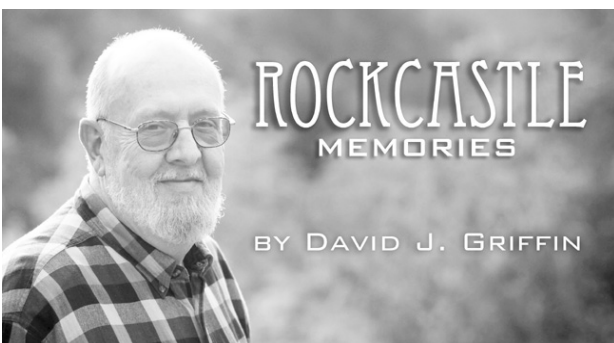




"School Day"

I was in my car listening to the Oldies Channel on XM Radio when I heard Chuck Berry sing his hit, "School Day," and it transported me back to the days of my youth. I was a student at Mt. Vernon High School (MVHS) again as I listened to the lyrics:

Up in the morning and off to school.....

The first line of the song reminds me of the countless mornings when my mother (Bee) knocked on my bedroom door and said, "You better get cleaned up, breakfast is almost ready." I can almost smell the bacon cooking. As soon as I ate, I fired up my '58 Chevy and off to school I headed.

The teacher is teaching the golden rule.

This reminds me of the morning exercises we performed each morning in home room at MVHS, which included standing to recite the pledge of allegiance to the American flag. In our day, that was a somber and significant way to begin each day.

American history and practical math.....

you study them hard, just hoping to pass.

Mr. Harris was our social studies teacher, and I could never forget his Civics class. Just as many other students down through the ages, I failed to understand just why I needed to learn all of those things. Seems to me there was a lot of memorizing. And only later in life could I appreciate that knowledge. Mr. Landrum taught algebra, and he knew his subject very well. He had only one weakness in his teaching format, and some of us boys came to understand that if you could lead him to the subject of the events of WWII, Mr. Landrum would venture off into tales upon some foreign land with personal stories of the war. (No lesson today!)

Working your fingers right down to the bone

the guy behind you won't leave you alone.

Not all of the young men in my class were always interested in "working our fingers to the bone," but we often played practical jokes on each other during class. Shooting paper wads was usually the most popular means of mischief that we used in my day.

Ring, ring, ring, goes the bell

the cook in the lunch room is ready to sell

My days in the cafeteria at MVHS will always remind me of my Aunt Annie Mae, who worked in the lunch room. As I passed through the line, she always smiled and piled my plate a bit higher than the others. I smiled back went to find a seat.

You're lucky if you can find a seat

you're fortunate if you have time to eat.

I cannot count the times when we were herded back to class before I had time to clean my plate. That meant I would be hungry long before the school day ended. Oh my, what a quandary!

Back in the classroom, open your books

the teacher don't know how mean she looks.

Can't you just remember how hard it was to get back into the education mode after spending time eating with all of your friends? To me, that was the most difficult part of the school day. If you could get me to settle down, then I had to fight falling to sleep.

Soon as 3:00 o'clock rolls around

you finally lay your burden down.

Close your books get out of your seat

down the halls and into the street.

It was a stampede going down the halls at MVHS as we ran to our cars. The faster we could get to the car, the faster we would be getting to eat at the Dinner Bell Restaurant.

Up to the corner and round the bend

right to the Juke joint you go in.

We ran through the doors and picked our favorite booth so we could hear the Juke box. We ordered Cokes and dipped our chips into catsup. We ate like we had not had a meal in days.

Drop the coins right into the slot

you gotta hear something that's really hot

We took turns putting our quarters in the Juke box to hear the likes of Elvis, Buddy Holly, The Platters, Roy Orbison, and Johnny Mathis. To us all of their music was really hot.

With the one you love, you're making romance

All day long you been wanting to dance.

Of course, if we were sitting with our girl friends, we had to play the slow, love songs. And if we were in the right place, we just had to dance to a few songs. It had been a long day.

Feeling the music from head to toe

Round and round, and round you go, go, go

Chuck Berry sings in conclusion:

Hail, hail, rock and roll!

Now, didn't that take you back? It is true that our music marked us – we continue to relish the times and the tunes together. They are inseparable to us, the first generation of "teenagers." Hail, hail, rock and roll! I can't help it, I still see myself as a rocker.

(You can contact me at themtnman@att.net or you can drop me a line at P.O. Box 927 – Stanton, KY 40380. Information about my new book can also be found there.)

David J. Griffin

Points East

By Ike Adams



If you had your life to live over, what would you do differently?

Frankly, with one exception, the few things that I would change are too personal to talk about in a public forum and they're really nobody else's business, anyway.

And if I went back and made major changes, say in the type of education or where I attended college, for example, they might have resulted in an entirely different life than the one I've lived.

The bottom line is that I'm pretty happy with the way things have turned out. I love my family and my circle of friends and I love living in Paint Lick, Kentucky. I love what I do and I'm fairly content with what I've accomplished over the last 64 years.

I'm proud of my kids and grand kids and I can't imagine having a life-sharing partner more wonderful than Loretta. I would not go back and make a single change that would ultimately make the family and friends aspects of my life turn out differently.

But, by far, the biggest regret that I'm willing to talk about is smoking. I wish, with all my heart, that I'd never seen or touched a cigarette or briar pipe. I would be lying big time if I told you that I have not taken great pleasure from smoking, especially my pipes, over the decades.

Even though I haven't smoked a pipe in nearly three years, I still consider myself a connoisseur of blended pipe tobacco from around the world and few things, made of wood, have more appeal to my eyes and hands than a hand carved and perfectly engineered Mediterranean Briar pipe. Nothing smells better to me than the aroma of fine pipe tobacco.

But if I had it to do over, I would have never touched a pipe and never lit that first cigarette. I'm reasonably convinced that I would not have suffered the stroke that has left me somewhat crippled for nearly a year now. I'm sure that I would have far more stamina and that I would feel better. I don't even want to think about all the money I would have had I stuck it into savings account instead of blowing it on tobacco and it's related products over the years.

People who do not have ultra-addictive personalities do not understand those of us who do. I know at least a hundred people who have quit smoking over the years and some of them had mighty struggles with the process. Many, if not most, of them are of the opinion that if they can do it, anyone can.

But even after my stroke, I cheated and on those days when I didn't smoke, I wanted a cigarette so badly that I could hardly think of anything else.

Over the last 25 years I have tried numerous patches, pills and gum. I've completed two of those highly-touted 16 week cessation programs. I've tried hypnosis several times and I've fallen for several television and internet promoted scams. I've had stroke, for crying out loud, and I still wanted a damn cigarette.

Last fall, someone suggested I try an e.cigarette. It's a battery operated device that delivers a vapor instead of smoke. It feels and tastes a lot like a regular cigarette but without all the smoke and tars and thousands of chemical impurities you get from real smoke. In other words, it's a much cleaner and less aggravating way of getting a nicotine fix than real tobacco. And unless

somebody is sitting right beside you, they never smell a thing.

This writing makes 90 days since I've touched a match or lighter to a cigarette. I promise you faithfully that I haven't even wanted one, but I have panicked a time or two when I couldn't find my White Cloud Fling.

I have no idea if it's safer, because I'm still getting nicotine. But I can tell you that I feel and breathe better than I have in decades and I can't imagine going back to real smoke.

I tried 11 different brands and styles before settling on White Cloud disposables which I find to be the most reliable, realistic and economical e.cigarettes on the market and, by far, the most truthfully advertised. Simply do an internet search for whitecloudfling.com

However, if you've quit smoking, DO NOT DO THIS or use it as an excuse to start back. If you've never smoked a cigarette, THIS IS NOT A HEALTHY

(Cont. to A4)

Frankfort Report...

By Jared Carpenter
State Senator

Although this year's session is a short one, the Senate has been busy working on a large list of legislative items that tackle many issues important to our area and the entire state. In the last week, we have taken action to address Kentucky's debt, healthcare, school safety, economic development, and the justice system.

State Debt Ceiling

Kentucky's bond rating has been downgraded due partly to our level of bonded indebtedness of 8.4%. Senate Bill 10 limits state debt to only 6% of General Fund revenues. This is a level generally accepted as the standard by bond rating agencies, as well as a threshold the legislature has historically attempted to operate within. As long as I have been a member, the Senate has always passed a budget with less debt than either the Governor's or the House's proposals. We cannot continue paying off the Visa with the MasterCard. This matter is no longer a fiscal issue but a moral issue. The measure excludes debt for universities, the Kentucky Housing Authority, and

other agencies using funds outside the General Fund, including the stand-alone Road Fund.

Healthcare

Senate Bill 3 allows for a Christian medical needs sharing program to return to Kentucky after being rejected last year by the Kentucky Department of Insurance. This insurance-like program has helped hundreds of people who choose to live a Christian lifestyle in our state afford health insurance. It even qualifies as certified coverage under the federal Affordable Healthcare Act. There are three such programs in Kentucky.

Senate Bill 43 allows for greater access to healthcare by the general population by making it easier for physician's assistants to work in Kentucky. We have many areas here that are medically underserved and these medical professionals fill a real need in our communities.

School Safety

Senate Bill 8 was developed with the intent of bringing something positive from the tragedy of Newtown, CT. The bill directs school superintendents to submit school safety plans to the Kentucky Department of Education. It

(Cont. to A4)

6th annual

Love your Heart

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HOSPITAL ■ RESPIRATORY CARE CENTER

Women's Heart Health and Fitness Expo

A night for ALL women (and girls too) in the community to come out for a fun night of fitness to raise awareness about heart health. We want to share the importance of heart health...at any age!

Thursday, February 28, 2013

5:30 p.m. • Rockcastle Regional Wellness Center

Join us for this FREE event featuring...

- Fitness classes
(See schedule below. Come and try any fitness class you wish. You do not have to participate in all.)
- Heart health education
- Giveaways and door prizes
- Heart healthy food samples

Please sign up by February 22. Contact Arielle Estes at (606) 256-7880 or a.estes@rhrcc.org

Fitness Class Schedule:

- Zumba with Susan–5:30
- Meditation & Manifestation with Missy–5:40
- Body Recall with Betty & Worth Anne–5:50
- Hip Hop Physique with Amanda–6:00
- Movin' with Morgan–6:10
- Cross Training with Neshay–6:20
- Piloxing with Lindsay–6:30
- County-Wide Stride–6:40
- SilverSneakers® Muscular Strength & Range of Movement with Morgan & Lindsay–6:50
- Karate with Chris–7:00
- Spin with Jamie–7:10
- Trifecta with Morgan–7:20
- Step with Amanda–7:30
- Zumba Toning with Carol & Angie–7:40
- Senior Stretch with Betty & Worth Anne–7:50

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Publication Number 366-000
Periodical Postage Paid in Mt. Vernon, Ky. 40456
606-256-2244

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

James Anderkin, Jr., Publisher Emeritus
Perlina M. Anderkin, Publisher/Editor

SUBSCRIPTION RATES
In County - \$20.00 Yr. Out-of-County - \$27.00 Yr.
Out-of-State \$35.00 Yr.
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