

Points East

By Ike Adams



One of my most vivid memories is climbing up the hillside to his orchards with my grandpa, Mose Adams, who everybody in the family called "Pap".

I can close my eyes and visualize every tree and tell you the variety of each and every single one.

Without going into detail about the lay out, the upper orchard consisted of one each of Winesap, Rome Beauty, Fuji (that we called Jumbo), Starks Red and Golden Delicious, Black Ben Davis two Grimes Golden, three Horse Apples, two June Apples (one red striped and one yellow) and one tree that came up from seed but yielded bushels of late summer fruit.

The lower orchard, much closer to our house, had blighted and mostly died, but still had half a dozen trees that bore fruit until I was out of high school. I especially remember the two big Grimes Golden trees and a striped June Apple that stood just behind the family cemetery.

Pap crossed over to the other side in November of 1954 when I was just a few weeks shy of my sixth birthday. Pap was 86, but I remember going to the upper orchard with him early in October. Mom had given each of us a burlap feed sack and admonished both of us to not try and pack more than we could handle.

But the Black Bens, a small, round, deep purple fruit that Pap cherished above all others, were just commencing to get ripe and we wound up putting more apples in my sack than I could easily carry. Half way down the mountain, Pap tied the tops of our sacks together and slung them across his shoulder so that he had a peck of apples on his back and another on his chest.

Our intentions were to untie them in the hallway of

the barn so that I could struggle in with my load and impress Mom. Unfortunately, she was gathering eggs and caught us in the act of making the switch. This was just one of hundreds of times that Pap talked me out of getting a whipping.

By the time I'd finished high school, the orchards were essentially too uncared for and too overgrown to be productive. The trees were old and already susceptible to disease and insects when Pap was still alive. Dad and some of my uncles and older cousins tended them for perhaps a dozen years, but they eventually became unworthy of the effort.

But while they were still living, they provided all the apples that several families could use.

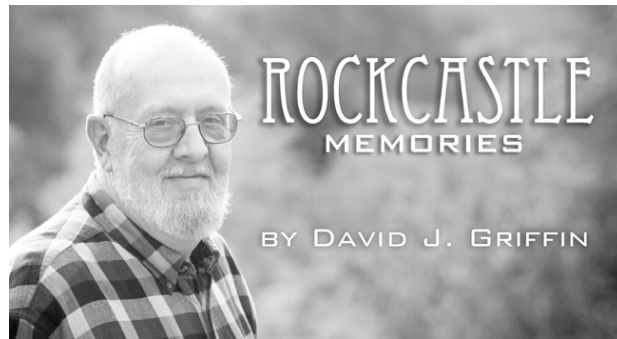
In their prime, during the twenties and thirties, they had also provided an important cash crop to Pap's subsistence farm.

My mom and most of my aunts made apple butter, apple jelly, apple sauce and canned apples. Mom often spoke of making apple cider but the cider press was gone before I was born. Of all things apple, however, my favorite was, and still is, dried apples. Even into my college years, Mom was finding enough Grimes Golden every year to dry a couple or three bushels because I well recall taking some to share with my dormitory Yankee roommates and explaining how we made them.

When I was growing up, there was no better snack than a handful of dried apples and if you've never had a dried apple fried pie, you simply have not experienced one of the finer things that life on earth has to offer.

From mid-summer until early fall, if you were sitting around, with nothing else to do, Mom would put you to

(Cont. to A4)



Pop's Grape Arbor

My grandfather had a long line of trellises that were filled with vines that produced the most wonderful tasting grapes imaginable. He chose Concord grapes because they were vigorous, productive, tasty, and easy to train. He also selected them because they excelled in making fresh juice, jelly, and were delicious to eat raw. Pop's were the best grapes I have ever tasted. One of my most regrettable mistakes is not taking one of his grape vines and propagating it on my own land.

When I was a little boy, I stuck with Pop as he walked among his vineyard selecting the ripest and best grapes to eat straight from the vines. He and I spent many hours collecting small buckets of the fruit and then sitting under a shade tree devouring our bounty. You should have seen us spitting seeds as we consumed the awesome grapes. I doubt that there is another soul on earth who loved fresh grapes as much as he did.

My grandmother (Mommie Katie) also had a hand in the production of Pop's yearly grape harvest. When the grapes were just at the peak of their season, Pop filled buckets of the fruit and had her work her magic in the kitchen. Each year she canned large quantities of grape juice and jelly. Their cellar was filled with quarts of the juice and pints of jelly. Oh, the joy of opening one of those small containers of jelly to accompany her home-made biscuits for breakfast!

The production of grapes is both simple and mystifying. Yes, it is simple to keep vines alive - Kentucky has the right climate for grapes to thrive. But it is challenging to grow the fruit of sufficient quality to produce good juice, jelly, and especially wine. Even though Pop was a simple farmer, his grapes were the best in the neighborhood.

To receive the most nutrients from grapes, it's recommended that the seeds are also consumed. Grapes are very good sources of manganese, thiamin, vitamin B6, riboflavin, vitamin C, and potassium. They are an excellent source of health-promoting flavonoids. The nutritional benefits of grapes are similar to those found in other berries. Usually, the stronger the color of the grape, the higher the concentration of flavonoids.

Grape seed extracts are rich in flavonoids also and have been widely used in treating varicose veins and other venous disorders. These flavonoids are very powerful antioxidants and have been shown to reverse atherosclerosis.

The first commercial vineyard in the United States was located in Jessamine County, KY. It was started by Switzerland County, Ind., native John James Dufour. Dufour organized the Kentucky Vineyard Society.

I am not sure where Pop first acquired his grape vines but several of his friends started their own vineyards from his original stock. Pop always said, "When you bite into a grape that's warm from the sun and bursting with juice, you'll be hooked on growing grapes." He was absolutely correct.

When we think of growing grapes, we dream of green or purple table grapes (the kind you eat fresh), jams and jellies, or perhaps a good wine grape, just in case you want to make your own Cabernet.

Knowing how to grow grapes successfully means selecting the right variety for your region. Grapes will grow in almost any part of the country, but you need to choose one that suits your local conditions of summer heat and winter cold. Your local extension office can suggest a specific variety whether table or wine.

Grapes need full sun all day, whatever the region you live in, as well as well-drained soil that's free of weeds and grass - you don't want any competition for water and nutrients. Just think of all those pictures you've seen of the Italian hillside vineyards - that's the goal.

Pop's grape vines were in the direct sun, near his apple orchard. His trellises were tall enough that he could walk under the vines in order for him to prune the vines each season. The technique for growing grapes that is the most productive is good pruning practices. Pop was very talented in selecting which vines needed to be pruned in order for him to achieve the maximum harvest. I loved spending time with him as he sculpted his particular vineyard. I learned so much from watching him work his magic.

Now you see why I am

(Cont. to A4)

On Call

By:
Rick Branham



Last week I started into the science of firefighting and how fire starts. At the end of the column I asked what BTU stands for and the answer is British Thermal Units. That is the amount of heat required to raise the temperature of 1 pound of water 1 degree Fahrenheit. Last week I also talked about the four components needed for fire, the fire tetrahedron. The first component I am going to look at is heat.

Having an understanding of heat and temperature gives you a good working knowledge of fire behavior. I don't want to get to sciency with this, but heat is a form of energy and energy has two states; potential and kinetic. Temperature is a measurement of kinetic energy. Heat will move from objects of higher temperature to objects of lower temperature.

In my very first edition of this column I said that it's not the wood actually burning but instead it's the gases produced. This process is called pyrolysis which is caused by applying additional heat. As a material begins to heat up, it begins to release ignitable vapors or gases into the atmosphere. The process continues the production and ignition of the gases so that the combustion reaction is sustained. This has always intrigued me to the fact that it's the gases burning and not the wood. So applying water to a burning object cools the material down thus taking away the heat and allowing the fire to die out.

I want to look at one other aspect of the heat component in the fire tetrahedron this week, and that is

the sources of heat energy. There are four sources of heat energy in particular I want to discuss. First is the most common source of heat in combustion reactions, chemical heat energy. Chemical heat energy is when a combustible comes in contact with oxygen, lighter a good example. Next we have self-heating or spontaneous heating. This is a form of chemical heat energy where a material increases temperature without external heat. The best example of this is a hay bale catching fire. The sun can initiate or accelerate the process but the conditions of heat must be just right for this to occur. That is why we don't see every hay bale in the field catching fire. Oil soaked rags is another example of spontaneous heating.

Electrical heat energy is common in many household fires. Electrical heating can occur by arcing, overloading, sparking and resistance heating. Resistance heating occurs in electric coils on a stove or portable heaters. And lastly there is mechanical heat energy, which is generated by friction or compression. Friction is, of course, the movement of two surfaces against each other. For example, rubbing stones together to generate a spark to start a fire. Heat of compression is generated when gas is compressed. The ones who drive diesel engines probably know this. Diesel engines ignite fuel vapors without the use of a spark plug using this principle. It is also the reason why SCBA cylinders feel warm

(Cont. to A4)

Mount Vernon Signal

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
Paige Anderkin Benge, Advertising Manager

SUBSCRIPTION RATES

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

e-mail address - mvsignal@windstream.net

Rockcastle Kiwanis CHARITY HORSE RIDE

Climax Horse Camp
October 12, 2013
11:00 AM

Meal provided
following the ride.

**DONATIONS
APPRECIATED**

**All proceeds benefit
children's programs
in Rockcastle County.**

Climax Horse Camp is located at 2145 Clark Ridge Road, Mt. Vernon, KY. They offer camp sites, bunk houses, bath houses, water, electric hook ups, two picnic shelters, horse stalls, plenty of shade trees, and many miles of trails leading to Daniel Boone National Forest. To reserve any of these amenities, call (606)-256-3828 or 606-386-1989. No reservation required to participate in the actual ride.

For other general information, call (606) 782-3268.



**24/7
fitness
friends & fun**

Berea's home for **859-985-2584 | 606-264-0012**
Fitness, Friends and Fun **www.fitnessfriendsandfun.com**

Enter the....

FITMANTM
Competition!
REGISTER TO WIN A
FREE YEAR MEMBERSHIP!!

woom!! **Sat, October 5th**

7Events, 7Minutes
Think you are tough enough?

Monkey Bars, Box Jumps, Pull Ups, Sled Push
Tire Flip, Toes-to-Bar, One-Arm DB Snatches

10- Vendor Exhibits and Competition
6-7:30 Rock Concert and Awards!

WIN BIG!!!
\$1,000

IN CASH PRIZES

Enter the Competition online or day of up to 11am
www.fitmancompetition.com