



T.J.'s Journal

by: Tanya J. Cook

For the past few months that I've been living in Mt. Vernon, I would drive through the streets and think to myself, this town really has great potential. Then, a few days ago, I read in the Signal that there is a Main Street Renaissance Board. I was so thrilled to learn that there are citizens who are concerned with the future of Mt. Vernon and Rockcastle County.

I also read that the movie theater was gone, the little diners and the bustling downtown on Saturdays. True, all of these things are gone, but nobody bothered to replace them with anything else. We can have all of these things again.

Why can't there be another movie theater, or do we just like to drive twenty miles or more to see a movie? There is already one excellent cafe on Main Street. Why not refurbish it and add another cafe or two. We might like a meal before or after the movie. In the future, there could be enough business to support several restaurants along Main Street and other places in Mt. Vernon.

We might want to think about a skating rink and bowling alley, too. In the future, even a mall in the area. The whole Main Street area needs a face lift and there must be some government funding to support it, with little if any out-of-pocket money. If not, there are many, many other means of raising funding on a large scale to support a refurbishing of the area. How do you think other areas, such as London, got to be where they are?

What is this personal state in all of this? This is my grandparents' home town for at least two generations. It is where my grandfather grew up and his family spent many happy years. Some of the stores where they shopped are still standing. I'm sure my grandfather, his dad, and all of the menfolk in the family shopped at Cox Hardware. The first time I visited Cox Hardware, I thought about walking on the same floor they must have walked on and I was seeing some of the same fixtures they must have seen. Things

like that are a piece of the roots of Rockcastle history and must be preserved.

Folks, we're sitting on a 'gold mine'! The Main Street area at Disney World is scarcely any 'larger' than downtown Mt. Vernon. Disney had to reconstruct a town that was built around the turn of the century, about 1900. We already have such a place, an original. It just needs to be restored. Gatlinsburg is about the size of Mt. Vernon. Look at all of the trade and tourism they get. Each shop makes hundreds of dollars a day. The downtown merchants, as well as the county, stand to make a little fortune in five to ten years if dollars, drive and determine if they are in the right direction.

The downtown shops could have the atmosphere of fine boutiques, gift shops or emporiums. Of course, there will still be room for the necessary places of business in town such as the courthouse, legal offices and medical facilities. It's just that their surroundings will be enhanced.

Personally, I have a lot of vision for the whole area. There is a wonderful resource there, the people. There's a nice line to the whole country. I know they want to better themselves and have a town to really be proud of and something to pass on to future generations better than what they had. I hope that all people with such vision will band together to make it happen. We'll use Petula Clark's "Downtown" as a battle cry.

I would like to see a little hotel and breakfast in the huge, white building in the heart of Mt. Vernon. It looks like it was originally a hotel or boarding house. I would like to call it the Copper Kettle Inn. Late at night, I could see a shining beacon in the heart of Mt. Vernon. It served New England-style food and was very quaint. The Inn could be just as nice and feature southern favorites.

Across the street is a lovely little city park, complete with a gazebo. It also could use some beautification. It could be a great place for open air concerts in the park. Just add a brand and a few singers. We could

have a patriotic musical event on the Fourth of July there. We could block off the streets and bring lawn chairs for the presentation.

Of course, there should be a building to house the wares of the area crafts people. Let's show off our woodworking, quilting, canning, soap making, etc. Samples of these products could always be sold, too. Let's not forget the area's musicians who not only make some of their instruments but can play them and sing as well. Utilize Kenton Valley and don't forget Lake Linville.

This is a beautiful area, year round. I think a horse stable, complete with trails would be nice. Maybe a lodge could be built.

The fall would really be a great time to capitalize on the splendor of the fall foliage in the area. Why not have an October-Fest or enhance the River Street Festival with some carnival rides and entertainment like the Gidens Festival at London? I hear, they clear over a \$100,000 a day. That kind of money could go a long way here in Mt. Vernon.

We need some meeting rooms for parties and gatherings such as conventions. We need to advertise this area to attract more meetings or conventions of large businesses. Some of them might be impressed and stay in the area. We need meeting areas for local job also.

Maybe, one day soon, we will have a downtown that we can really admit with all of its beautification, trade and tourism. Maybe one day, Mt. Vernon will be a hub of industry with thriving industrial parks.

Maybe one day, there will be a mall and chain stores and be enough funds to support a downtown trade, as well as a mall trade. Maybe one day, this could be the destination of hundreds of tourists. I like Martin Luther King Jr. I have a dream.

All of this progress will only serve to help us now and for generations to come. Our children and grandchildren won't have to leave the county to find work. We won't have to drive miles just to go shopping, to eat or have entertainment. I hope everyone will work to preserve the roots of Rockcastle and let those roots grow into a town and county all of Kentucky can look for a shining beacon of an example of a small town who has the best of both worlds - an industrialized city with small town appeal.

"Hope to see you in the 'gold mine'."



Points East

By: Ike Adams

Over the last two weeks here on Lowell Branch, we have been basically living on cornbread, cucumbers, peppers, corn and beans. Let's not forget the area's musicians who not only make some of their instruments but can play them and sing as well. Utilize Kenton Valley and don't forget Lake Linville.

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I say "we", but that is not entirely true. Other members of my family have found it necessary to try an egg and mix up a bowl of dried cereal with milk and bananas for breakfast. And God only knows what they have for lunch. I only know for sure, that unlike yours truly, they do not rush for the supermarket "collection" with lunch in mind the way that I do every morning just after I have

devoured a still-ringing, mated and a couple ears of Bodacious corn, picked right at dusk the night before, for breakfast. And they certainly do not rush for the left-over half beans from the previous supper.

I love green fall beans-when they first come out of the kettle, especially if they have been seasoned with a piece of well-cured, dried-out, properly-aged, fat-back pork. But the culinary delight begins when they have been warmed over about three times and the water in which they were cooked turns into soup gruel-into which you can dip a chunk of cornbread, let it soak a bit, and then chomp down and savor the tastes at our mountain forefathers cherished at

supper time. Longtime readers of the column know that my elder cousin's (Vada Craft) husband, Bufford Caudill, is responsible for me having and keeping true the seed of these wonderful little beans. Bufford's soul and spirit is wherever good, kind, wonderful, non-judgmental people when they pass this life on earth and a lot of people still grow little white fall beans without naming them for him. But in my mind and my own experience, he kept the soul alive and I will thank him for as long as I live. Certainly the variety I grow, named for Bufford, is remarkably different than most I've seen in the mountains and it may only be that I work hard to keep them from getting cross pollinated with other varieties.

Bufford was an Old Regular Baptist Man of God. More than a preacher who felt called to sermonize, he was a "location" presented in his life, he loved people wherever he went. During the latter 12 or so years of his life he was a clerk at the Western Auto Store in Whitesburg, Kentucky and folks from out in the county would go to the store just because they wanted to trade with Bufford. He had previously been a skilled butcher and folks on Blair Branch often sought him in to help with hog killing this time of year.

But I remember him best as a gardener and an adopted uncle here for sure. He never owned a mule or draft animal that I can recall so when I was a teenager, he always hired me to plow, harrow and lay-off his garden with old Dock, the horse who taught me how to plow. After the initial soil cultivation, Bufford would turn a quarter acre garden into a well-planned parade of vegetables and he did it all with love and a garden hoe.

Vada had all the cabbage she could turn into kraut, all the corn, beans and tomatoes she could possibly can and all the pepper and stuff for mixed pickles and relish that you could possibly imagine. Bushes of potatoes and onions to store. Turnips and mustard greens year round. Pumpkins and custards ready just after the first frost. And not a weed in the garden from early spring until the first frost. And somewhere during the middle of the growing season, when all the other beans were dead, time to plant a long row or two of fall beans and trellis them up so that they grew tall and plentiful and true to the seed for harvest in late September.

And that's what we've been eating, those old beans of Bufford's, here on Lowell Branch for the last several days. Those wonderful Bufford Caudill Fall Beans that make us think of Sweet Home, Leitch County and all that as long as it will eat three meals a day as long as it lives.

Thank you Bufford, wherever you are, because your spirit is so alive and with beside me when I go to the garden, and the beans you gave me many years ago, did well in the garden again this year the way they always do. Thank you for bringing me home without having to set a foot outside Garrard County.

(Cont. to A5)

Our Readers Write

Dear Editor,

[We thank the following businesses and people for their participation and/or donation to Ashlee's House Church Softball Tournament held September 13th at Roundstone Elementary School ball field.

McDonald's, Rockcastle Co. Schools, Dyehouse Properties, Community Trust Bank, Citizens Bank, Cox Hardware, S&T Hardware, Roundstone Elementary School, Brindle Ridge Fire Dept., Carter's Market, Food World, Save A Lot, Mt. Vernon Weight Loss Center, Joseph B. Clontz, Clontz & Cox Law Office, Dr. John Parsons, Town & Country (Mayon Mink), David's Tire Center, D&S Computers, Brock's Studio, Town & Country Auto Sales, King Bottling, Mt. Vernon Signal, Jerry Carter, Auction House, Richard and Tammy Barnes (SPC Medical),

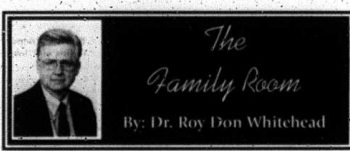
Movie Warehouse.

Lumber King, Bishop's Tire Center, Pizza Hut, Goodfear's Pizza, Dr. Saylor, Peg's Food Mart, The Banner, JGA, Wendy's, Burr Hill Gas, Junior and Jan Owens.

A very special thanks to Chris Kirby and Nathan Carter, along with Minnie Kirby, Dana Reynolds, Billy Phillips, Keith and Betty Russell, Donna, Kirby and Jasmine Mink, Jim Kirby, Shane Kirby, Katie Cowan, Joseph Cowan, Katie Cowan, Jody Phillips, Jeff Linville, Phillip Phillips, Eugene Evans, Calvin Creech and all other volunteers and teams that made the tournament a success.

Betty Russell, County Coordinator, Daniel Boone Development Council, Inc. and Ashlee's House

(Cont. to A5)



The Family Room

By: Dr. Roy Don Whitehead

When Do You Rest?

When do you rest? It used to be that one day of the week was reserved for rest. The Sabbath was set aside as a time for no work. The only reason for working was if your "ox was in the ditch," meaning that you had an emergency.

Families stopped their work in the fields for the Sabbath. They attended church in the morning, ate a large lunch (cooked by Mom who had to work on the Sabbath anyway) and rested during the afternoon. They might visit friends and family. The Sabbath provided a break from their regular routine of hard work. Even Mom had a break because the family probably ate leftovers Sunday evening.

Some religious groups, Orthodox Jews for example, were very strict about what could and could not be done on the Sabbath. Cooking was not allowed, and Mom could rest, too.

Contrast that with the current situation. You or your spouse may be required to work on the Sabbath. Retail, food service and health care are only a few of the occupations that require work on the traditional day of rest. On the Sabbath you may attend worship, then eat out (served by people who are working), then do some shopping (more people at work) and go home and watch the evening news (broadcast by people who are working). The old "blue laws" that controlled what could be done on the day of rest have pretty much vanished.

Did you know that Americans are working more hours per week now than twenty years ago? What happened to all that extra time you were supposed to have because of the new "labor-saving devices"? Instead of more leisure time, you are required to work more hours. If you are self-employed and (theoretically) set your own hours, you are one of those most likely to be working more hours now than in 1980.

Other countries have more liberal vacation policies than the United States. France and Germany both require workers to take four to six weeks off per year. How many jobs

do you know of in Kentucky that "require" six weeks vacation?

Even if you have accumulated the vacation time, you may be reluctant to take it. The boss may say,

(Cont. to A5)

Prostate Cancer is common

Presented by: Dr. Michael Hamilton

Cancer of the prostate is one of the most common cancers—one in eleven men will eventually develop it.

Its incidence increases with age and it is more common in men of Northern European descent and African Americans. It is also more common in men who have diets high in fat.

Prostate cancer causes few symptoms and when it does, they are similar to the symptoms of other prostate disease. There may be difficulty starting or stopping a stream of urine, frequency of urination (especially during the night), bloody urine, pain with voiding and pain in the back or thighs.

These symptoms are the same as those caused by benign conditions of the prostate. The best way to find the cancer early is to see your doctor annually for an exam. Of course, a man should see his doctor sooner if there is any change in urination or other symptoms.

Every man over 40 should have a rectal exam when he has his annual physical.

When a lump is felt in the prostate, a biopsy should be done to determine if the lump contains cancer cells. If so, further studies may need to be done to determine the extent of the cancer. One test your doctor may order is an ultrasound of the prostate. A blood test, called the PSA, is also available and is gaining popularity in evaluating the prostate.

If the cancer is in an early stage, surgery and radiation will cure it in many cases. At other times hormone therapy is used. The outlook is generally quite good, especially when the cancer is found early with routine exams; deaths from prostate cancer are declining.



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