



The Family Room

By: Dr. Roy Don Whitehead

Where Can I Find a Mate?

Lydia was lamenting the lack of places in her home town to meet single men. (All characters are fictitious.) "There is nothing to do here in (fill in the blank)," she told me sadly. "How am I supposed to meet a decent man my age?" Lydia was 35.

Paul was in the same situation. "I want to meet a woman who shares my religious faith," he said. "But at my church, there is no woman my age, and I'm certainly not going to find her in a bar, so what do I do?" Paul was 42.

Both Paul and Lydia seem ready for a new relationship, but what advice could I give them? As their counselor I had not been single for

thirty years. I certainly did not know much about the world of singles. I gave them the assignment to find places in the community where they could meet other single people. Both just knew that they would find nothing, but they were surprised. What follows is a partial list of opportunities they found.

Paul had become even more convinced that a bar was no place to find his true love. One bar in a nearby town advertised itself as the place "Where the big dogs roam." Lydia replied, "If I were looking for a big dog, I guess that's where I'd go, but I had some other kind of guy in mind."

Both Paul and Lydia suggested church as one place to meet other singles.

"Even if there are no singles in my church," Paul added, "my church can get together with other churches for special activities."

Another opportunity that they strongly suggested was, "Take a course." "We were both surprised at how many educational opportunities there are in surrounding communities," Lydia reported. "There are college classes available at Somerset Community College (606-679-8501) and its other campuses (McCreary Co. and Laurel Co.). Kentucky Technical College (606-677-4049) offers training in a wide range of vocations. And most counties have an adult education center where you can earn your GED, if you have not already graduated from high school."

"And that's only the beginning!" Paul chimed in. "Health departments, county extension offices, hospitals, Red Cross, YMCA and other organizations offer classes of one sort or another. Now we don't guarantee that you will find your mate if you take a class, but what better place to be looking than among people who are trying to better themselves educationally."

The counselor adds a point here, "Don't go to classes looking for a mate. Go to improve your skills, to learn and to grow. Along the way you might find someone with whom you can share the journey."

Paul strongly suggested joining a group that focuses on one of your interests. "In the paper today," Paul pointed out, "there were announcements of group meetings for Republicans, Democrats, bird watchers, history buffs, those committed to ethical government, church groups, Christian cowboys, and many self-help groups, such as SODA (Survivors of Domestic Abuse). If you look for it, you will find some group out there that interests you."

Volunteer work was another area they discovered. "I can help Habitat for Humanity build houses," said Lydia. "And I can be a Big Brother or coach a team at the YMCA," Paul added.

Both Paul and Lydia concluded that there were more things to do in their counties than they had ever thought possible.

Sometimes We Don't

Call It Abuse

If a man punches his wife in the face, that is easily recognized as abuse. Sometimes, however, the wife is not certain if what she is experiencing is abuse. (If you think you may be abused, read this checklist. If someone you know is being abused, pass it on to her.)

Have any of these things ever happened to you? SLAPPED, SHAKEN, PUNCHED, BEATEN, BITTEN, PUSHED, PINCHED, KICKED, HAD OBJECTS THROWN AT YOU, DENIED PROPER MEDICAL CARE, CALLED DEMENTAL NAMES, FORCED INTO UNWANTED SEXUAL ACTS.

If any of these have happened to you or another woman, then you are a victim of what is usually called "spouse abuse." In addition, your abuser may do other things to you that you don't think are abuse, but they are.

Abuse is scary. You know that physical abuse includes actions like being hit. But did you know that lots of other things can also be abuse? Have any of the following ever happened to you? THREATENED, HUMILIATED IN PUBLIC, CONTINUALLY CRITICIZED, CALLED DEROGATORY NAMES, HAD YOUR THOUGHTS AND FEELINGS CONTINUALLY IGNORED, DENIED ACCESS TO FINANCIAL RESOURCES OR THE OPPORTUNITY TO PARTICIPATE IN FINANCIAL DECISIONS.

HAD VALUABLE PROPERTY DESTROYED, YOUR CHILDREN HAVE BEEN ABUSED TO PUNISH YOU, ACCUSED UNJUSTLY AND CONTINUALLY OF HAVING AFFAIRS OR FLIRTING, PREVENTED FROM SEEKING WORK, LOCKED OUT OF THE HOUSE, ISOLATED FROM FAMILY AND FRIENDS, ABANDONED IN DANGEROUS PLACES, DENIED AFFECTION AS PUNISHMENT, MANIPULATED WITH LIES AND CONTRADICTIONS.

These are not "normal." While you may not have been beaten, if any of these have happened to you, you have been abused.

There is hope and help for you. Bethany House Abuse Shelter can provide a safe place for you to stay while you make other plans or can refer you to a shelter closer to home. Call 679-1553 or 1-800-755-2017.

(The checklists above were taken from the book Into the Light by Leslie Cantrell.)

"Court News"

(Cont. from B-2)

serve 12/balance conditionally discharged two years; Criminal Possession of forged instrument, 60 days to serve 12/balance conditionally discharged two years.

William T. East: Speeding, DOT notified for failure to appear. Laton Mason: Terroristic Threatening, 30 days/conditionally discharged one year.

Amanda J. McCormick: Fines due (\$111.35 and \$111.35), bench warrant issued for failure to appear.

Christina Mink: Theft by deception, \$100 fine/suspended and court costs.

Samuel W. Munson: Speeding, DOT notified for failure to appear.

Jerry Lynn Ponder: No insurance and other charges, DOT notified for failure to appear.

Rees H. Roberts: Speeding, DOT notified for failure to appear. Jerry Samuel: Speeding and other charges, DOT notified for failure to appear.

Mark J. Sever: DUI, 1st, \$200 and costs, \$250 service fee, 30 days to serve 2/credit time served. Marion E. Sexton: Minor in possession/alcohol, \$25 and costs.

Wesley D. Singleton: Terroristic Threatening, 30 days in jail/concurrent.

Nathan L. Sloan: Improper Equipment, state traffic school and costs. Jerrell D. Smith: Alcohol intoxication, bench warrant issued for failure to appear.

Jessica J. Vaughn: Speeding, state traffic school and costs.

Otis G. Walker: Speeding, notify DOT for failure to appear.

Thomas J. Zwick: Speeding and Failure to wear seatbelt, DOT notified for failure to appear.

Edwin E. Hartman, Jr.: Speeding and Failure to wear seatbelt, DOT notified for failure to appear.

Cynthia L. Mayabb: Speeding, DOT notified for failure to appear.

Dominick T. Pulls: Speeding, DOT notified for failure to appear.

Charles W. Wright: Speeding, prepaid.

Eddie W. Todd: Operating motor vehicle under influence alcohol/drugs, \$200 fine and costs, \$250 service fee, 4 days in jail/credit time served. Attempt to Elude and Refuse brtbld/urine test, 12 months in jail/credit time served/balance conditionally discharged two years.

Troy A. Pennington: Speeding, paid \$118.50 total fine and costs.

The Fifth Quarter

Sponsored by the Youth Group of Our Lady of Mt. Vernon Church

Featuring the Christian Band

Cornerstone

Friday Oct. 12

After the Football Game

(At the church located across the street from Mt. Vernon Elementary School.)

Snacks and soda will be available

For more information call:

(859) 625-0995

758-4850

Classified
Deadline is
Noon Tuesday

as low as **59.9¢ *Gallon**

If you Buy a Gas Tank Rental Tanks a Little More

price guarantee for 2 times cap with sell of new gas tank, rent tank more regular price is a little more subject to change

South Kentucky Propane Gas, Inc.
180 Chris Way Drive
Somerset, Kentucky
(606) 451-1617 • toll free (877) 221-1578

The Top Reasons to Stay in Rockcastle County for your health care.



George W. Griffith, M.D., F.A.A.F.P.

With a degree from the University of Louisville, Dr. Griffith chose to return to his hometown to practice family medicine.

"Rockcastle County is a great place to live because you can receive the benefits of a small town and yet you're close to a big city."

Kimberly Cornelius, M.D.

A Rockcastle County native, Dr. Cornelius is the Medical Director of the hospital. She received her degree from the University of Louisville. Her specialty is pediatrics.

"I love the personal touch and dedication the staff give to the patients. We treat them like family."

William P. McElwain, M.D.

Dr. McElwain lives in Mt. Vernon and received his degree from the University of Louisville to practice preventive and family medicine.

"Rockcastle Hospital provides quality medical care with a small town community atmosphere."

James H. Stern, M.D.

Dr. Stern, originally from London, graduated from Jefferson Medical College. His practice is general surgery.

"I enjoy the cooperative spirit here among very capable personnel."

William Don Dooley, M.D.

Dr. Dooley was born in Middletown, Ohio and received his degree from the University of Cincinnati to practice radiology.

"I practically grew up in Rockcastle County. My grandmother owned a store in Clinch."

Michael David Hamilton, M.D.

A Mt. Vernon native, Dr. Hamilton practices family medicine. He received his degree from the University of Kentucky.

"I chose Rockcastle Hospital because I saw a need I could fill for the community, and also because this is home for my wife and me."

Tony Arvin, M.D.

With a degree from the University of Kentucky, Dr. Arvin returned to his hometown to continue his father's practice of family medicine.

"I'm looking forward to continuing the tradition of high-quality care to the community of Rockcastle County."

Naren B. Saylor, M.D.

Dr. Saylor, originally from Mt. Vernon, graduated from the University of Kentucky. She specializes in pediatrics and internal medicine.

"I've always wanted to serve people in the area where I grew up."

Dr. Kevin Rowe, M.D.

Dr. Rowe graduated from the University of Louisville Medical School and returned to his hometown to provide medical treatment to his friends and neighbors. He practices family medicine.

"I'm very proud to be part of such a dedicated group of doctors who care so much about our community."

ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

145 Newcomb Avenue • Mt. Vernon, Kentucky 40456 • Tel (606) 256-2195