



By:
Ike Adams

A couple of weeks ago we talked about the sport and oftentimes necessary practice of hunting small game—squirrels, rabbits, grouse, quail etc.—if you grew up in the mountains of eastern Kentucky. Groundhog, possum and coon were also considered fine table fare though I must admit that I never learned to enjoy possum. Acorns tasted better than meat as all but it was stringy and tough and coons were so scarce that eating one was more of a novelty than anything else.

By the sixties coon-hunting was a dog sport wherein you turned a bunch of Walker, Redbone, Plot or cross-bred hounds loose, chased them through the woods and bet on which one would tree a coon first. Once the coon was treed, and the argument about which dog barked first and which one actually treed the coon was settled, you left the ring-all alone and headed for another holler to start all over again. If you had a gun at all on such "hunting" trips, you used it to kill copperheads.

But a lean groundhog, taken early in spring before it started fattening up on weeds and tasting like whatever it was eating, could weigh up to 20 to 25 pounds and cooked up sweet and tender. Not only that, but you could sell the hide, if you scrawped and tanned it properly, to music instru-

ment makers to be used as a resonator head for a 5-string banjo because it would stretch tighter than anything made of synthetic material. Uncle Steve Craft called groundhogs, whistle pigs, because of their tendency to sit up on their hind legs like a prairie dog and whistle if danger was approaching and it was difficult to get within a hundred yards of one. Which didn't much bother Uncle Steve because he always had a good single shot .22 rifle and, as he used to say, "Why spend good money on a fast loader (pump, bolt from magazine, automatic, lever action, etc.) cause one shot is all you're gonna get anyway?"

Uncle Steve could get downwind of a whistle pig when he found its hole, set up a Prince Albert tobacco can beside the ground hog hole and within three shots have his gun sighted in so that he could hit the prince in the head (smaller than a dime)—with iron sights at 100 yards. Which meant he could hit a whistle pig between the eyes and I've been right beside him on dozens of occasions when he did just that. It takes a fine gun to be that reliable.

Uncle Steve Craft, Uncle Willie Adams, Uncle Albert, Uncle Jim, Uncle Raymond, Uncle Dell, and a host of my older cousins had to

(Cont. to A8)

Welcome Back Home

The Mt. Vernon MainStreet Renaissance Board welcomes you back to the town where you grew up. A town and a county which more than likely, provided you many fond childhood memories.

As the years have passed, and as you have made many trips back to this small town, you have probably noticed that more and more of the things you remember have disappeared.

Places we took for granted, such as the movie house, or the little diners where we went to hang out after a game, or the bustling downtown on a Saturday, have vanished. The little town we grew up in has just about disappeared itself.

As we travel across the state and nation, we find many towns like Mt. Vernon. Small rural towns whose streets and buildings are crying out for much needed attention. Small towns which are desperately seeking new life. Small towns which are now looking to us, the people for whom they provided so many childhood memories, to save them. Small towns in need of volunteers and non-profit organizations for our MainStreet Renaissance Program.

MainStreet Renaissance is a program which was started a couple of years ago by the Patton administration. Mt. Vernon got involved in the program and reached the Silver Level status before the program fell by the wayside due to budget issues. Recently, a group of concerned citizens and businesses recognized the benefits such a program could bring to downtown and revived the program. Regardless of city, county or state support, the group agreed to find and create ways and means for their own to preserve our old streets and old buildings, and to once again add life back into downtown Mt. Vernon.

As we search for ways and ideas, we ask for your input. There are probably a number of you who have witnessed communities outside of this county and seen things they have tried which worked and which did not work. We need this broad knowledge base to help us in our mission.

Please respond with your thoughts and ideas to:

Mt. Vernon
MainStreet Renaissance Board
P.O. Box 592
Mt. Vernon, Ky. 40456
Have a Safe Trip Home!

Our Readers Write

Dear Editor,
In spite of the rain, we had a good time at this year's Livingston Homecoming.

The only problem we had was some folks had trouble finding a place to park.

It is impossible to list everybody's name that helped us. I just want to mention a few — The Mt. Vernon Signal, WKVK, The Country Music Hall of Fame and all our good friends at the courthouse.

To everyone who made donations and gave items for the auction and the people who bought all the things we auctioned off, we just want to say thank you so much. If not for all of your help, we could not have a Livingston Homecoming.

We look forward to next year and hope to see you all then. May God bless you and again, Thank You.

Respectfully yours,
Livingston Homecoming Committee
L.V.F.D.
Mayor J.C. Griffin
Livingston City Council

Dear Editor,
Before Kentucky voters realize it, November will be requiring us, as responsible citizens, to do our duty at the polls and elect a new state Governor. Being that this critical moment in Kentucky history is fast approaching, as a young voter I write in support of Ernie Fletcher for Governor. After all that has happened in Frankfort, we need someone who is not part of the same old group of people who, in the past, have run our state government into the ground.

The only way to change the declining standards in Frankfort is to get some new names and new faces in the Capitol who are without the negative baggage and scandal of the past.

We need an honest leader, someone who can restore honor and dignity to the Office of Governor, and someone who can restore our faith that state government is there to work for the people.

I encourage everyone to please think of what is best for our Commonwealth as a whole. So on Election Day, let's end the controversy in Frankfort that has proven devastating to our state. Let's have the polls and elect Ernie Fletcher as our next Kentucky Governor, for the good of our future.

Sincerely,
Maggie Phillips

County Homemakers Annual Meeting

The Rockcastle County Annual Homemaker Meeting will be held Sept. 22 at 6:30 p.m. All county homemakers are encouraged to attend.

Call the Extension Office at 256-2403 for more information.

Blanket/Quilt Work Day

A blanket/quilt work day will be held Sept. 29, 9 a.m. to 2 p.m. at the Extension Office.

Completed blankets and quilts will be donated to Lane Deer Indian Reservation in Montana.

Come take part in this worthwhile project.

Call 256-2403 for more information.



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

Ahhh! Isn't the first taste of fall just wonderful? The past few days have been some of the best since last spring temperature-wise. I hate hot and humid weather probably more, and more each steamy summer. I love being able to go outside and not be overcome by humidity, to drive with the car windows open without running the air conditioner, and not having to fight the insects of summer. I don't even want to talk about the snakes.

Along with the cooler weather come the other assets of fall. I love the beautiful fall foliage, the small town festivals, and harvest time. I usually try to get away a day or so just to enjoy nature's beauty at this time of year. Gatlinburg is great, but usually very crowded.

I remember when I lived in New England during the fall. Nature really put on a spectacle of vibrant color, and the small, colonial towns seemed even more quaint. It was a wonderful time to visit places like Salem, Massachusetts, Shubert Village (similar to Shakerstown), and other points of interest.

I love the fall festivals, too. They usually produce an abundance of crafts and delicious food. The aroma of the food just draws you in and you try to sample everything. They also provide a chance to socialize with your friends and neighbors, as well.

The fall harvest produces some very delicious items, such as apples and pumpkins. This year, I hope to try some apples for apple cakes and fried apple pies. I plan to freeze some apples and make some apple butter, too.

It isn't too long until pumpkin time. I hope to can some pumpkins for pies, and this year, I'm going to try to make some pumpkin butter. Then there's always homemade pumpkin cake with cream cheese icing. It doesn't sound like Stanley and I will be losing any weight this year. I'll probably feed us to death.

Along with the fall comes a fall classic: football. Prior to having lived here, I didn't know this was a "football town". Stanley and I attended a game or two last season. This county has quite an impressive team, and quite an impressive bunch of fans. Mary Reagan was one of the best

young athletes that I'd ever seen. I hope he got a scholarship somewhere. The coach, Tom Lackey, is impressive, too. It's too bad Laurel County let him get away. When I knew him, he was teaching junior high history and Social Studies to a Tonya Oxendine. (If you're reading this, Mr. Lackey, I don't want to make you sound old. It's just that I was very young in junior high.)

I hope to attend a few games this year, if I can hide from the coach.

I love football. They only thing to overshadow it is the NBA, and the Wildcats. I'll not talk about Wildcat football. I've heard that if you don't expect much, you'll not be disappointed.

I remember going to my first pro football game. I was talked into going, and signed a list to ride a chartered tour bus to the game from Rhode Island Junior College. It was about fifty miles to Foxborough, Massachusetts, home of the New England Patriots. The students got a group discount. We had about four, or five buses to attend.

We went to see the Patriots play the San Diego Chargers. It was mid-December. The game was outside. What a deadly combination! This is why I had to be talked into going. People from down South know better than to sit outside in mid-December. As fate would have it, it began to snow in flurries as we loaded onto the bus.

This was my first winter in New England. We "down here in the south" don't understand the true definition of a blizzard until you have experienced one in, Foxborough, Massachusetts. By the time the first quarter ended, you could't see the field, or more that ten or twelve rows in front of you, for that matter. I just covered my head with a quilt that I brought from home and prayed for the fourth quarter to end.

The snow coming down felt worse. The wind chill factor must have been about twenty degrees. My favorite part of the blizzard was those fifteen mile per hour wind gusts coming in from the North Atlantic. By the end of the third quarter, there were at least eight inches of snow, and I'll remember that.

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What causes Urinary Tract Infections?

Presented by Dr. George W. Griffith

Bladder infections are one of the most common infections, especially in women. There is a constant battle between the body's defenses and the bacteria's tendency to spread to new areas. And the bacteria often win the battle.



Women have many more infections than men do because of the short distance from the outside of the body where the bacteria normally live, to the inside of the bladder.

The lining of the urethra and bladder protect against infections by producing antibodies which kill or inhibit bacteria. Women who lack this protection will get infections much more easily. This antibody protection is determined by genetics. A woman's immunity may also be suppressed by diabetes or other chronic illnesses.

Use of bubble baths is another factor which may contribute to infections. Once the bacteria get into the bladder, the body still has mechanisms to resist the infection. The body secretes white cells to fight the bacteria, and the bladder empties frequently, which limits the number of bacteria present.

However, these mechanisms do not work well if there are bladder abnormalities such as a diverticulum or reflux of urine back up to the kidneys. If there is a catheter or bladder stone present, infections can not be totally cured.

One of the main factors causing infections is intercourse. Bacteria can be forced up the urethra and start an infection. It is always wise to empty the bladder after intercourse, and a woman who gets recurrent infections can see her doctor about taking a prophylactic antibiotic after intercourse.

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