



The Family Room

By: Dr. Roy Don Whitehead

Poetry Comes From Pain
The poetry written by women who have suffered abuse never ceases to amaze me. Their words express so well what it is like to be in an abusive relationship. The following poem was written by a woman who recently left an abusive spouse.

I Was Told...
I was told, "I'll love you always. You are beautiful in your own ways." I thought this was real true love. He had been sent from above.

I was told, "You are too lazy."
I was told, "You are too lazy. That's what makes me so crazy." I should have washed that shirt. Then I wouldn't have gotten hurt.

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Through his eyes I saw me. I was nothing I wanted to be.

I was told, "You can't go. You won't make it, you know." He's right, I believed in him. And my life grew more dim.

I was told, "I love you again. I'll never let you out the door." He's right, I believed in him. And my life grew more dim.

I was told, "You are a... I'll kick you out the door." He's right, I believed in him. And my life grew more dim.

I was told, "I'm so sorry, I'll never do it again, baby." Then I will learn to forgive. My children and I will be alive.

I was told, "I had to, I mean, look at you." He had found another. He's going to be a father.

Then I said, "That's enough, I can't do this. I'm tough." With his words and a dare I turned away and left him there!

If you or someone you know is being abused, call Family Life Abuse Center in Renoir Valley at 256-2724 or 1-800-755-5348.

Be sure to "Drive Smart"

Winter is here at last and that means Mother Nature may send freezing rain, snow and ice. The Kentucky Transportation Cabinet's DRIVE SMART program has put

together winter driving tips to help keep you safe during this unpredictable season.

- Always be prepared!
- Have your car serviced before

A Resolution of the County of Rockcastle

Whereas, the Fiscal Court has been petitioned for the construction of an alternate route of CR 1059 (Fairview Loop Road); and
Whereas, the alternate route will benefit the traveling public and enhance the safety of the parishioners of the Fairview Baptist Church; and
Whereas, the Fiscal Court has the power to open, establish, or alter roads as provided in KRS 178.115, and to appropriate funds for such purpose as granted by KRS 67.080 and defined by OAG 80-368; and
Whereas, this court believes it to be in the best interests of the County to alter this section of CR 1059 (description of change attached to this order); and
Whereas, the County shall cause to be printed, as prescribed by law, all necessary documents and procedures;
Now, therefore, be it Resolved by the Fiscal Court of the County of Rockcastle that the Court shall, on the NINTH day of JANUARY, 2001, at 1:00 p.m., adopt the alternate section of CR 1059 and close the section of roadway to public use presently running between church property.

So Resolved on this, the TWELFTH day of DECEMBER, 2000

- /s/Buzz Carlotts, County Judge/Executive
- /s/Fred Mullins, Jr., Squire, 4th District
- /s/John Holbrook, Squire, 1st District
- /s/Jack Bradley, Squire, 2nd District
- /s/Bill McKinney, Squire, 3rd District
- /s/Donald Bullock, Squire, 5th District

you start out on the road. The heater must work and the car needs anti-freeze, wiper fluid, oil, gas, etc.

- Assemble a disaster supply kit that includes a first-aid kit, shovel, ice scraper, flashlight and batteries, blankets, candles and matches, bottled water and snacks.
- A bag of sand or car litter stored in the trunk will add extra weight to minimize sliding and may be used for traction on icy roadways, sidewalks, steps, etc.
- Dress warmly and in layers.
- Watch for any weather advisories and do not drive during hazardous conditions.

Should you lose control
Steer into the direction of the skid.

Drive slowly and carefully. Rotate steering wheel gently going into a turn.

To apply brakes, repeatedly tap the pedal gently so you don't lose

traction between the wheels and surface.

- Remember, always leave enough room between you and the car in front of you. Stopping in snow may take up to four times your normal stopping distance.
- Should you become stranded or your vehicle disabled
- Stay with the car. Do not walk in freezing temperatures to get help.
- Use any extra source such as maps and removable car mats for insulation.

A bright colored piece of cloth to the antenna so rescuers may see you are stranded.

Keep arms and legs moving as you sit to keep warm.

Use any extra source such as maps and removable car mats for insulation.

Don't make alcohol the center piece for holiday festivities

Alcohol can be part of holiday celebrations, but it shouldn't be the highlight of the party.

Christmas is a time for sharing with family and friends, for reaching out to others less fortunate and creating traditions. There are customs throughout the world, which are fun, interesting and don't involve alcohol.

For example, in Australia a flaming Christmas pudding is a traditional dessert and in some parts of the country a small gold nugget is baked inside with the belief that whoever finds it will enjoy good luck for the coming year. In Germany, children decorate their Christmas lists with pictures and then leaves them by the window overnight, weighted with a little sugar so Father Christmas won't miss them.

There are many regional traditions in the United States. New Englanders serve lumberjack pie which features a mashed potato crust, filled with meats, onion and cinnamon. Virginia boasts oyster and ham pie. Pennsylvania Dutch traditional confectons are sand tarts - thin crisp sugar cookies. Southern states have lively, included hominy grits in one form or another in their holiday celebrations.

Parties can be festive without alcoholic beverages. Hosts can serve alternatives such as non-alcoholic beer, punches, soft drinks or flavored coffee or tea. Creating other holiday traditions such as caroling, cooking special dishes, playing favorite games and other entertainment prevent people from overindulging. Establishing traditions that don't center around alcohol with children early in life may help keep them away from a dangerous pattern as they grow into adulthood.

Most people are getting the message that alcohol doesn't have to be the mainstay of a celebration, especially with the recent change in the DUI law which says that a blood alcohol level of .08 indicates illegal intoxication," according to Mike Townsend, director of the Division of Substance Abuse in the Department of Mental Health and Mental Retardation Services. "However, there are still some folks who think that a gathering isn't complete with-

The following tips can help partygoers reduce the risk of alcohol use, if they choose to drink:

- Drink slowly and avoid gulping alcoholic beverage. On the average, the body can only metabolize one drink an hour.
- Eat food with your alcoholic beverage to slow consumption.
- Realize that alcohol metabolism is based on the size of the individual. For example, a 200-pound person will be less affected than a 110-pound person who consumes the same quantity of alcohol over the same period of time.

Remember that wine coolers are not soft drinks. They have as high an alcoholic content as beer.

Don't drink and drive or even ride with someone who is under the influence of alcohol or drugs.

If you have a problem with alcohol or are a recovering alcoholic, decide how to handle the temptation to drink before going to a party.

If you or someone you know has a problem with alcohol, help is available by calling 1-888-729-8028, a toll-free prevention hotline sponsored by the Division of Substance Abuse or by contacting your community mental health center.

'Twas the Night Before Christmas

It was time to deliver the toys And I want it understood, I didn't have sleigh or reindeer But I had two hundred horses under the hood!

They were prancing and pawing Wanted to be on the go, But the cops had set up roadblocks And the traffic was slow.

I reeved up my horsepower And I took to the air, With two hundred horses breaking wind Almost blew me out of there.

All around the world My horses they flew, All the time I was thinking No present for Wiley, what shall I do?

Got back at daybreak Put my horses in the stall, Wife stood there with a club in hand Saying, "Goodnight and goodbye to you all!"

Our Readers Write

Dear Editor,
In a front page story in last week's Signal, a "Jim Lambert" was reported to have made a complaint to the County judge concerning the graveling of someone's driveway in the northern section of Rockcastle County. Please be advised that I am not

that Jim Lambert I know nothing about this alleged incident, have made no complaint to anyone about it, and have no connection whatsoever with it.

Sincerely,
James H. Lambert
Attorney At Law
Mt. Vernon, KY

Happy Holidays
Larry, Kathy, Derrick and Katelynn



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