



Mt. Vernon Mayor Mike Bryant proclaimed October as Mental Illness Awareness Month Tuesday, with a signing of the proclamation at the Cumberland River Comprehensive Care Center in Mt. Vernon. The proclamation defines the need educate each other and the community in order to erase the stigma of mental illness and to keep families and consumers informed on treatments and services available for the mentally ill in our community. Joining Mayor Bryant for the signing were officers of the local chapter of NAMI (National Alliance on Mental Illness), front row, from left: President Wayne Bullock, Bryant, Vice President Cassie Kendrick. Back row from left: Secretary Bonita Fleming and Treasurer Pearl West.

Stream smallmouth bass love early fall

If you are a river or stream angler, this past spring and summer has filled your belly with enough frustration to pull your hair out by the hand-

ful. Mother Nature greeted every stream fishing trip you planned for the upcoming weekend by rudely parking a heavy thunderstorm in the headwaters of the intended

stream two days before the trip. A torrent of glutinous, rust colored water followed the monsoon, looking like the stream flowed from the bottom of a hog pen. Instead of fun fishing, it became time to mow the yard instead.

The recent dry spell means streams are finally low and clear. The smallmouth bass that live in them

are hungry.

"It is the ideal situation right now on our Kentucky streams," said David Baker, stream biologist for the Kentucky Department of Fish and Wildlife Resources. "Streams are at their prime now. On lakes, the water is hot and the fish lethargic. Stream smallmouths are feeding like crazy."

The low and clear water puts smallmouth bass at an advantage over their prey, which they exploit with abandon. "There are more stable flows now in our streams," said Jeff Ross, assistant director of fisheries for Kentucky Fish and Wildlife. "The baitfish and smallmouth bass are in closer proximity. They are feeding up now with the shorter days to prepare for winter."

During a recent trip to a central Kentucky stream, Baker caught over 20 smallmouth bass longer than 12 inches. It takes about five years for a stream smallmouth bass to reach a foot in length.

"This time of year, smallmouths are schooled up," Baker said. "If you catch one, spend some time in that spot. The low water concentrates the smallmouths and you can catch several from the same pool."

Topwater lures draw in-

credibly savage strikes from stream smallmouths in September. The banana or cigar-shaped 3- to 4-inch long topwater lures worked with the "walk the dog" retrieve are deadly right now. Fish these lures across flowing shoals, beside undercut banks and in the tailout water above and below riffles.

"Don't spend too much time fishing soft-plastic lures really slow right now," Baker said. He prefers searching for smallmouth schools by throwing lures that cover water such as 1/

(Cont. to A11)

Discount Grocery & More



Hours:
Monday - Friday
9 a.m. to 6 p.m.
Saturday 9 a.m. to 3 p.m.
Closed Sunday

**45 S. Wilderness Rd.
Mt. Vernon**

(Located next to Appliance Service Center)



would like to welcome Chef Kenny Brock!



Owner Ben Richardson welcoming Chef Kenny Brock

Chef Kenny is a graduate of Sullivan University Culinary Arts and brings many years of experience to our restaurant.

We would also like to thank the community for your support and patience and invite everyone to visit our newly remodeled restaurant and try our vast array of menu items along with our daily special.

Open 7 days a week 7 a.m. to 8 p.m. • (Open later on weekends)

Located at Exit 62 (former Rockcastle Steakhouse bldg.)

Phone 606-256-0131

Would like to lease property to hunt.

Must have good deer and turkey population.
Call 758-9801.



@mvsignal



continue your chiropractic care right here in Mt. Vernon!

Call 256-0242
to speak with
Dr. Smith

235 Richmond St. • Mt. Vernon
(Next to the Board of Education)

Anthem



Stop by and see Marlene Lawson for all your life and health insurance needs!

(606) 256-2050



You can have an affordable managed care plan with the freedom of choice and the security of Anthem Blue Cross and Blue Shield — Blue Access.

Visit us on the Internet at <https://www.kyfb.com/rockcastle/insurance/>

See if your **cholesterol** is in check



In recognition of Cholesterol Awareness Month, you're invited to participate in a

FREE SCREENING

September 23 - 27, 2013
7 a.m. - 10 a.m.

Outpatient Services Center 2nd floor

No appointment necessary.

Please fast at least 12 hours for accurate screening.



rockcastleregional.org

