



The Family Room

By: Dr. Roy Don Whitehead

Who Cares Why He Changes?

"I want him to change because he wants to," Norma told her counselor, "not because I want him to." (All characters are fictitious.)

As a counselor who helps couples who have marriage problems, I have heard some form of Norma's statement many times. Diane told me that her husband never brought her little gifts nor even said, "I love you." When I suggested she tell him what she would like for him to do, she objected: "No. If I have to tell him what to do, then it doesn't mean anything if he does it."

Vernon wanted his wife to spend more time with him and the boys. "She works such long hours," he complained, "that she never has time for us." Again when I suggested he ask his wife to set aside one night a week as family night, he didn't want to. "I want her to stay home with us, be-

cause she wants to," he told me, "not just because I ask her to."

When I talked to Vernon's wife, she had no idea that Vernon wanted her to stay home more. She felt that she was balancing work and family very well.

The only way she would know about Vernon's request was if he told her.

Part of the problem here is an assumption that many of us make, and that is that our spouses can read our minds! "But I don't even believe in mind reading!" Norma objected. "I know he can't read my mind." She seemed upset that the counselor would even suggest such a thing.

I then asked Norma, "Well, how is he supposed to know what you want from him, if you don't tell him?" "He should just know!" she replied defiantly.

"Meaning he should read your mind?" I asked.

"No!" she replied firmly. "I know he can't read my mind."

"Then how is he supposed to find out what you are thinking if you don't tell him?" I wondered.

At this point Norma was quiet. She didn't have an answer for my question, but she didn't want to agree with me. She was at a loss for words for one of the first times in her life.

Another part of this communication problem is the belief that Norma has that if she has to ask her husband to change, then any change he makes is not worth as much as it would be if he thought of it himself.

"Norma, I disagree," I told her. "Changing in response to a request from another is a sign of great love and caring. If you ask your husband

to be more helpful to you with the kids (which was what she wanted), and he does that because you ask him to, I see that as a sign of how much he cares about you."

"I've never looked at it that way before," Norma said, expressing a possible new insight for her. "I always thought it meant more if he did it on his own." She thought for a while. "But what if I ask him to do something for me and he won't?"

"You have put your finger on another reason we are afraid to ask for something," I affirmed. "Our fear is that the person will refuse (which is his right), and then we will feel rejected. Rejection hurts. Whether or not you take that risk is up to you."

If he or she changes because you ask, that is a sign of love.

Gardening & Landscaping Tips

By: Max Phelps

Fieldstone Walls, Terraces, Patios

Occasionally I discover a house with a walk or a terrace/patio made not from concrete. Not even built with brick, or gravel, or cobblestones. Stonework is a welcome sight to the eyes. (Concrete is a great material but not the only one).

It is a treat to have the opportunity to build one of these fieldstone paths or patios (walks with flatting areas behind them too).

Rocks can cost two or three hundred dollars a ton if you must buy them. (And what the average garden center stocks may be smaller than desired). But if you have rocky land, or access to construction sites where unwanted rock must be hauled away or buried, fieldstone can be had just for the time collecting them requires.

Big rocks may be too much for the average person. But renting a small skidsteer loader or small backhoe can ease the physical strain.

Small stones need sand or similar material for leveling. (Or concrete if you prefer). Big flat stones weighing over a hundred pounds aren't going to move too much even if placed just on the soil.

Sand or much between stones will eliminate most weeds. But some spots will almost beg for a little soil. In those, plant creeping thyme, ajuga, or other low growing perennials that

can tolerate some light foot traffic. The thing about a concrete walk, especially in a well planted yard with lots of blooming flowers, is we tend

to scurry right on through.

A path composed of varying sizes of fieldstones practically forces the feet to slow down, giving opportunity to actually take in the beauty of a nice garden or planted bed of flowering plants. You could say it makes us more likely to "stop and smell the roses."

And that is something we should all do from time to time.

Notice

Western Rockcastle has checked with the Ky. Division of Water and their water meets Safe Drinking Water Standards. The representative going around the area taking samples is not a State, Federal or Water District employee. People should use caution about letting anyone into their homes taking samples.

Western Rockcastle Water meets Federal and State Safe Drinking Water Standards. Water is tested according to state requirements.

Rumor of chemical contamination is false. There is no chemical contamination in Western Rockcastle or Mt. Vernon water resulting from the drum found recently in Rockcastle County.

We Need Homes!!



We are 3 month old females and need a home. Our foster family can't keep us. Can we live with you? We promise to be good! Call 758-4118.



Help! I am homeless. I'm a Golden Lab Mix, female. I need a family or friend to pet and love me, to get me spayed, and give me vaccinations. Please call 758-0064 or 758-9338.



Kelli Doan shows off her family's prize cabbage. The biggest head of cabbage weighed 22 1/4 lbs. and a total of eight heads for 153 3/4 lbs.

Rockcastle Community Bulletin Board

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Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

JobStart

Want to earn great prizes while learning new skills and increasing your chance of getting a great job? JobStart is the place for you. For more info. call Jennifer at 256-9612 or fax us at 256-8232. E-mail jobstart@kjh.net.

TOPS

(Take off Pounds Sensibly) TOPS meets Thursday at 6 p.m. at Broadhead Christian Church basement on Main St. in Broadhead. For more info. call 1-800-932-TOPS or locally 758-4047.

Narcotics Anonymous

Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Thursday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info. call 256-9263.

AI-Anon

AI-Anon meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info. call 256-2129.

VA Rep

VA Rep, Bill Livesay, will be at the VFW Post every third Sunday of the month from 1 to 3 p.m.

Republican Party

Republican Party will meet second Monday of every month at Kastle Inn Restaurant at 6 p.m. until further notice.

VA Rep

VA Rep, Homer Vanover, will be at the Rockcastle Courthouse first Tuesday of each month behind Judge's office. Call 1-877-773-7747.

SBDM Meeting

There will be a called meeting of the Rockcastle County High School

SBDM Council, Thursday, July 19, 3:30 p.m. in the school conference room. The purpose of the meeting will be to approve the school class schedule for the 2001-2002 school year.

Quilt Workshop

July 24-26, Parent-child Quilt Workshop for 7-9 year olds at the Extension Service. Call 256-2403 for details.

Quilted Swing Purse

July 27, Quilted Swing Purse class for youth ages 11-18 will be taught at the Extension Service. Call 256-2403 for details.

Day Care Center

The Rockcastle County Adult Day Care Center located on Hwy. 150 in Broadhead has moved to the Mt. Vernon Senior Citizens Center located on Hwy. 25 South.

Bookmobile Schedule

Mon., July 23th: Scaffold Cane, Disputanta, Anglin Falls, Wildie, Clear Creek.
Tues., July 24th: Buffalo, stops off old 461, Negro Creek.
Wed., July 25th: Ottawa and Bee Lick.

Fish Fry

Cartersville Runtan Fish Fry, all years eat, July 21st. Adults \$6, children, \$3. Cartersville Runtan Park, Harmons Lick Rd., 1/4 mile off Hwy. 954, 4 to 8 p.m. Everyone welcome.

Want to Quit Smoking?

Cooper/Clayton Smoking Cessation Classes will be offered at the Rockcastle County Health Dept. Conference Room beginning Thursday, July 26, 2001 at 5:30 p.m. Sign up today. Call 256-2242. This is a highly successful program!

Weight Watchers

Come join us at Weight Watchers! Meetings are every Monday night. Weight-in begins at 5:30 p.m. and the meeting begins at 6:00 p.m. Meetings are at Rockcastle Hospital and Respiratory Care Center in the basement (LPN Classroom).

FRESHMEN ORIENTATION DAY

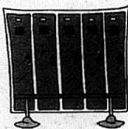
Friday, July 20, 2001

8:00 a.m. - 2:00 p.m

Attn: Freshmen and Parents!!



Meet your A/A teachers and counselors.



Tour your new school.

10:00 a.m. Special Program: Auditorium
11:00 a.m. - 2:00 p.m. Cookout / Dance



FUN! FUN! FUN!
Enjoy a Cookout and a Dance!



Sponsored by Innovative ESS, GEAR UP, Community Education, and RCHS / RATC 21st Century Community Learning Center.