

It's apple picking time in old Ken-ky and there's not a better thing to see the palate grown on and within Commonwealth-than a ripe apple ked straight off the tree this time

picked straight off the tree mis time of year.

The orchards are few and far between but, as I mentioned in a recent column, all you really need is one good tree useful as the one nestled in the corner between daughter Carol's driveway and the areast that fronts her house in Stanford, Kr. 1 has borned for the standard of the contract of the contract of the contract of the contract and apple-butter over the last few weeks and left some folks muttering that they'd haves liked more than they got even though I would not, person-aith have given more than a dollar aith have given more than a dollar aith have given more than a dollar they are the contract th

to the unexcessed received with the dealers and the dealers it upon anyself to name the fruit, "Carol Lee's Little Striped Sourpuss", and I intend to have it garthed for propagation because if igare the women bereabouts when the area of the contraint over it know more than me the properties of the contraint of

confidant and buddy, Diana Hays,

of fried apple pies and, maybe some self-seasoned apple butter.

And then Diana emailed me and asid we needed to resort to plan B. Her uncle's tree had been uprototed by a storm long before the apples were ripe enough to pick or have any utility and, mapbe our best bet was start some seedlings onto which we could graft sprouts from the intoller tree. It was our considered opinion that Grimes Goldens were a thing of the past unless we sprang to action. Actually, I think that was my suggestion, but Diana bought into n, so I've been habying some seedlings with hopes of grafting old-Grimes Golden sprouch from her uncle's tree onto: them and hoping to live long enough to savor one again before.

die.

And then one day last week Loretta came home with half a bushel of apples that she had purchased at Brummett's Orchard & Apple House which is located just outside Crab. which is located just outside C Orchard in Lincoln County, some

Orchard in Lincibin County, some len miles from our house as the crow, bright the country of the

Mount Vernon Signal

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erlina M. Anderkin, Managing Editor Paige Benge, Advertising Manages SUBSCRIPTION RATES In County - \$16.75 Yr. Out-of-County In State - \$21.75 Yr. Out-of-State \$30.00 Yr.

simple. The best tasting (not necessarily the prettient) apple God ever had anything to do with. I couldn't wait until Saturday morning but somehow I did and arther crack of dawn I was hurry around and/muttering to Loreita to get a move on a we could heed back for the orchard.

Planted in the early 40% and still.

for the orchard.
Planted in the early 40's and still run by Francis and Rovenna Brummen, there are still hundreds of bearing Grimes Goldens in the or-chard. There are also Red and Golden

agers. Business was brisk. Ten dollars a bushe luiles you want the culls and they are 6 buske a bushel. The light difference between the culls and the regulars, is that the culls are at the culls are at the culls are at the culls are at the cull are at t

glad you did.

And you will meet two hard-working, super active, far younger than you, so-called senior cirizens who will tell you, without blinking an eye when you ask how they stay so healthy and full of strength and nearney. "Grow and cat increases." "Grow and cat increases."



Today I think I'll address a sub-ject very "close" to me. It's time to mention the unmentionable. Yes, it's time to discuss the history of under-wear. Now before you think I've flipped my kazip, I'll give you a few thoughts to consider

cromes boutique, I saw something that caught my attention. It was a wicker basket full of very colorful strips of material. strips of material. I just assumed from a distance of about ten or twelve feet that it was a basket of headbands. that it was a basket of headbands. They were on sale for fifty cents a piece. This was a pretty good deal, so I thought I'd get about a dozen. I' started-to select a few of these headbands and discovered they weren't headbands at all. They were thong underwear. It was only a waiss-band and a string. Boy, you talk about a wednie!

band and a string. Boy, you talk about a wedgie! Just think how fat we've come in only a hundred years. A hundred years ago, women, were pantaloons almost down to their ankles and if a man so much as saw a glimpse of her

Proposal.

There's a lot to be said about un-derwear. One of the first things that derwear. One of the first things that your mother teaches you is about underwear. "Remember, hones," don;", of et caught in an accident without clean paniles," she would say. First, if I'm in an accident, they may not be too clean. Second, if I'm in an accident, they may be too clean. Second, if I'm in an accident, they made you have been accident, my inderwear will be the last thing on my thind.

Underweaf "an caw expension," and the case of the control of the contr

cases, around the house, or various other places. Boys, there's not enough sisters or mothers or daughenough sisters or mothers or daugh-ters or aunts or clussins to own this much underwear to get you out of this. You might want to think about pleading temporary insanity and sticking with it. Hopefully, everyone should have enough trust in their re-lationships.

Some people should have a huge collection of undies by now. Every woman knows it's only proper to have taken panties along to an Elvis

Our Readers Write

Dear Editor,

Thank you to the people at Rock of Agest Missions for being here when I needed help: I had no food for my. Miss. I had two slices of breast my kids. I dan't two slices of breast wids. I had two slices of breast wids. I had two slices of breast my kids. I had two slices of kight? I was ready to give up -- when you're down, you're down, you're down, . On Frend Indeed. I needed a friend. I valled, and when I told my story, I started crying. As a people, we waste so much but to have no food for your kids. I felt empty inside, so helpless.

The Mission I lady gave me good food for my family. I am crying now to thin! dyll I could; call someons who could help me. I have three this could call someons who could help me. I have three this could call someons who could help me. I have three this could call someons who could help me. I have three this could call someons who could help me. I have three this could be could be

God bless you and the Mission. If you help keep food in the mission, they can help you, too. Love to the Mission, The Robison Family

Dear Editor;
I would like to take this opportu-nity to think the many businesses and people who make Vacation Bible School a success each year at Brush Creek Holiness Church and have for

reck Holiness Church and have For-heapast 13 years. First of all, I would like to thank ford for making all things possible. For without Christ, we can do noth-ng on our own. I would also like to hank the following businesses for he many years of contributing occ, e.e. coupons for free treats or dis-counted precess on purchases made: Bysish Criek Holiness Church

Sunday School Fund, Pizza Hutt, Apollo's Pizza, Wendy's, Dairy Queen, Peg's Kood Mart/Citgo, Food World, Dasy Inn, Denny's Restaurant, BY Selvice Station/Burr, Ash A Lot and B&A Concessions. A special thank you to our neighbour fether chairs and also, in previous years, thanks to Dowell and Martin Funeral Home for he use of the sunday was the sunday of the sunday

Also, thanks to the many who do-nated their money, time, prayers and hard work to help make Bible School a success. Thank you to all the teach-ers, helpers, recreation people, re-freshment and cleanup committees. I appreciate you all more than you will ever know.

ll ever know. May God richly bless you all!! Sincerely,
Debbie Francisco
VBS Director
Rev. Glen McGuire, pastor

Dear Editor.
November 2003 - Kentuckians will head to the polls to elect their leadership for the next four years. The race for the top job in the state is a very close one, so it is important that people know exactly who they

Travelers' Diarrhea

Travelers' Diarrhea

Presented by Dr. David Brabon

It can ruin a weation. Travelers' diarrhea, which is caused
from bacteria, can be quite severe. But there are things you
prevent it or, if it occurs, to treat it quite quickly.

Areas of highrisk are Mexico and Central America,
Asia, Africa and the Middle East. Southern Europe
and the Caribbeain Islands have a lower risk.

One can decrease the chance of getting the infection by being careful not to eat raw fruits or vegetables.

The National Institute of Health recommends that
travelers not begin and antibotic unless an infection develops. Many travelers and doctors, holwever, feel that
it is better to be safe by taking a prophylactic and inclinations:

Several antibiotics can all be used. The newer antibiotic
effective. In fact, they are so effective that it is now usually recto wait until a ninfection occurs to take the medician erather
prophylactically.

A not-opposition, medicine that travelers of the services.

to-wait until the intercence seems.

A non-prescription medicine that is quite effective is bismuth substile/tale (Peiplo-Bismol). It needs to be taken frequently and in large amounts, which makes it less convenient than other treatments. For mild diarrhed, loperamide (Imodium) is very useful in slowing the gut and decreasing the symptoms. One should avoid dairy products, cafeine containing products and alcohol if diarrhed develops.

SUBWAY

Check Out These Specials! Monday Tuesday

2 foot long subs w/ medium drinks

Footlong w/ medium drink

Wednesday

Three Footlongs

Phone 256-1083

1475 Richmond St. • Mt. Vernon, Ky.

Offer Expires October 31, 2003

Bittersweet Festival

Main St. - Mt. Vernon October 10th & 11th

FRIDAY, OCTOBER 10th

4 p.m. Festival Opens

4:30 p.m. Country/Western group C.C. Chance performs

6:30 p.m. Contemporary Christian group Fire the Choir performs

7:00 p.m. Contemporary Christian group 40 Days West performs

8:00 p.m. Country group Wild River performs

SATURDAY, OCTOBER 11th

7 a.m. Late registration for Health Essentials/Bittersweet 5K Run/Walk 8 a.m. Health Essentials/Bittersweet 5K Run/Walk

10 a.m. Northside Baptist Church Puppets, Interpretive Movement

11 a.m. Parade lineup at MVES - Bittersweet Cloggers perform on Main St.

Anyone wishing to participate in the parade including churches, groups, civic organizations, please meet at MVES at 11 a.m. for lineup

Noon Parade down Main Street

2 p.m. C.C. Chance performs

3 p.m. Gospel singer Wayne Harris performs

4 p.m. Southern gospel singer Michael Fredrick performs

5 p.m. Gospel group Behind the Cross performs

8 p.m. Street Dance with Wild River performing

This year's festival includes over 60 booths with arts/crafts, jewelry, antiques, candles, wood crafts, gourds, pillows, mop dolls, floral arrangements, pictures, birdhouses, Henna tattoos, soy candles, baseball cards, knives, Hot-Wheels, quilt kits, hand painted mail boxes, face painting and many other great items!

Also visit the Petting Zoo and Pony Rides in gravel pit below courthouse Inflatable rides including fire engine slide, Deluxe Bouncer and Lil' Lambs Playhouse in parking lot beside Cox Hardware