



By: Dr. Roy Don Whitehead

Where Is The News We Really Want to Hear?

A recent news release reported that eating large quantities of broccoli and cauliflower helps to prevent prostate cancer. The report stated that men who took twenty-eight servings per week of these vegetables decreased their risk of this common cancer.

Ho-hum. I doubt that many men are rushing to the produce aisle, frantically searching for more broccoli and cauliflower. I doubt few of us are grilling broccoli and cauliflower instead of steak and hamburgers.

Nutritional news is almost always the same: FODD, THAT TASTES HORRIBLE WILL PREVENT CANCER (OR PMS OR HEART DISEASE OR WHATEVER). Where are the nutritional break-



throughs that we would really like to see? Where is the food news that would make us jump for joy? Scientists of the world, pay attention! Here are the news reports we want to see in the future.

#A new study by scientists at the prestigious Moo Institute proves conclusively that ice cream prevents all types of cancer. The lead researcher, Arnold Mootoni explained, "The more ice cream you eat, the less the chance you have of developing cancer. And the fact that our institute is funded by a herd of dairy cattle in Wisconsin did not prejudice our study in the least."

#Fried chicken seen as possible cure for heart disease. Two new studies at Southern Fried University suggest that this favorite southern food may hold the key to preventing heart disease. As Mrs. Okra Pontoon of Deep Fried, Alabama, commented, "Shoot, we've known that for years. My momma raised me on fried chicken and biscuits and look what it has done for me." (It should be noted that Mrs. Pontoon, who is forty years old, looks to be at least seventy.)

#Beans and cornbread shown to stop colds and flu. A study by researchers of the University of Perpetual Students suggests that this food combination will halt the spread of the viruses that cause colds and flu." Dr. Cornpone, lead researcher, reports that "adding a large slice of onion seems to improve the virus fighting capabilities of the beans."

#The fat in peanut butter proven to cause weight loss. (This is my favorite fantasy, because in my lifetime I have eaten enough of the stuff to raise the Titanic.) The more you eat

the more you lose," added chief researcher George Washington Cartright.

#Chocolate cures PMS, gastric reflux, depression and hangnails. Women and men from around the world are flocking to candy counters everywhere to fill up on the new miracle food. "I knew it all along," said Guy Hershey of Pennsylvania. "This stuff just has to be good for you."

#Pizza increases sexual potency. "Who needs Viagra anymore?" commented Bob Dole. "This stuff tastes better and has the same effect." No comment from Mrs. Dole.

#Cauliflower shown to cause ear mites in mice. "We can't say for certain that it will have the same effect on humans, but who wants to take that chance?" said Dr. Eat Whanlike of State University. "I wouldn't feed that stuff to my dogs," he added derisively. (Is anyone seeing a pattern here in my feelings about cauliflower?)

#Twinkies proclaimed as new miracle food. "It must be the cream filling," said Jimmy Jones excitedly. The seven-year-old was having his twelfth Twinkie of the day as his mother urged him on. "How do they get the filling in there anyway?" she wondered.

All of the above is pure bunkum, but a fellow can dream, can't he?

What Is Normal?

I know a woman who blow-dries her lawnmower. Yes, that is correct. She blow-dries her lawnmower. Is this a woman normal? What is normal anyway?

Actually the woman who blow-dries her lawnmower is very normal and also very smart. Her lawnmower will not start when it is cold, but when it is warm it starts easily. Rather than waste energy in a futile attempt to start it when cold, she brings her blow dryer, warms it, and then starts it right away. She admitted to me that she does this on the back patio, rather than out in the yard where the neighbors might see. She does have some fear that they might question her sanity if they saw her.

What is normal is sometimes difficult to define. Something may look abnormal (blow drying a piece of

lawn and garden equipment, for example) but have a perfectly rational explanation. The reverse is also true. Someone washing his hands may look very normal unless it is known that he does it hundreds of times each day in a vain attempt to keep the germs away.

As a counselor I am often asked, "Are my actions normal?" Here are my answers to some of the most frequently asked questions.

"Is it normal to be angry?" Yes, anger is a normal human emotion. Everyone gets angry at times. If this seems unbelievable to you, consider how you would react if someone attempted to harm one of your children. More than likely you would be angry, a very normal response.

"Is it normal for couples to fight?" The answer to this question depends on what is meant by "fight?" All couples have disagreements and tense times. This is normal. Two people cannot live together and always be in harmony. Not all couples however fight physically. Nor do all couples verbally cut each other to shreds with angry words and accusations. That is not normal.

"Is it normal to cry?" Yes. God gave you the ability to cry so that you might rid yourself of painful emotions. Grief, sadness and loss are best expressed with tears. Tears help to wash away the pain that you feel inside. What is not normal is the absence of tears in very sad situations.

Wholly you go for a month after the death of a loved one and shed not one

tear, something is not going right. "Is it normal to talk to myself?" "Is it normal to answer myself?" Yes and yes. Talking to yourself does not make you crazy. Talking to yourself is, instead, a great way to preserve sanity. Saying positive things over and over serves to counter the negative messages that may live in your head from days past. You may be one of many people who carries on a constant dialogue in your head about what is going on around you. That does not make you crazy.

"Is it normal to fantasize about hurting someone who abused me?" I hear this question often from adults who have been victims of childhood

abuse and from women who are victims of domestic violence. Yes, it is normal to think about hurting the one who hurt you, but it is not normal to act on those thoughts. While it may be OK to think about revenge, actually hurting someone only puts you on their level. As the victim works through the feelings of being abused, the desire for revenge usually goes away.

"Is it normal to want to be happy?" This may seem a strange question to some, but I have been asked. It is often accompanied by the comment, "Maybe I should just be satisfied with my unhappy life." Yes, it is normal to want to be happy. No one need feel condemned to misery.

Central Body Service

275 Richmond Street - Mt. Vernon

Precision Collision - Repair

Quality Work Since 1966

Free Estimates - All Work Guaranteed
(606) 256-4210

Community Trust Bank's

Preferred CD™

- ◆ 9 Month Certificate of Deposit ◆
- ◆ No Penalty for early withdrawal (after 7 day initial term) ◆
- ◆ \$1,000 minimum balance to open ◆

Stop by or call us for more details.

Community Trust Bank

*Member FDIC
*Substantial penalty for withdrawal during the first 7 days of initial term

Highway 661 By Pass
Mt. Vernon
606-256-5141

120 East Main Street
Mt. Vernon
606-256-5142



Thomas Joel Deatherage of Mt. Vernon and Bethany Clark of Broadhead would like to announce the birth of their son, Aaron Thomas Deatherage. He weighed in at 9 lbs. 10 ozs. and was 22 1/4 inches long. He was born on March 23, 2001 at Pattie A. Clay Hospital in Richmond. The names of his proud paternal grandparents were mistakenly left off the last two weeks. Their names are: Joe and Phyllis Deatherage of Mt. Vernon. Paternal great grandparents are Fred and Vivian Bishop of Broadhead, Clotilde Deatherage of Mt. Vernon and the late Arlis Joe Thomas Deatherage of Mt. Vernon. Maternal grandmother is Joyce Phillips of Broadhead. Maternal great grandparents are Lloyd Phillips and the late Alma Rae Phillips, the late Ralph Clark and Irene Clark, all of Three Links. Aaron has received many nice gifts from friends and family and we want to thank each person.



Larry and Martha Renner are the proud parents of Stephanie Melissa Renner Puckett which gave birth to our first granddaughter, Courtney Augustina Marie Puckett on June 21, 2001 at Fort Logan Hospital. She weighed 6 lbs. 13 ozs. and was 19 1/2 inches long. Great grandparents are the late Cordie Marie Gibbons and Robert Lee Byrd and Floyd and Rissie Renner of Chestnut Ridge.



Better Ingredients.
Better Pizza.

Monday-Wednesday
11:00am-Midnight
Thursday-Saturday
11:00am-1:00am
Sunday
11:00am-11:00pm

(valid at Berea Kentucky location till July 30, 2001. Not valid with any other offer, coupon, special, or discount card. No double toppings.)

Better Pizza..
at a Better Price!

"The Better Price"

Any Pizza,
Any Size,
Any Toppings,
All Day
Every Day
Till July 30, 2001

\$7.99
+ TAX



Affordable Housing

New 14x70
3 Bedroom/
2 Bath

With Storm windows, Ceiling fan w/mirror grid, Mirrored Feature wall, Drapes 2 Yr Warranty, & MORE!!

AT OUR COST!!

Just

\$16,630!!

Call Ralph or Charlie at 878-0013 or 800-755-5361



Have you called your Papa today?

855-7272

212 Prince Royal Drive, Berea Kentucky

