Points East

By: Ike Adams

Back in the early and mid-eighties, the kids and I would sit around in the evening there in front of the fireplace and the television that only brought in three network snowy stations plus KET and the latter was always clear as a bell off the antennas we had there on the roof.

So we'd get bored and roast some marshmallows on the fire when we were equally bored of Channel 46. In those days, on Harmons Lick, there was no cable and you got what you could of world affairs off the antenna. We spent many evenings reading the seed catalogues.

And on snowy mornings (before or after) that have marked our Christmases ever since, we relive the moment even though it happened weeks later. We simply recall the snow being deep and the season and our heart break as we watched the news unfold.

And every deep snow fall thereafter has reminded us of where we were when that space shuttle ran amok.

Snowy and shadowy, however the television picture may have been, we recoiled with the terror as we were watching that unfortunate and miscalculated adventure into space unfold into disaster and death for the brightest and bravest of humankind. We wept. We clung to each other. We cried out loud.

There were five of them and they were the bravest America had to offer.

This Christmas we have thousands of families separated from one another in a battlefield far beyond our shores. They are not in space ships but their lives are probably in far more danger than if they were being carefully being hurtled into space. On a space ship, they would have hundreds of ground crew monitoring every move to protect the lives of 4 or 5, but on a battle ground, that's not the way it works.

And we already know that several hundred of our best and brightest young people have come home in coffins from Iraq. They get shot at. Sooner or later they get hit. A bomb or grenade explodes and the shrapnel cuts them down. And it seems now, every day or so we learn that one of our young ones have paid the ultimate price.

When a domestic policeman gets shot in the line of duty, his or her soulmates from all over the state and those from surrounding states take time off to pay tribute and its generally a huge affair and the funeral garners front-page headlines in the big daily papers all across the country.

So far in this Iraq mess, about 180 soldiers based in Fort Campbell have given up their lives. Have you seen their names on the front page? Can you call a single one by name?

Of course you can't. They were not members of your immediate family or on your police force and they were overseas. They were in the Army/AirForce/Navy/Marines and they are supposed to be out there getting killed. Right!!!!

Somebody has to be in charge and somebody has get shot to death every day, but it's not the folks who make the war and take credit for winning it who come home in coffins. And that makes me sick to my stomach.

We know who the heroes are among us and not a single one of them was elected to office.

Yes, It's Christmas time. Time to take stock of who we are and get a grip on reality as soon as Santa gets his behind and his reindeer headed in the right direction. If I was Mr. Clause, I'd be headed for Ft. Campbell down there on the Kentucky/Tennessee line where thousands of kids only want their moms and dads to be home. And for many kids, that will never happen.

"We got Him."

For sure he needed to be gotten.

But what a price we had to pay and how little we do to acknowledge it.

Our Readers Write

Dear Editor,

I want to use your paper to publicly thank Rick Hysinger for being so kind as to remove my car from his property after I flipped it upside down and destroyed it on his gravel road.

Now, my friend tells me I can't come back on your property to visit him or his little grandson.

Have a heart, Mr. Hysinger, it is the Christmas season.

I am certainly paying for my stupidity by driving too fast down your road. My car is destroyed, my fingers are broken and I'm very, very sorry the accident even happened.

Sincerely,
Lois K. Barron
Brodhead

Dear Editor,

I would personally like to thank Connie Graham and Citizens Bank of Mt. Vernon for being a Newspaper in Education, (NIE), sponsor for my class and entire school. Your sponsorship has contributed crucial items to each and every student's education.

Due, in part, to your help and that of your entire staff, students such as I have been enabled to broaden our learning horizons and allows us to no longer be confined to the seats of a classroom. We can experience a greater knowledge found in articles, and works in a journalist's melodrama: the newspaper. Not only are we experiencing what is occurring locally and nationally, but worldwide, as well.

Your contributions have allowed our entire class to experience a great joy that some people are not able to relish. The NIE program, developed by the Lexington Herald-Leader has been a significant part of learning in every student's life, thanks to your sponsorship. Each and every student here at RCHS owes you tremendous gratitude.

Rockcastle County High School is proud to be part of the NIE program -- thanks to the Lexington Herald-Leader and Citizens Bank of Mt. Vernon. Thank you for letting every student experience the power of reading and a better sense of the world around us. As a student, I am de-

(Cont. to A-6)

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T.J.'s Journal

by: Tonya J. Cook

Only a few days ago, I had the opportunity to travel with the Rockcastle County Development Board/Renaissance Committee on the second journey they have made this year.

I saw four towns: Springfield, Liberty, Greensburg and Stanford, all of which have been involved in the Main Street Renaissance program and have made outstanding strides in improving and revitalizing their towns. Some of the towns I had never seen so I was really excited to visit them. Since I hadn't seen the "before," I had nothing to compare to the "after," but the "after" was quite attractive. I will have to admit, this entire area of Kentucky is deeply engulfed with some of the most historical, beautiful and widely-diverse areas of interest I've ever had the opportunity to see. I plan to take another trip on my own to get a more-in-depth sampling of each town.

I've come back to Mt. Vernon with a new sense of urgency and an invigorating compulsion to get involved with some of these ideas for "our" town." To paraphrase John Kennedy, "Let's as not what Mt. Vernon can do for me, but what I can do for Mt. Vernon." If only everyone here had the same enthusiasm.

Speaking of "our town," Mt. Vernon reminds me of one of my favorite plays "Our Town" by Thornton Wilder. For those who aren't familiar with the play, it is set in Grover's Corners, New Hampshire, shortly after 1900. It is a small, sleepy little rural town with plain, common folks involved in the daily business of life. The narrator tells of the chief characters' daily life and eventually their death. It seems, in the story, upon the death of these chief characters, they go to a town cemetery, located high on a hill overlooking the little town, and look down on the daily life and times of the living, and are conscious of the living's comings and goings.

How does this remind me of mt. Vernon, you ask? Because I see Mt. Vernon as a personage whose life expectancy is short if left on the road it is traveling. In a few years, "Our Town" will be dead, lying in the cemetery, along with her sisters, Livingston and Brodhead.

Mt. Vernon will look down from the cemetery and ask, "Why didn't anyone try to save me? I was starving, and in need of a good revitalizing with economic growth, tourism, trade and new business. But all stood by and waited for someone else to breathe life into me. Nobody did. It seems they would rather bicker among themselves, let the politicians sit idle in office, allow funding to be squandered, the "haves" looking down on the "have' nots" and those who do have were fearful to invest in improvements, all the while everyone was satisfied with the status quo." I'm sorry to say, this is true to some extent all over the country, it's just that Mt. Vernon can't afford this kind of thinking.

The time has come not to just be satisfied with indoor plumbing, electricity and paved roads. Let's move Mt. Vernon into the 21st Century. There is a sign, upon entering Mt. Vernon that says, "Established prior to 1790." I always think to myself as I drive past it, "...and hasn't changed much since." This isn't all together a bad thing. The morals and ideals of Rockcastle county are far superior to most in the nation.

I don't mean to be harsh, but I think we owe our forefathers something. Most of the people in this county can trace their roots back for more than one hundred years to ancestors born and raised here. We also owe our children something. Should they be forced to leave the county just to find decent-paying jobs and a better standard of living? We also owe Mt. Vernon's sons and daughters, who are strewn all over the nation, reason to move back home.

Nothing has gone so far as being beyond repair, even for Livingston and Brodhead. We all need to pull together for the betterment of the future of Rockcastle County. Abraham Lincoln once said that a house divided against itself cannot stand. This isn't the time or the place to be divided. Remember, "United we stand, divided we fall." Let's not let Mt. Vernon R.I.P.

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What Is Cardiac Rehab?

Presented by Dr. Kevin Rowe

Cardiac rehab is walking on a treadmill and peddling an exercycle and much, much more. It involves a full evaluation of heart disease risk factors and often a significant change in life style.Millions of Americans qualify for cardiac rehab becausethey have had a heart attack, angioplasty or bypass surgery. Millions morewho have angina or are at high risk for heart disease would also benefitfrom a cardiac rehab program. Following a medical evaluation, a person begins a supervised, gradedexercise program with a variety of exercises using different muscles groupsand physical activities. The length of exercise and the degree of exertionare gradually increased.Dietitians and educators can evaluate your risk factors, such ashigh cholesterol or high blood pressure, and recommend changes in your diet.Diabetes is often a factor in heart disease, and tight control of the bloodsugar is important.Often the most important life style change is to stop smoking. Itis one of the most significant risk factors and is entirely unnecessary.Smoking cessation classes are highly recommended and medicines may help.Counseling about stress and resolving conflicts can be veryimportant.The basis of cardiac rehab, however, is a graded exercise programwhich safely trains the heart, blood vessels and musculoskeletal system towork more efficiently and tolerate greater exertion without precipitatingsymptoms. The benefits a person attaips include an increased exercisetolerance, an improved sense of well being, a decrease in symptoms, lessstress, and a longer life.

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ATTENTION

Parents of 5th Grade Students

The Kentucky Department of Education requires that any student entering the 6th grade must have a second physical and a current up-to-date immunization certificate.

The *physical* must be reported on the correct Kentucky Form for 6th grade entry. If the student is going to play any type of sports, he/she will also be required to have a physical documented on a Kentucky athletic form. The athletic physical will not be accepted as a 6th grade physical.

The *immunization certificate* must reflect all immunizations that the student has had. Students entering the 6th grade are required to have a second MMR (Measles, Mumps, Rubella), a Tetanus-Diphtheria (TD) booster, and the 3-doses of Hepatitis-B vaccine. The Hepatitis-B vaccine is given over a 4-6 months period. Therefore, the student should be taken as soon as possible to start this series.

These health forms must be presented the first day of school in order for the student to be enrolled at the Middle School. If your child receives these services before the end of the fifth grade, please send the forms to school so that they can be filed in his/her chart.

You are strongly urged to get this matter taken care of as soon as possible. Doctor offices will be extra busy during the summer. You may be unable to get an appointment if you wait too late.

Again, please be aware that **students will not be enrolled at the Middle School without these forms.** If you have any questions concerning these requirements, please call the school.

Your cooperation in providing these health records before your child enters the sixth grade will be greatly appreciated.

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