safety regulations for the make, model and year of the vehicle, many auto repair shops offer replacement airbags that are not as a way to save money on repair work. Like everything else in life, a decision like this can be penny wise and pound foolish if the airbag fails to deploy because it is an improper fit or model.

Unfortunately, the car or truck owner may not even have the opportunity to make the decision when they are dealing with a small minority of body shops that try to shave money off of their costs by replacing air bags with a dummy bag. Even worse than a dummy bag, unscrupulous mechanics will stuff airbag wells in steering wheels and dashboards with everything from Styrofoam peanuts to empty beer cans.

It's virtually impossible for the average consumer to tell just by looking at a used car if it has phony airbags. Experts recommend doing research, and getting professional advice.

To ensure that does not happen, this year's General Assembly enacted a law - HB 63 - that requires used airbags to be replaced with airbags identical in make, model and year. If someone knowingly breaks this new law, they can be fined up to five thousand dollars or face a county jail sentence of up to twelve months.

Of course, this new law will not effect the honest repair shops or for that matter car owners who choose not to have a deployed airbag replaced. Nothing in the law requires an auto body shop to replace the airbag or prevents them from covering the empty space that once housed the airbag. However, car dealers are required to inform purchasers if an airbag has been deployed or replaced. It is a preventative measure that will ensure safety for safety's sake.

As always, I hope you will write or call about this or any other issue that interests you. I can be reached here anytime, or call the toll-free message line at 1-800-372-7181. Those with hearing impairments may leave messages for me by calling the TTY message Line at 1-800-896-0305.

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Wednesday: $1.99 mini-meal

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Thursday: Any 6" combo meal $3.99 12" $5.99

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Auction & Pretty Baby/Child Contest

Headwaters of the Dix River Festival

Saturday June 7, 2003

2ND ANNUAL AUCTION • SAT., JUNE 7, 2003 • 7 p.m.

Auctioneer: Jerry Ham

Location:

Parking lot next to the Dari Delite on Main St. in Brodhead

All items are being donated by businesses and people from the community. Homemakers and ladies of the community will be donating tasty baked goods!

(all proceeds go to the Headwaters of the Dix River Festival Fund)

PRETTY BABY/PRETTY CHILD CONTEST - JUNE 7, 2003

MAIN STREET, BRODHEAD, KY.

THEME: COMMUNITY PRIDE

AGE REQUIREMENTS:

Six Age Groups, prizes per group as follows:

Newborn - 12 months (boy or girl); 1 - 2 years (boy or girl); 3 - 4 years (boy or girl); 5-7 years (boy and girl); 8-10 years (boy and girl) and 11-13 years (boy and girl). (all ages as of June 7, 2003)

Entry Fees and Registration

Entry fee is $10. All proceeds go to the Headwaters of the Dix River Festival Fund. Registration forms are available at Kerry's Used Clothing, Hwy. 150, Brodhead or Coleen's Hair Salon, Main St., Brodhead. All entries must pre-register at above locations OR may register at Coleen's Hair Salon on June 7, 2003 BEFORE 4 p.m. (NO late entries after 4 p.m. will be accepted)

Additional Information: No formal wear. Dress children in comfortable clothing (t-shirts, shorts, sundresses). There will be six judges this year and judging will be at 5 p.m., June 7, 2003. Children may ride in parade prior to contest but must provide own transportation.

For Additional information, contact Betty Albright at 758-4701 or Coleen Bullock at 758-0155.

How Much Exercise is Best?

Presented by Dr. James Stern

One of the most important persevering and life extending habits is the adoption of a regular, rigorous exercise program into one's lifestyle. It should usually be carried out daily or at least six days a week and, as much as possible, at the same time every day.

The exercise can be in many different forms, but it should result in rapid, deep breathing as high as 40 times per minute and liberal perspiration. It should be between 30 and 60 minutes in length. The practice should be maintained as much as possible throughout one's lifetime. The exercise can be in the form of pumping iron, swimming, bicycling, treadsnilling, jogging, etc. If the exercise consists of pounding the lower extremities, such as with running, jogging, or treadmilling, then one should do 5-10 knee bends every 3-5 minutes. This increases the joint pressure within the joints of the lower extremities and forces the natural lubricants into the cartilage, thereby preventing degenerative arthritis, the most common kind of arthritis.

My advice is influenced a great deal by my personal experience. Twenty-three years ago I suffered a severe heart attack. After recovery I ran three miles every other day. Twenty months later I was in trouble again and I required an angioplasly (dilatation of nearly a clogged coronary artery). After that I ran 2 to 3 miles every day. For the last 21 years, I have not missed any workdays because of my health issues!

Benefits from daily exercise at 5:30 am each day (in my case) is a healthy heart, a daily feeling of exhilaration after exercise is completed (I never feel like doing the run before I do it), great vin and vigor for the day, no depression, and increased strength and work capacity. The benefits are almost unbelievable, unless of course, you do it and know what I am talking about.

One word of caution to one with heart disease, if you do embark on an exercise program, begin slowly and take weeks to get up to full steam and have your doctor's permission from the start. If the people of our community would adopt an exercise program as herein suggested, plus a lifestyle of eliminating tobacco, eating healthy, and adjusting their weight slowly if overweight (losing one pound per week), then Rockcastle County would be a shining example of people with improved health to the whole USA.

Stokes home is stop on Garden Tour

Tickets are now available for the first Annual Garden Tour, sponsored by the RCHS Band, on June 13 and 14 from 4 p.m. until dusk.

A total of ten garden sites, located in and around Mt. Vernon, will be shown on the tour. One ticket includes admission to all gardens, both evenings.

One stop will be the beautiful rock garden at the home of Dianne Stokes in the Maretburg community. If you are looking for a creative way to utilize the abundance of rocks in our area, this is one stop you don't want to miss. Mrs. Stokes began her garden by stacking piles of limestone rocks to form winding walls. The rock walls surround and separate the outcroppings of large stones that serve as natural patios. The large stone terraces take the form of wide steps leading to different levels. Large cedar trees provide natural shade and beauty. Mrs. Stokes has filled her garden with plants started from cuttings and seeds. Enjoy this garden and drink in the view surrounding this hilltop home.

The Garden Show will conclude with refreshments and music at the garden of David and Kathy McCauley, located in Evergreen Estates. Spacious paths and an abundance of plants make this backyard garden perfect for entertaining in any season. Flowers abound and plants adorn every corner of this alluring garden. A rose covered arbor and path direct you along the soft curved mounds of plants and foliage. As you stroll across the bridge leading to the gazebo, be sure to observe the gold fish in the pool below. Whimsical elements located throughout the garden create little surprises that will bring a smile to visitors. Mrs. McCauley's gardening abilities and many hours of hard work are evident. This is a must see!

For information, reserve tickets and transportation reservations, contact Kathy McCauley, 256-9869, Anita Nation, 256-1530 or Kathy Bobo, 256-2934. Tickets are also available at the following locations: A Cut-Above, Cox Hardware, Cox Florist, County Extension Office, Hiatt's, Mt. Vernon Weight Loss Center, Richmond Street Eye Care and Rockcastle County Schools.

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PBK BANK is accepting bids on the following: All items other than skidder can be seen at PBK Bank HWY 150 Office, Stanford, KY.

2000 Pontiac Grand Am
1990 Ford Aero Star
1992 Chevrolet ext. cab Pick-up 4x4
1978 Ford 3000 Tractor
1990 Chevrolet Pick-up
1987 Nissan Pick-up
Timberjack 380 Skidder
(Can be seen @ Wright Implement in Liberty)

Bids will be opened 12:00 PM, June 3, 2003

Any further information can be obtained from Scott Francis @ 606-365-7098 Ext. 3022

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