



The Family Room

By Dr. Roy Don Whitehead

What Is the Number One Problem Facing American Families?

In light of the high divorce rate in America, many suggestions have been offered as to what is wrong with our families. Depending on who is talking, the major problem is seen to be alcohol and other drugs, divorce, violence, moral decline, poverty, lack of education and abortion.

I want to tell you what I think is the most important problem families face. From my experience as a husband, father, minister and counselor, I think it is **ANGER**. Specifically, the problem is the inability of adults to handle or manage their anger.

It is important to acknowledge that anger is a normal emotion. Everyone feels angry at times. Normal anger is not a problem as long as it is handled well. It is possible to express anger without blaming or hurting a spouse or child.

An excess of anger that hurts others is the biggest problem with which families have to deal. Where does this anger come from? Some of it comes from the past. An adult who was mistreated as a child may have anger built up from that abuse or neglect. Some anger comes from insecurity and jealousy.

The husband who imagines that his wife is seeing someone else may become very angry. Anger also comes from hurt. If a person is hurt enough, he or she may become angry. Anger can also originate in the continued frustration of being poor and never being able to escape that poverty.

What does anger do to families? Anger causes violence against parent. An angry, out-of-control parent may verbally, physically or sexually abuse his children. While physical abuse gets more attention, verbal abuse is every bit as painful. It hurts

to hear Mommy say, "You are a good-for-nothing just like your father!" Anger also causes domestic violence. The woman whose father abused her may marry a man who also vents his rage at her. The man whose father abused him may grow up to be an abuser. Thus, the cycle of violence is continued from one generation to another.

Anger can cause divorce. Many couples come to me for marriage counseling. For some of these, they are too late in seeking help. Why? Because the anger between them has built to such an extent that the relationship cannot be repaired. When one spouse says hurtful things out of anger, he cannot take these back. Even though he may apologize, the damage has been done.

The other spouse cannot forget what has been said. As the anger builds over time, the damage can become irreparable.

Anger can split families and leave children disabled, emotionally and physically. Alcohol and other drugs make the problem worse, but they are not the cause. The root cause of many family problems is anger.

What can be done? One can learn to manage one's anger in more productive ways. The feeling of anger is OK, but hurting someone because of that anger is not OK. Anger can be channeled into physical activity. (The next time you become angry try running until you are exhausted and see what happens to the anger.)

Also, couples can learn to deal with the problem at hand and not bring old anger into the discussion. Sometimes "emotional surgery" is necessary. With the help of a counselor, the angry person can discover and heal the old wounds that cause the anger.

Being angry is not a license to hurt someone else. Do not let anger destroy your family.

Library News

By Kristiana Burk

Sign up for a card and take advantage of all the FREE resources and benefits that come from being a part of our community. March 7th through 15th, keep your eyes open for important community surveys that will be going around the county in order to help the Library see how it can serve each member of Rockcastle County more effectively. On March 20th, the Library will begin a brand new, exciting and Traveling Bookclub. We call it "Reading in Motion...the Bookclub that Travels." In cooperation with Berea College and Madison County Public Libraries, we will begin a Bookclub centered around the South and Southern writers. On May 17th-20th, members of the Bookclub

that are interested (ages 18 and up) will have the opportunity to take a three day trip to Richmond, Virginia, in order to tour areas where the books are centered. Anyone can join the bookclub and participate if he or she is 18 or older. Those who choose to go on the trip will be responsible for lodging, meals and misc. travel costs. Bus tour costs, however, are free and provided by Berea College. Call Kristiana Burk for more information and to sign up. Hurry! Space is limited. The first Bookclub starts March 20th and will meet every other week.

March 21st, the Library will have a booth at the Health Fair held at the Vocational School.

March 29th, we will be accepting entries for our Art Exhibit that will be

going on during National Library Week, April 2nd through 5th. This is the ONLY day that we will accept the Art Exhibit entries to be brought in: we will be open from 10:00 a.m. to 8:00 p.m. The Art Exhibit will center around the theme "Celebrating Our Community During National Library Week." Handcrafts, quilts, needlework, writing, artwork, wooden crafts, etc., are all acceptable. The content must be appropriate for display as determined by the Library staff or Board members. This exhibit of art is open to and encouraged for all age groups. You must pick up your artwork by the end of April 6th or 7th. Call the Library for more information at 256-2388.

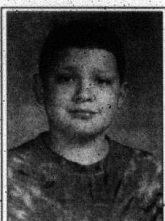
April 2nd - Beginning National Library Week: The Art Exhibit begins and we will be having a HUGE book sale that begins at 10:00 a.m. Both of these events will last all week until April 6th. We will have lots of books by popular authors available for sale. All proceeds go to the Rockcastle County Public Library.

April 3rd - Special Story and Craft Hours! Preschool Story Hour and craft starts at 1:00-2:00 p.m. For Grades 2-5, a special craft hour will be from 4:00-5:00 p.m.

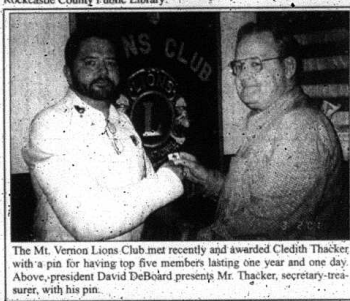
April 5th - A special day full of events! Preschool Story Hour 1:00-2:00 p.m. Older Kids' Craft Hours with Jason Daniels and Kathy McKibben. Build a Rocking chair with clothepegs and draw your favorite school mascot! "Read-In" from 5-7 p.m. Various County Officials, Business People and Community Members will be reading their favorite children's books at fifteen minute intervals. Craft Sessions for older children will be going on. Computer sessions on "Safe and Helpful Sites for Parents and Kids" will be going on as well from 5-7 p.m. Come join us for an evening of free, fun and community building entertainment and activities. Discover the Library for yourself! "Come Learn...Come Play...Come Know" at the Rockcastle County Public Library. Our phone number is 256-2388.



Drake Clay Callahan, son of Eddie and Michelle Decker Callahan, celebrated his first birthday March 5, 2001. Drake's big brothers, Chris and Brandon, threw him a Winnie the Pooh party. Drake wants to thank his Mamaw Sherry and Papaw Eddie Decker, Mamaw Lucille Stewart, Aunt Tina and Uncle Rod Blanton, Aunt Jen, Aunt Amy, Sydney, Shelby, Rhonda, Kyle, Kassie, Freda, Allison, Austin, Abbie, Angie and Noah for helping him celebrate this extra special day. Drake sends a big thank you to Mamaw Sherry for making the wonderful cakes. Drake's mommy and daddy want to thank everyone for coming to the party and for all of the cool gifts. We love you all.



Happy Birthday to Dustin Lawrence. Dustin will be 13 on March 17th. Have a great birthday. We love you. Papa Gene and Mam-Mam-Betty



The Mt. Vernon Lions Club met recently and awarded Cledith Thacker with a pin for having five members joining one year and one day. Above, president David DeBoard presents Mr. Thacker, secretary-treasurer, with his pin.

ABSOLUTE

Auction

of Bobby and Debra Bullock's

Modern Brick Home & 30 Acres in Two Tracts
Farm Machinery and Personal Property
Saturday, March 10, 2001 at 1:30 p.m.
2335 Liberty Road
Near the Bee Lick Community in Pulaski Co., Ky.

Location: 18 miles north of Somerset - 10 miles south of Crab Orchard. Turn west off Hwy. 39 near S&M Grocery onto State Route 328. Follow Highway 328 one mile to Liberty Road. Turn on Liberty Road and proceed 7/10 of a mile to the property. Auction signs are posted.



Due to the dissolution of their marriage, Bobby and Debra Bullock have authorized our firm to sell this property for the absolute high dollar.

The property will be offered in two tracts, reserving the right to combine.

Tract 1: Consists of a modern brick home and 22 acres. This nice ranch style home has a floor plan of living room, dining/kitchen combination, three bedrooms, one bedroom/office, one full bath, two one-half baths and a utility room, as well as a partially finished full basement w/family room, kitchen, bedroom and a storage area. There is also an attached one car garage. Added features include: heat pump, central air, city water and well water. It also has hardwood floors in the dining area, hall and foyer and wall to wall carpet in the remainder.

Besides the house, there is a 30x80 machinery and hay shed as well as a 40x48 barn.

Tract 2: Contains approximately 8 acres w/wood frontage on the Liberty Road. There are no buildings so you can build to suit yourself. There is a pond and city water is available.

Farm Machinery that will be selling includes: 1997 Massey Ferguson 263 Tractor with 622 hours - Quick attach 310 with 18" fork and bucket - Honda B Disc Mower - Agrip 70" Rear Tiller - Oliver Wheel Disc - 8 ft. cut - John Deere 3 Bottom Plow - spring trip - New Holland Manure Spreader - K & F 3 ton long range cherry picker - 925 Micrograpple - 20 ton Jack and Press - parts washer - 26 gallon - several gates - cattle head catcher - feed trough - water tank - 90 gallon - poplar lumber - 2x6' and 2x4' - 16 and 18 feet long - electric fence box - parts bin

Furniture and personal property that will be selling includes: Hardrock Maple dining room w/white w/ chairs, china cabinet, sideboard buffet - 3 pc - Modern bedroom suite - extra nice - sofa-hide-a-bed w/matching chair and ottoman - oriental safe cabinet - Early American living room suite w/white chairs - chair and a half w/ ottoman - marble top wash stand - library table - nice coffee and end tables w/Queen Anne legs - wingback chair w/Queen Anne legs - glass curio cabinet - good wooden desk - Executive chair - curio cabinet - new oak office chair - 2 drawer wooden file cabinet - wagner night stand w/Queen Anne legs - old wooden night stand - small round table night stand - Dining room suite table w/out chairs and china cabinet - 2 modern ladderback chairs - entertainment center - Kenmore white refrigerator - side by side w/ice maker - Kenmore 30" electric range - GE harvest gold - no frost - side by side w/ice maker - Kalinuator upright deep freeze - wood burning stove, made by Water Cash - Bissell 3600 upright vacuum - Zenith floor model TV 25 in. w/remote - Panasonic VCR - Emerson stereo equipment - Western movie tapes - coffee maker - toaster - spice rack - butter box - tupperware - kenmore lamps - folding table - card table w/4 chairs - exercise equipment - dehumidifier - automatic Edison 25 - several boxes of new Mason canning jars - several framed pictures

Statemaster Fiding mower 12 1/2 - 42 in. cut w/bagger - Murray lawn mower 38" cut - 12 hp - miscellaneous lawn mower parts - 20" Montgomery Ward pushmower - Briggs & Stratton engine - gas grill - like new - lawn and garden furniture - wheel barrow plus much more

Auctioneer's Note: If you're looking for a handy small farm in the country, then look no further. The Bullocks have done an extraordinary job of taking care of this well-constructed home. This quality home is in immaculate condition. The equipment and furniture that will be selling is all top quality. Be sure to mark your calendar to attend this absolute auction on Saturday, March 10th at 1:30 p.m.

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.

For additional information, contact the selling agents.

FORD BROTHERS, INC.
AUCTIONEERS - REALTORS



London, KY
606-878-7111



Sanford, KY
606-878-7111



Somerset, KY
606-878-2212



Does anyone know the people in this picture? You may have a copy by contacting: Ione Parsons, Rt. 1 Box 94, Mt. Vernon, KY 40456.

Taking care of your family's insurance... car home life.

health

State Farm now offers health insurance for individuals and families through Fortis Health, a leading provider of health insurance.

It's flexible, affordable coverage, so call me to review your health insurance needs today.



Teresa Jackson Ins Agcy Inc
912 W Main Street
Mount Vernon, KY
606-256-2119

State Farm will be closed March 24th



Call for details on coverage, costs, restrictions and renewability. Coverage issued and underwritten by Fortis Insurance Company, a Fortis Health member company, Milwaukee, Wisconsin.

statefarm.com
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