

The Family Room

By Dr. Don Whitthead

The Dark Demon of Depression

"When it hits, I don't know what to do," Sara told me. (All characters are fictitious.) "I wake up in the morning and I feel horrible. I dread the day. Nothing that is happening can get me excited. I'd rather hide in bed all day than go out and face the world."

Sara has been suffering from depression for more of her forty-two years. "I can remember being depressed as a child," she added. "Mom always thought I slept a lot. I'm sure she didn't realize that was part of my depression. I didn't want to go to school, and I cried every day through my whole first year. Mom and Dad worried about me."

Sara continued her story, "I have a good job and some days I enjoy what I do. The people I work with are great, but sometimes I dread going to work. When I have a special project or a meeting, I dread it."

"I worry about many things," Sara told me. "I worry about money. I worry about my work. I worry about whether my friends really like me. I worry that I will make a big mistake and embarrass myself."

Sara was on a roll and she kept right on. "Sometimes I still want to sleep a lot, just like when I was a kid. I walk by the couch and it seems to have a magnet in it, pulling me toward it. Though I've had plenty of sleep, I still want to lie down and sleep some more. Sleep is an escape from the worry."

"My family can tell when I'm depressed," Sara continued. "My temper gets short and I get irritable with them. My kids and my husband are great, but I want to blame them for everything when I'm depressed. Though I know I'm doing this, it is

still hard for me to stop."

"Doctor Sara said, 'I've tried everything I can think of. I am already taking an antidepressant and it does help. I can tell I'm better off with it than without it. I exercise for thirty minutes four times a week. I have been to counselors and psychiatrists. All of this has helped me, but I still have some of depression. Why can't I get rid of it once and for all?'"

Sara paused as if she had exhausted her supply of words. "What is worrying you now, Sara?" I asked. "I am meeting with my staff this week to plan for the next year," she answered. "I don't think they are going to like what I have to say. I want to do things differently in this coming year. I have some dreams about what we can accomplish if we all work a little harder and a little smarter. I'm not sure they are going to want to make the sacrifice."

"What are you worried will happen, Sara?" I inquired. "It's hard to say," she began tentatively. "I guess I am afraid they will quit and it will be my fault. I am afraid they will be angry with me. I always want everybody to like me, so I guess I'm afraid they won't after I tell them my plans."

When I asked Sara if she had these fears before, she smiled. "Sure," she answered. "I've had this fear all my life!"

Sara's face appeared brighter than before. "How do you feel now?" I asked. "Better," she replied. "It does help me to face my fears. The fear is still there, but not as strong as before."

If you are like Sara, seek help. Treatment for depression may include counseling and medication. Most people who are depressed can be helped. Don't wait!

Maintain Healthy Weight

By: Hazel Jackson
County Extension Agent for Family and Consumer Science



This morning while you were dressing, did your skirt or pants seem a bit snug? Did you have to hold in your stomach to fasten the buttons? Did you have donuts or pastries for breakfast and fast food for lunch? Did you skip your afternoon exercise session to watch television? Do you smoke or drink alcoholic beverages regularly? If you answered "yes" to most of those questions, you probably need to change a few of your bad habits.

Everyone's lifestyle includes a few bad habits - poor eating habits, lack of regular exercise, lack of enough rest, and not using common sense in listening to their body. Often, it's those bad habits that contribute to us feeling run down and sick. Worse, some bad habits can have serious negative consequences. Many people presently have health problems, such as heart disease, that were caused by their lifestyle. Bad habits are not easy to change, but with determination they can be reduced or eliminated. Modifying bad habits for the good increases your odds of feeling good and living healthy.

Below are some good basic habits to include in your lifestyle:
*Stay away from limit visits to fast food restaurants. Many of their selections are high in calories and fat.
*Know your cholesterol number and

limit your intake of cholesterol-rich foods. You should maintain your cholesterol level below 200 milligrams per deciliter of blood.
*Include an adequate amount of starch and fiber in your diet.
*Limit your use of salt and sugar.
*Taste your food before adding any salt or sugar. Stay away from sweets.

*Include fruits and vegetables in your diet daily.
Behavior plays an important role in your eating habits. It is common to overeat. Overeating is usually triggered by a situation - anger, stress, frustration or boredom. If you are a person who reacts by overeating, change this habit by exercising to work off the anger or other emotions you are feeling. If you must eat, reach for something healthy such as apples, carrots or celery instead of the chocolate cookies.

To avoid overeating at mealtime, try using a smaller plate; eating slowly; taking smaller bites; drinking plenty of water before eating (8, 8-ounce glasses of water per day lowers the stomach's capacity). Also avoid food shopping when you are hungry and keep junk food out of sight and out of mind - don't buy it. For a free publication entitled "Maintain a Healthy Weight," call the Extension Office at 256-2403.



Happy 15th Anniversary to Banjo Bob on August 17th
Love - Your Wife

Poet's Corner

Back To School Fun
By William Jerry Ayeys
Old Teachers never die, they just lose their class.
Arika...Boy, I jumped out of bed at 4 a.m. this morning.
Irena...To get ready for school?
Arika...No, there was a leak in my water bed.

Teacher...What can you tell me about the chemists of the 17th century?
Britanee...They are all dead.

Craig...You say once asked a Teacher to marry you?

Randy...Yes, but her answer had a string tied to it.
Craig...What do you mean, a string?
Randy...She told me to go fly a kite.
Lavern...My Teacher reminded me of a big movie star.
Phil...Robert Redford?
Lavern...No, King Kong.

Craig...I once beat my high school Teacher up.
Randy...You did?
Craig...Yeah, I got up at 6 a.m. and he didn't get up till 7 a.m.

A human mind is like an umbrella, more useful when it's open.

Teacher...What did General Custer say at Little Bighorn?
Arika...Ouch, oh, ouch.
Principal...I had to shoot my poor dog last summer.
Britanee...Was he mad?
Principal...Well he didn't seem to like it much.

Old football players never die, they just pass and fade away.



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ABSOLUTE ESTATE

Auction

of the late Mr. Henry Cox's

Houses, Land and Personal Property

Saturday, August 26, 2000 at 10 a.m.

Old U.S. 25, Mt. Vernon, Kentucky

Location: Turn off South Main Street in front of McKinney's Tire onto Old U.S. 25. Auction signs are posted.

In order to settle the estate of the late Mr. Cox, our firm has been authorized to sell, for the absolute high dollar, all the following described real estate and personal property.

We reserve the right to sell the property in tracts and any combination of tracts, selling in the manner which reflects the most positive results for the estate.

Tract 1: Is a large lot, measuring approximately 0.675 of an acre, with ample space for a garden. There is 279 2 feet of road frontage along Old U.S. 25 and 275.76 feet of frontage on Evans Street in the rear.

This tract is improved with the pictured lovely brick/vinyl siding home which was custom built for Mr. and Mrs. Cox in 1970. The home has 3 bedrooms, kitchen with breakfast room, living room, dining room, sun porch, 2 full baths, 2 car garage and a basement with a full bath. Other amenities include: central heat and air, built-in solid wood kitchen cabinets with dishwasher and disposal, hardwood floors, front porch, enclosed glass back porch as well as front and rear driveways. In addition, there's a small garage/storage building.



Tract 2: Measures approximately 198 feet on the north side x 260 feet on the south side with road frontage on Old U.S. 25, a distance of 120 feet on Evans Street, a distance of 79.98 feet in the rear. The lot contains approximately 0.498 acres and has city water, city sewer and KU electric.

Tract 3: Measures approximately 260 feet on the north side x 300 feet on the south side with road frontage on Old U.S. 25, a distance of 115.63 feet and, on Evans Street, a distance of 36.79 feet in the rear. The lot contains approximately 0.581 acres and has city water, city sewer and KU electric.

Tract 4: Contains 0.759 acres, with 179.43 feet of frontage on Old U.S. 25.

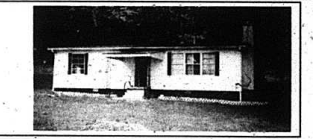
This tract is improved with the pictured charming Victorian style home with wrap-around porch. This lovely home has 3 bedrooms, bath, modern eat-in kitchen and family room. Other features include: central heat and air, washer/dryer hookup, city water, city sewer and a rear driveway.



Tract 5: Measures 0.753 of an acre lot with 64.93 feet of road frontage on Old U.S. 25. The lot has city water and city sewer. There is a single-wide mobile home on the lot which is not part of the sale.

Tract 6: Measures 0.404 of an acre lot with 99.42 feet of road frontage on Old U.S. 25.

The lot has city water and city sewer and is improved with the pictured double wide mobile home. The double wide has 3 bedrooms, living room, kitchen, bath and front porch. In addition, this tract is improved with a two-story barn - circa 1909 with some worry chestnut planks.



Tract 7: Contains 5.241 acres with frontage on Evans Street and Cox Lane. City water and sewer available.

Auctioneer's Note: If you're looking for property with conveniences and a great location, then mark your calendar to attend this absolute auction. Some restrictions will apply to the property. For a copy of the restrictions, or an appointment, please contact the auction firm.

Furniture and Personal Property: Kimball Studio Piano with bench • Straightback Oak Office Chair • Wingback Chair w/ Queen Anne Legs • Upholstered Rocker • Chair with matching ottoman • Upholstered Rocker • Sofa • Octagon Coffee Table • Floor Lamp • Fern Stands • Cedar Chest • Poster Bed • Nightstand • Recliner • Chair • Straight Back Oak Chair • Sideboard • Drop-Leaf Desk • Several Cane Bottom Ladder-Back Chairs • Maple Table with Chairs • Maple Magazine Rack • Singer Sewing Machine • Old Sewing Machine • GE Washer • Speed Queen Dryer • GE Upright Deep Freeze • old GE refrigerator • RCA TV with remote control • VCR • Sharp Convection Microwave Oven (almost new) • GE Spacemaker Microwave Oven • Wooden dough Bowls • Cutlery • Several sets of glasses, tumblers, kitchen utensils, pitcher • Norfolk China • Pressure Cooker • portable mixer • lots of different cookware • book of local recipes • Maple breakfast set with 4 chairs • cast iron skillets and muffin rings • granite cooker • file cabinet • brass bookends • Brass candle holders • Sarsal and Streiff binoculars (7x35) • Record albums • mirror with beveled edge • two old trunks • Figurines of all descriptions • lots of books • small oval needlepoint in frame shadow box frame • several oil paintings by Mrs. Christine Krueger • prints by Mark McFerron of the Old Rockcastle Co. courthouse and old Mt. Vernon Depot • World Book Encyclopedies • Power King 1618 4-speed tractor lawnmower • King 1614 tractor mower • metal shavings • 4 Tans • tools of all descriptions • floor jacks • grinders • aluminum step ladder • extension cord • C-clamps • gas cans • aluminum extension ladder • wheel barrow • small trailer • 5 6x6 glass panes • glass walk-through door.

Inspection: Morning of the auction only.
Terms: Real Estate, 20% down day of sale, balance in 30 days. Personal Property: Cash or check day of sale. Announcements day of sale take precedence over printed matter.

David Henderson, Executor of the Estate.

For additional information, contact the selling agents:

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