

"I See It"

(Cont. from A2)

Whenever we would go with our grandparents to run errands in Livingston, or to visit a neighbor in the Red Hill community, my cousins and I were always referred to as "Dell's or Gwen's grandkids." We were rarely called by our actual names. When we were not with our grandparents out in the community, a typical summer day for us consisted of wandering along our manmade paths through the woods of Red Hill where we would play every kind of imaginative game known to man. Then when it got dark, you could always find us "three grandkids" in our upstairs bedroom playing video games. This was a typical pattern for all three of us during our childhood summers at grandpa and grandma's house. When I stayed all night with my grandpa last Sunday, I slept in one of the very same beds that I used to sleep in during those childhood summers.

Before I went to sleep, I laid in bed just taking everything in and a big smile came across my face. It had been a long time since I felt that relaxed, peaceful and happy. I loved my childhood summers and I didn't honestly realize how much I loved them and missed them until that very moment. If the truth be known, if some fairy or genie would have come in the bedroom that night and told me I could leave my current life and go back to the days of those childhood summers, I would have immediately said YES and wouldn't have thought twice about it either. However, when that very thought came across my mind before I went to sleep, it occurred to me what was happening. I was wanting to relive parts of my past. I think the majority of us have found ourselves wanting to relive the good times of our past at some point in our lives. This is especially true when we are going through tough times. I know people who are currently in college that miss being in high school, people who recently gradu-

ated college who miss being in college. People who have children starting school who miss their children as a baby or toddler and people who are sending their children off to college who miss having their children at home. I could go on and on with hundreds of other examples that range from children to senior citizens who are missing or wanting to relive some period in their past. I learned something last Sunday night. We should never live our lives thinking that our best days have already been lived out. When people live like this they are just "existing" and not actually "living." This type of thinking can turn dangerous if it's done often and it can rob people of a huge chunk of "living" in their lives. Instead we should live our lives as if our best days are still ahead of us no matter how old you are, what tough times you've had or what period of life you're in currently. Our time on this earth is very short and the more time we spend wanting to relive our past the more time we actually take away from living out our future to its fullest extent. After all, we only get one life so we better take complete advantage of it and live everyday to its fullest because if we try to relive our past we are simply increasing our chances of missing out on the great times of our future.

like we are today. Heavens to Betsy, we even used real butter and drank whole milk! The most recent research available for today's cooks suggests that lard might actually be good for you. The reason given concerns the composition of fat in our present recipes. The fat in lard is mostly monounsaturated, which we know is healthier than saturated fat. Even the saturated fat in lard has a neutral effect on blood cholesterol, according to Jennifer McLagan in her book, Fat: an Appreciation of a Misunderstood Ingredient. She maintains that lard has a higher smoking point, which causes foods like chicken to absorb less grease when fried. She also raises the point that the body converts animal fat to fuel and that it helps absorb nutrients, especially calcium and vitamins. A very persuasive argument can be made that lard in today's cooking is better because it has been processed as minimally as possible. These points sound quite reasonable in my view. When I was a youngster, most everything we ate was flavored in lard. Even the bacon drippings (fat) were poured into that coffee can on the stove to be used again at a later time to flavor some food. As I have said before, I believe my mother and grandmother were two of the best cooks I have ever known. Now we understand why we held such opinions. And it isn't just simply that animal fat makes food taste better. It was better. I consider myself to be a living testament: I am 69 years of age and, unlike many of my cohorts, I take no prescription medications. Zero. Do I need to thank those ladies for my health? Seems highly likely to me. As for now, I think I will go have me a country ham sandwich. What could it hurt? (You can reach me at themtnman@att.net or you can drop me a line at P.O. Box 927 – Stanton, KY 40380. I appreciate your comments and suggestions.)

speed, focal length, the exact date and time of day the photo was shot and other information are available with two right clicks on the picture. Although it didn't say so, I knew the shot had been taken at Owsley Fork Lake in Southern Madison County. I would not have been surprised if the camera had also known that. But the date was October 9, 2009, 5:27 p.m., and the hills were ablaze with color on what few blackgum, oak and maple leaves were left. One of us had taken a shot of a stand of poplars and another of walnuts without a leaf left on them. However, the forest floor was washed in bright yellow, red and orange. So here it is, two weeks deeper into October than our pictures of four years ago and the big walnut tree in my back yard is as green as it was in July. But the weatherman is saying that a hard freeze is just around the corner. I have about fifteen bushels of pears still hanging on a tree in the backyard orchard and I have to figure out something to do with them before Wednesday.

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Our Readers Write

Thank you...
Dear Editor,
Roundstone Elementary and Eagle's Nest Parent Teacher Group (ENPTG) would like to thank everyone who attended, volunteered, or helped in any way at the 1st Annual Run Like Eagles 4K. We had 177 runners/walkers sign up and 29 sponsors. We would like to individually recognize and thank all our sponsors. We had two levels of sponsorship, Gold and Silver. Gold Sponsors: Citizens Bank, Bluegrass Endodontics, Rockcastle Regional, Climax Water, Kiwanis, Thoroughtruck, James E. Miller, Jerry J. Cox, Dowell & Martin, Brodhead Pharmacy, CRC, Tumble Shine Gymnastics, Singleton Insurance, Coffey & Ford, Ridgecrest Farm, Ford Brothers, Mt. Vernon Auto-

motive/Cindy's Place, Wendy's, WRVK, Roby's Country Gardens, Surge, Richmond Street Eyecare, and Burdett Brothers Antiques. Silver Sponsors: IGA, Mike Anderson, HGP-Keith Edister, Melanie Parsons, Cash Express, and Pizza Hut. We want to thank Mt. Vernon Signal for advertising our race. And we also want to thank Dwain Harris for an outstanding job designing the course and timing the race. Because of such a huge turn out for our race and our wonderful sponsors we were able to raise \$3,376.45. This money will go a long way providing much needed technology for our classrooms. Again, the staff, students, and ENPTG thank everyone involved!

Sincerely,
ENPTG

Memories"

(Cont. from A2)

everything bad for you is good again. Sugar? Naturally better than high-fructose corn syrup. Chocolate? A bar a day keeps the doctor away. Caffeine? Bring it on. Lard has been a hard sell. Good cooks point out how superior this totally natural fat is for frying and pastries." Of course, when my mother and grandmother flavored our favorite dishes with pig fat, we were not being bombarded with TV messages about consuming too much cholesterol, trans-fats, or other hazardous substances

"Points East"

(Cont. from A2)

tographs Loretta and I shot a few years ago that I'm going to try selling to an outfit that produces calendars. When I finally found them on the computer I discovered they'd been shot in 2009. I'd been looking in 2011. Time flies when you're having fun. Somewhere I recently read that as we age, the years feel shorter because each one is progressively a smaller percentage of our total lives. All I know for sure is that just when I've gotten used to dating stuff 2013, it's nearly time to start using 2014 and 2013 will be nothing more than another habit hard to break. So, anyway, I found the photos and got a bit of a surprise. Our camera's have built in computers that store a ton of data every time we shoot pictures. Such things as lens settings, shutter

Rockcastle Community Bulletin Board

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Bookmobile Schedule
Mon., Oct. 28th: Calloway, Red Hill, Livingston, Lamero, Pine Hill and Sand Hill.

Halloween on Main/Council Meeting
Halloween on Main will be held in Mt. Vernon on Thursday, Oct. 31st from 6 to 8 p.m. Businesses or organizations can reserve your spot by calling City Hall at 606-256-3437.

Halloween in the Park
The Brodhead Homecoming Committee will be sponsoring "Halloween in the Park" at the New Depot Park on Thursday, October 31st from 6 to 8 p.m. Children 12 and under should be accompanied by an adult.

LVFD Fundraiser
Livingston Volunteer Fiire Department will hold a 4 Wheeler Ride Fundraiser on Saturday, October 26th, beginning at 10:30 a.m. The ride will leave from 8500 Highway 1955 (the Martin place). Riders must be 16 years of age or accompanied lby a parents. Helmets are suggested. Lunch will be provided. Donations for ride and lunch appreciated.

Upward Basketball
Registration is now open for Upward Basketball for boys and girls, ages kindergarten through 6th grade. Every child needs to attend one evaluation. They are, as follows: Tuesday, November 5th, 6-8 p.m. at FBC and Saturday, November 9th, 10 a.m. to noon at Bible Baptist Church. Cost to participate is \$60 (shorts are optional at a cost of \$15).

Upward Cheerleading
Upward Cheerleading, for girls kindergarten through 5th grade is being organized. There will be a cheer clinic on Saturday, November 23rd from 9 a.m. to noon. Cost is \$75 per child and includes the mock turtleneck.

Halloween Truck or Treats
Halloween Trunk or Treats will be held Thursday, October 31st from 6 to 8 p.m. at First Baptist Church. Hotdogs, apple cider, hot chocolate and, of course, lots of candy for the kids. The theme will be based off Chris Rice's song "Cartoons" and kids will get to see their favorite cartoon characters.
Halloween Alternative at Grace Fellowship
Fellowship invites everyone to our Halloween Alternative - Family Fun Night! A fantastic evening of entertainment awaits you on Thursday, October 31st from 6 to 8 p.m. Come dressed in your favorite costume (no scary costumes please) and enjoy games, inflatables, food and lots of other goodies! The church is located at 845A S. Main St., London.
Free Training Classes
The USDA Rural Development is sponsoring free classes to provide training in business start-up, marketing tools, accounting and team building. The first of these classes will be "Own Your Own Business!" on Tuesday, October 29th from 6 to 7 p.m. at the Rockcastle Adult Education Center. The next class will be "Marketing. Why Do I Need That?" on Wednesday, October 30th from 6 to 7 p.m. at the same location. For more information, or to register, contact Yvonne Harrison at 859-622-7995 or Yvonne.harrison@eku.edu

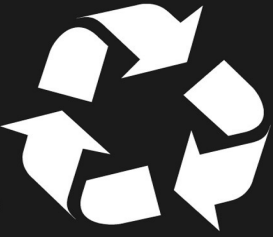
Brodhead Lodge Meeting
The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Alcoholics Anonymous
Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

Kiwanis Club Meetings
The Rockcastle Kiwanis Club meets every Thursday at noon at the Renfro Valley Lodge. Everyone is invited.

Historical Society Hours
The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.
American Legion Post 71
American Legion Post 71 meets the second Thursday at 7 p.m. of each month on the third floor of the courthouse. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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