

Points East

By Ike Adams

It's not as expensive as you might think to save them from an early frost.

Especially if you have two big hoops of late goose bean vines about seven feet in diameter and about tall that seem finally ready to go to bearing in mid-October.

On Saturday, October 11, I picked over a gallon of full bean pods from the lush green vines trellised in my garden and observed that the vines were hanging full of clusters of pods stems.

A full-grown goose bean is bigger around than a man's thumb and 8 or 10 inches long. It doesn't take many to make a gallon. The strings come off like shoe laces and they snap and break at every joint between the seeds with only a weak between thumb and forefinger if you know what you're doing and it's far less complicated than playing the fiddle or picking a tune on an old banjo. In other words you can have a mess of goose beans cooking about a fourth the time it takes to get half runners from garden to pot.

But the amazing thing is that they taste so wonderful. Normally the smaller and more difficult to harvest a green bean is; the better it tastes when you finally get it to the table. I

speak of greasy beans and half runners and Bufford Caudill Fall Beans which are the mainstays of my garden.

Goose bean pods are nearly the size of a corn cob and even longer and it only stands to reason that anything that large can't be much good to eat. There are all kinds of mellons and cucumbers and peppers and pumpkins, and so forth that grow to huge proportions but when you put them on the table, they are full of fiber best used for making floor mats. And, for that matter, an old rug tastes better and is much easier to chew than most "big" vegetables.

But not goose beans. The story goes that goose beans were brought into Kentucky by migrating geese. Somewhere along the line these geese got into a gourmet gardener's secret bean field and gorged themselves on dried beans. These same geese decided to roost or squat or whatever it is that a goose does when it decides to take a break from flying, and as they passed over central and eastern Kentucky and they lit right here, though nobody has ever figured out why. It's just one of those mysteries that they can't even explain on television.

Anyway, the geese or maybe it was a single goose got tired as it was

migrating and decided to stop and take the proverbial dump. And they (or it) shat-shat being the past tense of "poopy" for you editors who refuse to let me say shit in your paper...they shat that wonderful bean seed into the soil and then flew away into the sky on their way to wherever geese are bound to go.

The following spring, (Some folks say 1927 and some say 1931) goose or geese bean sprouts popped up voluntarily where the migrating, bean-pooping, geese had relieved themselves and any number of families claim it happened on their land and they wondered what on earth they could do with a bean that a goose couldn't digest. At least that's the way the tale goes and perhaps there is some truth in it.

All I know for sure is that my neighbor, just up the road and barely out of hollering distance, Bertha McQuerry, is the best and most productive vegetable gardener I've ever known. And she says the seed she has is pure and true. All I can tell you for sure is that I've eaten about every tender-hull bean, ever grown, in the northern hemisphere and, with exception to the Bufford Caudill White Fall Bean, these goose beans are as close to perfection as I've ever encountered. I wouldn't swap a peck of them for a bushel of half-runners unless you had a good knife of shotgun to throw into the bargain.

Bertha doesn't care to talk about her age but she has voted in more

What high blood pressure does to you

Presented By: Dr. Karen Saylor
For something that you can not feel, hear, smell or see, your blood pressure is a pretty important thing. It is needed to keep your blood circulating.

But this is a case where more of a good thing is not always better. Up to a point, the opposite is true—the lower the blood pressure the better.

Why should you be concerned about your blood pressure? When the pressure is too high, it does unnecessary damage to a number of organs and the blood vessels.

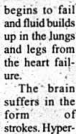
The heart is the first organ damaged by high blood pressure. Not only does the heart have to do the extra work of pumping the blood against increased resistance, but the arteries feeding the heart suffer damage and become obstructed. After years of being overworked, the heart

than one presidential election with a Roosevelt on the ticket. And she's been gardening since she was a child. All I need for inspiration when I'm down and out is a call to Mrs. McQuerry of a hasty visit. Bertha knows more about gardening than anyone alive in central Kentucky and she is my friend and she tells me her secrets from time to time.

Anyway, I got my goose bean seed from Bertha and I'll be damned if I'm going to let these bean vines go down without a fight. I planted them in mid-August and I intend to get another mess or two even if I have to cover them with an electric blanket up til November.

Last Sunday evening I went out to Wal-Mart and got acquainted with several Associates at the Berea Store in the process of finding some plastic to cover my veggies. I finally found 750 sq. ft. of 4.5 mil plastic in the paint department. Apparently they were selling it as roofing. Or maybe they had it left over from a recent covering of the Berea facility. Who knows?

But at least they had it. And you should have seen the sale they had on tires-over in the meat department. I'm still not sure if I was supposed to put the ribeye on my tire rim or grill the tire and nobody in the store really knows for sure. In the meantime I've spread the plastic over my veggies. It worked last night. Cross your fingers and we may yet have beans before the frost gets them.



Dr. Karen Saylor
single most important cause of strokes. Also, damage to the carotid arteries in the neck cuts off circulation to the brain.

The kidneys are also damaged by high blood pressure. Then, as the kidneys begin to fail, the blood pressure worsens and fluid retention increases causing a vicious cycle.

Hypertension will damage the eyes and contribute to loss of vision. Nothing is easier than having your blood pressure checked. It is done free at many places. Remember, the first step in treating hypertension is to find out if you have it.

First Christian calls new minister



First Christian Church in Mt. Vernon recently called Bro. Bruce Ross and his family as their new pastor. Bro. Ross comes from Glen Este Church of Christ in Cincinnati, Ohio where he ministered for 7 years. A graduate of Florida Christian College in Kissimmee, Fla., Bro. Ross has also done graduate work at Cincinnati Bible College. In his 22 year ministry, Bro. Ross has also pastored in Indiana and Florida. Shown above with his wife, Lisa Ann and twin daughters, Kara Beth and Rebekah Lynn, 17, the Rosses also have one son, Stephen Mark, 19, a college student.

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PROVEN LEADERSHIP BRINGS PROVEN RESULTS!

DANNY FORD works hard on behalf of people of his district to make it a better place for you and your family. During Danny's tenure in the legislature, the following investments have been made:

- Approx. 95% of the county is served by public water.
- Highway 461 has been completely reconstructed.
- Highway 150 is presently in the 6-year road plan.
- Numerous other state roads and bridges have been replaced.
- New school facilities have been completed to enhance our children's learning environment
- The Kentucky Music Hall of Fame and Museum
- Increased funding for our Volunteer Fire Departments
- Livingston Community Center/Preston Parrett Gymnasium
- Upgrades to city sewer system
- Rockcastle County Courthouse annex
- Funding for the Rockcastle County Tourism Commission

Some people talk about getting things done and no individual can do it all by themselves. **Danny Ford** knows how to work with others to make the 80th District a better place for all.

With leadership and experience, plus hard work and dedication, **Danny Ford** has proven he is "A Friend we can depend on."

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State Representative
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MY STAND ON THE ISSUES:

- ☑ Increase health coverage for all Kentuckians by expanding the state risk pool.
- ☑ Improve education by lowering the student teacher ratio in the crucial grades of first through fourth.
- ☑ Vote for laws to protect unborn children.
- ☑ Defend our 2nd Amendment right to bear arms.
- ☑ Promote alternative agricultural industries for Kentucky.

VOTE REPUBLICAN

BARRY METCALF
YOUR STATE SENATOR

Paid for by Committee to Re-elect Barry Metcalf State Senator, Caywood Metcalf, Treasurer