



**Points
End
By
Nancy Adams**

Just rolled back into Paint Lick after two full days in Letcher County covering with family and old friends. I headed for the hills on Saturday after getting rare reviews on the fishing conditions from Brother Keeter who swore that the river hadn't looked better in 18 months and that he'd have been caught by the time I got there. He threw in a couple of tales that involved big catfish, one of which weighed over 20 pounds caught within a hundred yards of his house.

I re-spooled two reels with 20 pound test line (upgraded from 10 pounds) but I left home with four fishing poles and two extra spools of line in case I got hold of old Dolly and he stripped this gear in a reel or broke a rod.

Just before leaving home I called back and Keeter's wife, Nancy answered the phone.

"How much cooking oil do you have on hand," I wanted to know? "Why on earth do you want to know that," she asked?

"Cause I'm going to be driving 20 miles to a grocery store on Sunday when we start frying fish on Sunday," I told her. And while I've got you on the phone, how many cast iron

skillets do you have cause I can bring three or four myself?"

Nancy assured me that she had cookings of cooking oil, enough skillets to cook for an army, all the meal we'd need to roll the fillets in and make mush-puppies, plenty onions and a fifty-pound sack of salt.

I stepped at the end of the Daniel Boone Parkway in London, pulled off the side of the road and knelt in front of the last big sign that has old Dan's name on it and it's even defaced with a smaller sign that the Liv. Guy has glued down in the lower left-hand corner identifying the road as Hal Rogers Parkway.

I don't have anything against Hal Rogers. Let me put it a different way, I didn't have any Hal until he went along with letting the road get renamed. My personal opinion is that the state should have passed a law requiring every hog farmer in the 5th district to name their first born male pig in every litter, "Hal" and that would have been honor, enough and appropriate, too. God knows that it's almost impossible to say "pork" without thinking about Hal.

I honestly thought that Hal Rogers

(Cont. to A6)

ramblings....

by perlina m. anderson

I attended my first Livingston Homecoming event this week end. Rick conveniently forgot the date and scheduled a golf tourney for the week end -- and I was impressed.

The first thing I noted was the citizen participation and, the second coming after a very short time, was the level of effort put forth by the homecoming committee.

The week end is well-organized and there are events going on all the time so there is rarely a dull moment. It's a three-day event, which is kicked off by a gospel singing on Friday night and Saturday is packed with the parade, beauty contest, pretty baby contests and basketball games. Sunday is for honoring citizens, an auction, more singing and fireworks.

Rain tried to dampen events during the week end but the committee carried on -- moving indoors and never missing a beat.

The citizens' pride in their community was obvious and what was also obvious is that Livingston will not be far as long as it is chock full of these public-spirited citizens.

On another, totally unrelated subject, we have a lab -- a black lab, four months old, who is in serious need of mental health counseling. Part of her (Annie's) problem may be that we also have a miniature Jack Russell (the Pup).

The Pup is very agile and understands that it is alright if she jumps in your lap and snuggles down.

Therein lies a lot of Annie's problems. She, who is not so "miniature" and agile, thinks she can also jump in your lap and "snuggle" down. Of course, the problem with that is if the jump doesn't wipe out the chair's occupant, the "snuggle" certainly will.

She's not a barker, think goodness, except when the Pup is holding my ear over the food bowl until she has had her fill. Jack Russell's are known for their feistiness and believe it or not, the 13 lb. Pup still has the bluff on the over 40 lb. Annie. But, it is hilarious to watch this awkward, ungainly huge dog, that is still a pup, try to intimidate the Pup. If isn't so hilarious however when Annie doesn't realize that she isn't supposed to put her front paws on the table to see what's left on the dinner plates and proceed to paw them off the table, breaking them in the process. It is also not hilarious to realize that we are going to have to replace two storm doors that she has destroyed trying to find a way into the house to "snuggle" and to see what's for dinner.

She is talented though. If you do not get the storm door completely closed, Annie comes in on her own. If you go outside for anything, she's wise enough to beat you back in the house and she knows the pool is great on hot days.

I see obedience school in her future or else the loss of her happy home.

Our Readers Write

Dear Editor:

The Rockcastle County Middle School Y-Club has begun their annual membership drive for the 2003-04 school year. The Y-Club is a very beneficial club that does various things to help our community and our school. The Y-Club is looking for students at RCMS who would be interested in serving others. Our membership drive began on September 2nd and will end on Friday, September 12th. All students have been given an application but additional applications are available in the office. Applications and dues can be turned

in each morning before the 8:10 bell in the cafeteria to an advisor or Y-Club officer.

Our advisors are Mrs. Nancy Hale, Mr. Tracy Gabbard, and Mrs. Kathy Bobo. Our officers for this year are: Brian Mize, President; Matthew Miller, Vice-President; Christy Napier, Secretary; Brooke Kirby, Treasurer; Jessica Cummins, Chaplain; Rebekah Gevedon, Publicity/Historian; Rachel Woodall, John Lambert, Logan Kinzer, and Meghan Nation, Leadership Team members.

Our first Y-Club meeting for all members will be Monday, September 15th, after school until 4:00 p.m. On September 29th, Mrs. Heather Luedtke, the Kentucky YMCA Regional Director, and Mrs. Hale, our advisor, will be meeting with all parents and students who are interested in attending the Kentucky Youth Assembly. That meeting will also be after school until 4:00 p.m. This is an extremely important meeting for KYA.

Remember, the Y-Club is a wonderful club and will help the students at RCMS learn how to better their

(Cont. to A6)



**T.J.'s Journal
by: Tonya J. Cook**

From time to time in our lives, certain things come along to remind us of just how old we really are. I, as many others with a few miles on our odometers, in our own minds haven't realized that we are getting older. We just can't get out and go and do all of the things we once did, and as we age even far beyond my years, it becomes more evident. It's like having a twenty-five year old mind trapped in a forty, fifty, sixty, or more-year-old body. Isn't it funny how we can remember events in our life, or historical events that occurred twenty or thirty or more years ago like something that happened last week?

Often when I'm out driving, I listen to my car's radio. I usually turn the knob until I find what is now known as a "Golden Oldies" station. It's what I listened to when I was growing up, and my taste hasn't changed much. I even like the Big Band era music and the era before that. My husband and I like to go to old car shows, and admire all the classics, the street rods, and the muscle cars. Ironically, we have ridden in most of the cars like those at the car shows, or at least knew someone who owned one like those from years ago. I guess that makes us classic, too.

The event that really made me realize my age recently was my twenty-fifth high school reunion. Something like that will make you wake up and smell the coffee every time.

Do you remember back in high school at the graduation when you are really sad and start thinking about how much you'll miss everybody, and start bawling everybody, and promise faithfully that you'll keep in touch?

You don't. In a few years, most of these names and faces fade, although in my case, we got together every five years. We had a huge class of almost four hundred scholars, and it was hard to remember everybody. Even at graduation, there were kids coming through the graduation line I didn't remember ever seeing.

I especially enjoyed this year's reunion. It was the first year that Stanley went with me. It was held Friday and Saturday nights. We had a good turn out of classmates for the reunion, and some had traveled long distances. Some hadn't attended a reunion since graduation. The reunion was held at the London Country Club, and they served a very delicious buffet. After dinner, on Saturday night, we had a disco era dance, complete with all the lights and music just like a classic disco. All we needed was John Travolta like in Saturday Night Fever. The Friday night festivities consisted of a pool party, hors d'oeuvres, drinks, and socializing.

We had some guests of honor. Some of the teachers we had in high school were in attendance, and were

(Cont. to A6)

A Warning Stroke

Presented by: Dr. Karen Saylor

Before a person has a stroke, he frequently has some warning signs. If these signs and symptoms are heeded, a stroke can be averted and years of good health added to a person's life.

With a warning (or transient) stroke, the circulation to an area of the brain is temporarily decreased or obstructed. This results in weakness, numbness, and difficulty with speech. These transient strokes completely resolve within 24 hours and a person feels fine again. If a person takes preventative measures at this time, he is likely to prevent a much more serious stroke.

Common causes of transient strokes are small clots that travel from the arteries of the neck to plug the arteries of the brain, a drop in blood pressure from dehydration or shock, and temporary clotting off of a small artery in the brain.

If a person has a transient stroke, the cause should be looked for by exam, lab tests, Doppler studies of the arteries of the neck, a CT scan, and even evaluation of the heart to make sure small clots are not caused by an irregular heartbeat. Stroke-like symptoms can also be caused by tumors, migraines, seizures, hypoglycemia or aneurysms, all of which deserve attention.

Treatment is fairly effective and may be as simple as taking one aspirin a day. This cuts the chances of stroke by up to 50%. If the aspirin alone is ineffective, stronger blood thinners can be used, but they also increase the chance of more severe bleeding problems. Surgery on obstructed arteries in the neck and treatment of medical problems such as an irregular heartbeat may also be necessary.



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