

How many state parks have you seen?

by Helen Price Stacy
Talk about Kentucky parks! Go ahead, please. While you're talking, you will be discussing a system that ranks at the top in the nation. You might also want to include plans to visit a number of Kentucky parks this year. The grant is never greater than in the Bluegrass, particularly at the new Kentucky State Horse Park near Lexington.

The countryside is never more alive than at Harro River Lake State Resort Park near Leno. Surroundings are as smooth as can be at Rough River State Horse Park near Falls of Rough, and you might even say things are might paler than at Mount Olivet, Columbus-Belmont Battlefield State Park near Columbus and Perryville Battlefield State Shrine near Perryville.

Check these facilities in Kentucky's Western Wonderland! In addition to Columbus-Belmont Battlefield and Rough River, there are John James Audubon State Park at Henderson, where you may see Audubon painting his Kentucky State Resort Park, Harlan, where annual salmon trout fishing is held; Kentucky State Wildlife State Park in Gilbertsville has a 4,000 foot airstrip with jet fuel. Lake Barkley State Resort Park, Cadiz, has a more than 62,000-acre lake and is not far away from Gillettsville. Land Between the Lakes is a national recreation and environmental educational area.

Also in the area are Penryville 16,000-acre State Park with 15,000 acres near Dawson Springs; Lake Malone near Douthett and near Fairview; the former Mammoth State Shrine, the world's tallest cast concrete obelisk.

You might want to check-list park and areas in the Bluegrass. In addition to the horse park, there are Davie Boone Lake State Park near Florence; Constitution Square Shrine in Danville, where the state's first constitution was signed; P. "Tom" Sawyer Park near Louisville; Fort Boonesborough State Park at Boonesborough; General Bledsoe State Resort near Cynthiana; Kincaid Lake State Park near Falmouth; Lincoln-Horwood State Park near Springfield; Old Fort Harro State Park in Harrodsburg; site of "The Legend of Daniel Boone" musical; My Old Kentucky Home at Bardonia; Woodland State Park; Lexington; White Hall Shrine, home of Cassius M. Clay in Richmond; Perryville Battlefield at Perryville; and at Hodgenville the Abraham Lincoln Birthplace, a national historic shrine.

In Eastern Kentucky, there are Breake Interstate near Elkhorn City; Barkhorn Lake State Resort near Buckhorn; Carter Cave State Resort near Olive Hill; Dr. Thomas Walker Shrine, Barbourville; Grayson Lake State Park between Grayson and Sandy Hook; Greenbo Lake State Resort, Greep; Jenny Wiley State Resort, Prestonsburg; Kingdom Come State Park near Cumberland; Levi Jackson Wilderness State Park near London; National Bridge State Park near Ploverville; Blue Licks Battlefield, Mount Olivet, and near Middleboro, Cumberland Gap National Historic Park.

Parks and shrines in Kentucky's cave and Cumberland country include Cumberland Falls State Resort Park near Corbin, site of only moonbow in the western hemisphere; Dale Hollow Lake State Park near Frigger; General Burnside State Park, Burnside; Green Hook; Greenbo Lake State Resort; Greep; Jenny Wiley Shrine, Danville; Lake Cumberland State Resort Park near Jameson; Old Miley Kentucky House Shrine, Stamford; Harro River Shrine near Leno and Cave City Mammoth Cave National Park. Kentucky's resort parks have lodges and other expanded facilities. Parks usually feature campgrounds, museum and other attractions. Each park and shrine has unique features to keep vacationers busy during their time away from home.

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Picking wild greens now is old Kentucky tradition

by Helen Price Stacy
Hills and lowlands are green, skies are blue, bluebirds are nesting and blossoms are drifting through air that seems fresher in springtime than any season.
It is a time for looking up and out to an earth changed suddenly from grays browns to rich greens. It is also a time for getting down to earth, however, on your knees to save your back while planting, sowing and planning ahead and maybe even praying a little. Spring is the perfect time to let fingers and toes rest. It can be a lasting handicap, a never-ending friendship request in green things good to eat and good for health.
Part of this wholesome green life is not so much planting and waiting. It's getting out the old garden-were dibbles or a large fork sack, a paring knife or two and a number of the pre-school children for a trip to pick greens.
It is a ritual in some families, starting that good-earthy taste. There is also the bonus of adding the appearance of the soil, and like dandelions and most wild greens have a way of reappearing every spring without any effort from hand or hoe.
How early in the year can a greens picker take to the creek bottom, fields and garden patch hoping for greens to cook? Mrs. Hattie Ferguson of Morgan County once picked a mess from her garden on Jan. 31.
If it's dandelion greens, pickers can take to the yard sometimes as early as February. Peas, flowers buds and even the cold-gold bloom of dandelions are edible, but it is the leaves that add that good-earthy taste. There is also the bonus of adding the appearance of the soil, and like dandelions and most wild greens have a way of reappearing every spring without any effort from hand or hoe.
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Waiting in the wings

Waiting for their turn in the spotlight at the 4-H Talent Show last week are Gay Ritchie, right, and Paige Haney, second from right; David Hunter, left, was the busiest man in the show. He brought the curtain down several times - in fact, twice for each contestant. David's behind-the-scenes role was to open and shut the curtain on cue. - Reporter photo.

Kentucky fishing report

In spite of cool and windy weekend weather, fishing is generally fair to good around Kentucky, with crappie the number one species at almost all lakes. The lake-by-lake rundown, as reported by the Kentucky Division of Fish and Game:

Barrens: Crappie fair along brush line in 3 1/2 feet of water; in tailwaters, white bass and crappie fair; clear to murky, falling, one foot above summer pool and 6 1/2 degrees.

Barkley: Crappie fair along brush line in 3 1/2 feet of water; in tailwaters, white bass and crappie fair; clear to murky, falling, one foot above summer pool and 6 1/2 degrees.

Nukas: Nuclear energy provides one-eighth of all electric power generated in this country. In Vermont, 80 per cent of the electricity produced comes from nuclear power.

Farm and Home

Nicholas County Extension Agents Mike Phillips, Mrs. Sharon A. Wilson, Mrs. Margie Wilson

May has been designated as National Blood Pressure Month. If you have not had your blood pressure checked recently you may wish to do so during the month. If you do it on the understanding reading, ask the doctor or nurse to explain.

The one-family houses completed in 1977 tended to be larger and contained more amenities than those completed in 1976. More of the houses completed in 1977 had 1,600 or more square feet of living area, central air conditioning, two or more bathrooms and at least one fireplace.

The 1978 tax bill now permits the exemption of up to \$100,000 of the profits on the sales of houses occupied by this law once in their lifetime. These households are likely to be empty nesters (without children) who have not been able to take advantage of the sharp rise in their property values. If there was a desire to move into a smaller unit, the tax law encouraged them. Moving into a smaller unit without paying a smaller price, plus having to pay capital gains taxes.

Smaller units will benefit, especially condominiums and townhouses.

As part of "Know America" series the Kentucky Extension Homemakers Cultural Arts chairman has scheduled a trip to Washington, D.C., September 17-22, 1979. For further information contact the County Extension Office.

In selecting tomatoes for the home garden you may wish to select one with a pH 4.5 or less since tomatoes are caused by the boiling-water bath method. The pH will vary depending on the soil and water conditions and the maturity of the tomato. Do not eat over-ripe tomatoes.

Varieties tested with a pH of 4.5 or less are: Ramapo, Better Boy, Beef Steak, Big Boy, Marglobe, Rutgers, Winal, Fantastie, Supermar, Manad and Jet Star.

You may add lemon juice or citric acid-containing tablet to increase the acidity of home canned tomatoes. Studies show that flavor and acceptability of home tomatoes are not southern cooks prepare them the tasty way and have plenty of cornmeal and onions to accompany this spring fare.

Christine Brewer at Greenburg advised greens pickers in frames should not so tender. A light cooking to wilt the greens is enough, then freeze.

One way to use poke stalks, she adds, is to peel the outer skin from the stalk, wash, and fry in minutes. Dip in egg yolk, roll in cornmeal, add a dash of pepper and fry.

She said an old saying indicates anything that milk runs out of when it is milked is good. The Troy McCoy of Pike County, a well-known pork, said how to cook milkweed greens to taste and to look like green beans.

Indiana and early settlers made frequent use of wild onions and wild leeks (ramps) in their diet. A few more people like more people should pick dandelions and wild onion. People have become too sophisticated in his thinking, and by not harvesting these, as oldtimers did, people are allowing the plants to take over the land.

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Who's Who

Miss Vicki Bussell, daughter of Stanley Bussell of Moorefield, has been selected by the faculty of Nicholas County High School to be included in the 1979 edition of "Who's Who Among American High School Students." Vicki has been active in 4-H Club work, FHA, National Honor Society, French Club, and Literary Club. She recently was the winner of the DAR Good Citizenship Award given by the Paris DAR Chapter. Vicki plans to attend Midway College where she will major in nursing. - Photo submitted.

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