



By
Ike Adams

As many faithful readers of this column know, in the late 80's my buddy, Ralph King, and I enjoyed a three-year stint as Snow Pea Barons in that we almost certainly produced the largest crop of said delicacy in the state of Kentucky, and to the best of our knowledge, east of the Mississippi River.

Notice that I said we enjoyed being Barons and made no mention of any joy to be found in growing, harvesting and marketing the crop.

During our heyday, oriental restaurants and big grocery stores in the Ohio Valley bought their snow peas from growers mostly located in the cool, damp climates of northern California, Oregon and Washington State and they sold locally, wilted and doused with chemicals to keep them fresh, for \$3.99 a pound.

In those days you could go to a good Chinese carry out and order the "Shrimp and Snow Peas" entrée and they'd fix you up with a quart of wonderfully-seasoned sauce into which they had combined a cup of water chestnuts, some chunks of your favorite choy and other green stuff, 18 to 24 jumbo shrimp and 4 pitiful little snow pea pods all for \$5.50. The same dish, without the snow peas, was \$1.99.

Ralph and I were selling fresh, organically grown, snow peas for \$28.00 a bushel—less than a dollar a pound, and we had the market by the tail. We actually had oriental restaurants calling us and paying whatever we asked without going through all the dickering that you normally have to go through to sell something to a Chinese buyer.

We hired high school kids who wanted to make \$8 bucks an hour and then got to the point that we had enlisted all our friends and family to get them picked— and still half the crop went to waste in the field. Snow peas grow faster than mushrooms when they are really coming on. You can get to the end of a row and the blooms that were just budding out half an hour earlier will have made peas four inches long where you started picking. It is a tremendously aggravating way to harvest a crop.

Anyway, in 1990 Ralph and I decided to go on subabulical from the pea patch and we have not, since then, seen the opportunity to replant and make a profit. Word is out that snow peas will grow in Kentucky and they are being grown by a new generation of farmers who migrated to our state several years ago. I personally admire them and wish them well be-

cause they have more ambition and tenacity than anything we could ever imagine.

Of course the break that Ralph and I took from farming snow peas happened before a single migrant farm worker had set foot in central Kentucky and about the same time that Kentuckians for hire decided that they'd rather starve than do any work harder than riding a lawn mower and they preferred one with an air conditioned cab at that.

Without migrant workers, the tobacco industry in Kentucky would have died 12 years ago. The horse industry would be under similar straits. "Agrarian" is no longer an adjective you can use to describe a significant workforce indigenous to Kentucky. But that does not mean that we can't provide some of the richest soil in the nation to produce gourmet quality crops, help to feed a rising demand for quality produce, and embrace the folks who love to help grow and harvest it in the process. We simply have to rearrange and get comfortable with a new farm economy and learn to love and take care of our Latino brethren.

In the meantime, I have harvested two or three gallons of, five-inch snow peas off the vines in my little garden and they are oh-so fine when tossed about in the wok over high heat by the hands full with a bit of soy sauce, a hand-full each of cress and choy, some kohlrabi substituted for water chestnuts, half a cup of chicken stock and four or five big shrimp for flavoring. They are even good raw, right off the vine, and sweet as sugar.

On the other hand, I've had no desire for strawberries even though they have held at the best prices in years because it has been too wet to pick them. I picked enough when I was in grade and high school to do me the rest of my life.

In the meantime, Ralph and I are looking hard at growing brown rice in Kentucky and literally mourning over the fact that we didn't put out a crop this year. We are also looking into growing those four-legged catfish, (native to Florida and really popular with Japanese gourmets types), that can crawl across dry land from one field to another so they can fertilize the rice fields here in the Madison County bottom-lands. People laughed (ha ha ha) before we became Snow Pea Barons. Just wait until you see what happens when we capture the central Kentucky sushi market.

Does Poison Ivy spread?

Presented By: Dr. Tony Arvin

Poison ivy causes a rash with blisters that sometimes just seem to keep increasing. Because of this, many people believe that poison ivy spreads and that the fluid from the blisters contains a poison.

There are a couple reasons why the rash of poison ivy spreads, but the fluid from the blisters is not one of them. This fluid is just serum from the body, the same as any other "water blister".

The damage from poison ivy occurs almost immediately after contact with the plant. The allergic reaction occurs when the resin in the sap binds with proteins of the skin. Only by washing the area within minutes of exposure can some of the reaction be averted. After the resin has become bound to the skin it is only a matter of time—usually 2-3 days—before a person breaks out with the typical red, itchy skin and blisters of poison ivy.

Folien and dust allergies occur immediately because the reaction is caused by a pre-formed antibody. With poison ivy, the poison binds with the skin immediately, but the rash is delayed because the reaction is caused by allergic cells which take time to multiply.

One of the reasons that the reactions appear to spread is because thinner skin may break out quicker than areas of thicker skin. The more sensitive skin will show the reaction first, but the other areas will follow. Also, areas with greater exposure to the poison will break out sooner. Finally, repeated exposures to poison ivy or even indirectly from animals, tools, clothes or other objects will cause more blisters to break out.

Prevention is the key, of course, but medicines can help slow the reaction and decrease the symptoms.



Folding the Flag

Flag Day is June 14th

I had no idea about this. According to military tradition, once a US Flag is lifted from the casket, it is then tilted down in front of the casket to block everyone's view. The flag is then held up for everyone to see and tears are then played softly in the distance. This is referred to as, "Presenting The Colors".

Tradition holds that, at this time, the fighting spirit of the veteran then enters the Flag to find rest in God's eternal grace. Once the Flag has been folded, both the Flag and the veteran are formally "Retired" forever. From that point on, no one but God Himself is allowed to unfold, or "Recall" the Flag until Christ returns. Now you know why vets always salute folded US Flags. Don't be surprised if you cry a little the next time you see Old Glory waving in the breeze.

"Why the American Flag is folded 13 times."

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in eternal life in Jesus Christ.

The third fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as at time of war for the divine guidance.

The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, is dealing with other countries, may she always be right, but it is still our country."

right or wrong."

The sixth fold is the where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice, for all.

The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country, our flag signifies all her enemies, whether they be found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood, for it has been through their faith in God, their love, loyalty, and devotion that the character of the men and women who have made this country great has been molded.

The tenth fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.

The eleventh fold, in the eyes of a Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac and Jacob.

The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son and Holy Spirit.

After the thirteenth fold, when the flag is completely folded, the stars are upmost, reminding us of our nation's motto, "In God We Trust." After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges and freedoms we enjoy today. There are some traditions and ways of doing things which have deep meaning.

You may see many flags folded in the future, and now you will know why.

Submitted by Ruth Russell

Our Readers Write

Dear Editor,

On behalf of the graduating class of 2003, I would like to thank the parents, family members, school staff and community members who worked so hard to make Project Graduation a huge success.

I know that weekly meetings, fundraisers and other preparations required much of our parents' time, but please know that we, your chil-

dren, truly appreciate what you did. I would also like to thank all the many businesses that contributed to this worthwhile event. It is because of your continued generosity that seniors of Rockcastle County have this wonderful opportunity to spend graduation night together!

Sincerely,
Travis T. Burton
2003 Senior Class President

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e-mail address - mvsignal@sun-spot.com

Words of Hope

Can you remember a time when someone's act of kindness especially touched your heart? I remember a time when I blew out a tire on my car and a stranger stopped to change it for me. It was a small thing, really, but the act made a big difference at the time. Jesus tells us in Matthew 25:40 that "whatever you did for the least of these brothers (or sisters) of mine, you did for me." Remember today that Jesus wants us to not only love Him, but also to love and encourage our fellow people!

—A message of hope from your friends at
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