

ramblings...

by: perlina m. anderkin

Crossed an item off my "bucket list" last week -- took a trip to Branson, MO with daughter, Allison. Okay, so my bucket list doesn't contain items such as climbing Mt. Everest or seeing the pyramids of Egypt. Mine are more commonplace but attainable.

It's a long trip. From Springfield, it was at least 9 hours and, on the return trip, we got held up by an accident on I-65 which cost us an extra hour. We stayed three nights but only actually had two days to see shows, hit as many restaurants as possible and just explore the landscape in general.

In my mind, the place should have been a big Renfro Valley. But it wasn't. Think of Pigeon Forge and multiply by five. It is obviously a preferred destination for senior citizens. They were everywhere. We went to a "Price Is Right" entertainment show and one of the contestants was older and pretty hefty. You had to go up steps to get onstage and she needed quite a bit of help. Then she got to play Plinko and the steps were steep and it was touch and go for a while if she would make it.

Allison, who's seven months pregnant, was a little young for the crowd but she was a trooper. And, she got

to see an *Eagles Tribute* which she enjoyed. Of course, the first show we saw was an Elvis impersonator. He was good. He came in third on an "America's Got Talent" Show. But, I told Allison later that, with the same stage props, backup singers and costumes, Will Reynolds would have been just as good.

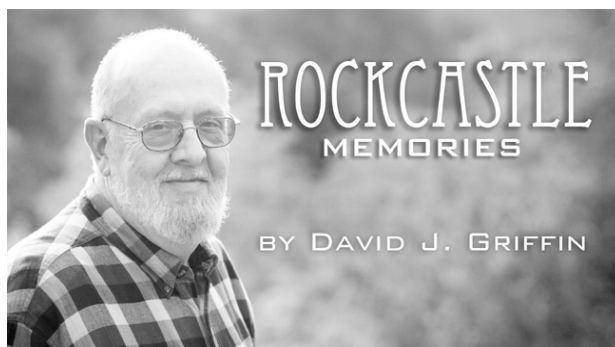
It's worth the trip. You need more than two days however to really explore all the activities available...

The government shutdown is still going on. It doesn't affect me personally, except that I'm always happy when Washington goes dark.

The Repubs probably overreached with their attempt to defund Obama Care but they should certainly hold out for undoing the provision that exempts members of Congress, their staff and the IRS, which is overseeing the over trillion dollar program. As one commentator said, beware of the food if the chef doesn't eat his own cooking. How dare they take over the health care system in this country for us plebians but exempt themselves from participation.

So far, I haven't had any notification of a change in my supplemental insurance but son-in-law Spencer, who

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The Great Saltpetre Cave

All throughout my life in Rockcastle County, I was enthralled by caves. As a young boy, I began my spelunking adventures by playing in and around Big Fill Cave, which was located near my mother's house in the Pine Grove section of the county. Many of my friends and I spent numerous hours investigating the miles of rooms and caverns in that old cave. It would be hard to name all of my friends who have explored that cave with me.

The awesome beauty of Kentucky's rolling hills is more than meets the eye. Once you scratch Kentucky's surface, you will find an incredible underground world just waiting to be discovered. According to the internet, there are more than 130 caves located in Kentucky -- four of which I have spent a great deal of time exploring. They are: Big Fill, Carter Caves, Mammoth Cave, and Saltpetre Cave.

One of the most attractive features of caves in Kentucky is the constant temperature, which is approximately 58 degrees Fahrenheit. I have also always been enamored by the vast rock formations located in caves. The formations that hang from the ceiling are called stalactites, and the stone developments from the floor to the ceiling are referred to as stalagmites. I first learned of these stone monuments from my brother, Al, when he initially introduced me to cave structures.

Al taught me the names and how they were formed. It was he that initially took me to the "secret room" inside Big Fill Cave. When we first entered the room, Al showed me his initials that he had burned into the wall when he was a young boy. He also assisted me in putting my own mark on the wall there.

I have also been interested in the wildlife found in Kentucky's cave system. Al first showed me the bat population that was found in Big Fill. I have also seen several animals that use the cave for their homes.

My second cave that we explored was SaltPetre Cave just a few miles from Livingston in Rockcastle County. I cannot recall who first introduced me to that particular cave, but I remember that I was only a young boy when I first explored its huge caverns and passageways.

My wife and I were watching a program on KET recently, and we learned that occasionally Saltpetre Cave

is used for shows from Renfro Valley. The cave has a storied past. It was originally discovered by Robert Baker in 1798 not far from Livingston. By 1804, the cave was used for mining saltpetre, which was shipped to powder mills where it was blended with sulfur and charcoal to produce gunpowder. By 1815, it became uneconomical to commercially mine there. The cave settled back into obscurity and was only visited on a limited basis. I believe that it is occasionally opened for

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Points East

By Ike Adams



The 2013 garden growing season is not over yet but it's winding down fast herein the Paint Lick suburbs at 249 Charlie Brown Road. And it has been, easily so, the best growing season that I have experienced this young century.

Late last Sunday afternoon I hustled through the garden trying to beat the approaching rain storm but I still got drenched. Even so, I brought in a five gallon bucket full of stuff -- a big mess of Bufford Caudill fall beans, Bodacious sweet corn, Brandywine and Molly Helton tomatoes, a couple of English cucumbers and half a dozen huge, thick-walled, bell peppers.

So I said to Loretta that I believed these were the best peppers we've had since we've lived here and she said, "Nope these are the best bell peppers you've ever grown since I've known you and please don't be putting how long that's been in the paper because some people think I still look young."

My wife is becoming vain in her old age but please don't tell anybody I said that cause it might get back to her. Meanwhile, let's get back to the garden.

We are eating on and sharing our third crop of sweet corn of the year this



The Way I See it

By Doug Ponder

This past week I had a friend come up to me seeking advice about some things he was going through in his life. But I am not going to list his problems for the sake of his confidentiality and fear that some people might identify him.

While he was explaining his problems, it made me look at a bigger picture of life in general. We're all going to have tough times in our life and go through trials of some kind. It might be the loss of a loved one, sickness, financial problems, divorce, losing a job, etc. Some of these tough times are caused by our own personal decisions as we make

mistakes in life and some of them are just simply out of our control as they are unavoidable.

Needless to say, some bad things have happened to my friend recently that were out of his control. He went on to say that he didn't know how to handle them and move on with his life as a result of these bad things happening.

I could relate with my friend to a tee and he knew that which is why I think he decided to talk to me. I've already had several "huge" bad things happen to me in my life that were out of my control. My dad passed away when I was ten-years-old, both of my grandmothers died from lung cancer while I was in college, one of my uncles, who was like a second father to me, was killed in a tragic accident while I was in college and I struggled with finding a job out of college and spent months living with an uncertainty about my future. All of these things happened to me before I had turned 22, which is old enough to barely even be considered an adult in the world.

As I was explaining these bad things that have happened to me, I could see an astonished look start to come across his face before he asked me "how in the world have you learned to live and love life with all of those bad things that happened to you?"

My answer to him was a simple one word answer that I told him before he could even finish his question. That answer was "God."

The discovery of that answer didn't come easy for

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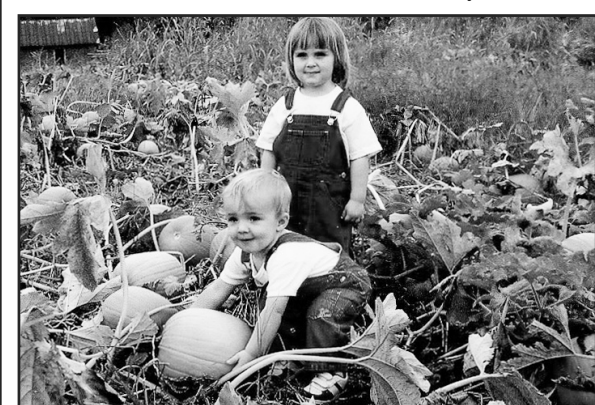
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Sigmon Farms

Fall Festival

October 12th & 13th • 10 a.m. to 7 p.m.

Activities for Kids and Family



- Hayrides to pick your pumpkin • Food • Traders Tent
- Crafts • Live Music • Yard Sales Welcome
- Free Admission & Booth Setup

Located 4 miles north of Renfro Valley off of US 25, turn on Jct. 3275 go 1 mile, follow signs.

For more info. on booth setup and field trips call 256-2781

Livingston LHS & LES

Alumni Reunion

Saturday, October 12th

- 2 p.m. Welcome reception/registration in the Trail Town Visitor Center
- 4 p.m. Livingston Fire Dept. will be serving food and beverages for purchase at the fire dept. bldg.
- 6 p.m. Induction of the 2013 Livingston School Hall of Fame honoree, recognition of the graduates of 1952, 1963 and the Junior Class of 1972 who became the first class to graduate from RCHS in 1973.
- 7 p.m. Memory lighting ceremony at the bridge (Buy a memory lantern to send off)
- 8 p.m. *Livingston's School Got Talent*, open mic entertainment featuring former Livingston School alumni.

Call City of Livingston at
606-453-2061 for information

Haunted House



House of Crazy

Main St., Livingston



US 25 S of Mt. Vernon & N. of London

Every Friday & Saturday in October and Halloween Night

7:00-7:30 Semi-Lit Guided Tour (\$2.50 per child)

8:00 to 11:00 - Full Scare

\$6.00 ea. or \$10/two • No Guide



Flu Shot Clinics

GET IN – GET ONE – GET OUT!

Everyone 6 months of age and older should get a yearly flu vaccine. The Rural Health Clinics at Rockcastle Regional want to make it easier on you to get vaccinated this year – get in, get one, and get out – during hours that are convenient for you.

Get your flu shot during October at any of these locations:



Tuesdays 7-9 a.m.
(606) 256-2961

160 East Main Street
Mt. Vernon, KY



Mondays 5-7 p.m.
(606) 256-5176

140 Newcomb Ave
Mt. Vernon, KY



Mondays 5-6 p.m.
By appointment only
call: (606) 256-4148 opt. 5

140 Newcomb Ave
Mt. Vernon, KY