

Family Fall Festival

On Tuesday, October 30th, from 6-8 p.m. Bible Baptist Church bursts with excitement as they welcome all area children in Kindergarten through fifth grade to an evening of fun, goodie games and more.

This year's Fall Festival will only again include more than 30 fun-filled booths with all kinds of games where each child is a winner! Plus there will be a Giant Inflatable Slide.

Moondance, new Adventure Rush Obstacle Course, cotton candy, popcorn and lots of snacks!

Admission is only \$1, and all proceeds will be donated to the U.S. African Children's Fund as requested by President Bush.

Make plans now for your family to spend the evening with your children at this safe, positive and fun-filled night!

Gaining Weight in the Fall & Winter

By: Hazel Jackson
County Extension Agent for Family and Consumer Sciences

The reasons why people gain weight in the fall and winter are as varied as the reasons why someone is overweight. Eating for reasons other than hunger is not bad. However, it may not be healthy.

Do you gain weight in the fall and winter? Do you want to lose weight in the spring and summer? Why do you think you gain weight? Most animals gain weight in the fall in preparation for the long winter. Gaining weight in the fall provides the layer of fat which will help them survive the winter with little food. Fat also keeps the body warm. Have you ever noticed that people who are heavier tend to get hotter quicker? The think layer of fat acts like a blanket. Animals like to stay warm in the winter, therefore, they eat more in the fall. Humans tend to gain weight just like the animals. However, most humans don't need to worry about lack of food in the winter. Except in the worst weather, we can go to the store to buy needed food. Most of us wear jackets to

stay warm; and therefore, most of the time our think layer of fat is not needed to protect us from the harsh winter weather. This thick layer of fat can increase the risk of getting heart disease, diabetes mellitus, and high blood pressure.

How do you feel about the short days and long nights of winter? There is less light in the fall and winter than in the spring and summer. Many people become sad or sluggish as there are fewer hours of sun. This may be a true physical reaction. For others, it is just symbolic of the long winter. Either way, many people eat more in the cool months. Food is comforting. Food is warm. Food is part of the season. Most people exercise less in the cold months. It is cold. It is slippery. It is still dark in the morning and it is still dark in the evening. We gain weight.

Try to break the habit of gaining weight this winter. Eat wisely and stay active!

Dr. Don Whitehead to teach seminar on depression

Dr. Don Whitehead will teach the seminar "Dealing with Depression" on Monday, November 12, from 7:00-9:00 p.m. at the Center for Rural Development in Somerset. The session is open to anyone interested in learning more about depression.

Dr. Whitehead is a pastoral counselor in private practice in Somerset and is the counselor at Bethany House Abuse Shelter. His weekly newspaper column "The Family Room" appears in six newspapers across South-eastern Kentucky, and he does public service announcements for Clear Channel Radio stations in Somerset. He is a graduate of Yale Divinity School and the Southern Baptist Theological Seminary.

Dr. Whitehead has studied depression and counseled with families for more than 16 years. He has presented his ideas about depression to audiences across the state. He is a minister who blends a spiritual approach with current scientific research.

"Depression strikes many people, and yet most of us know so little about it," Dr. Whitehead states. "Depression can be fatal, because some of its victims will commit suicide. Even when not fatal, it is a painful illness that can make a person and a family miserable. Insomnia, overeating, low energy, anxiety, guilt and hopelessness are just some of its many effects."

"I have had some personal experience with depression," Dr. Whitehead

reports. "I know what it feels like to be depressed, and I know it does not feel good at all! I would like to help some of those other depressed persons out there. Come to this seminar and you will find out how you can beat depression. You will learn that depression is very treatable. You will find that there is hope!"

In this seminar Dr. Whitehead will explain the causes of depression. "Also you will learn to recognize depression in its many forms," he adds, "and you will find out the treatments for depression that really work."

To register for the seminar call 679-4134 or 1-877-PASTOR-8 have your Visa or MasterCard ready. The fee for the session is \$20 per person. You may also register by sending a check for \$20 per person to Dr. Don Whitehead at 402 Coomer St., Suite 204, Somerset, KY 42503. If space is available, you may register at the door for \$25 per person. "So register early and save money," Dr. Whitehead says.

"I hope you will join me for this very important evening," Dr. Whitehead adds. "It could change your life."

**Classified
Deadline is
Noon Tuesday**

Church News

Revival

Roundstone Baptist Church will be in revival Oct. 21-25th at 7 p.m. nightly with Evangelist Billy Estes. Special singing nightly, Sunday, Oct. 21st Fellowship Breakfast at 8:00 a.m. Everyone invited.

Singing

Third Sat. night singing at Flat Gap Baptist Church, Oct. 20th at 7 p.m. featuring Glorybound Inspirations. Pastor Gordon Robinson welcome everyone.

Revival

Revival services will be held at Mt. Zion Baptist Church Oct. 19-21 at 7 p.m. nightly. Bro. Bobby Wheeler, former pastor of Mt. Zion will be the Evangelist. Special singing nightly. Everyone is invited to attend.

Quest of Revelation

Quest of Revelation taught by Bro. Larry Burdette each Sunday night at 7 p.m. at Flat Rock Baptist Church. Come be a part of our Quest of Revelation. Everyone invited.

Singing/Ministering

Wooten Sisters will be singing and ministering at Mt. Vernon Church of God on Sunday, October 21st. Sunday School 10 a.m. Worship 11 a.m. Sunday night 6 p.m. Pastor Bobby Owen welcome everyone.

Gospel Singing

McNew Baptist located on Cove Branch Road will have their Monthly Gospel Singing on Sat., Oct. 20th at 7 p.m. featuring Dalton Family of Somerset. Pastor Jerry Ballinger and church welcome everyone.

Gospel Singing

Berea Gospel Tabernacle on U.S. 25 South. Berea will host a Gospel Sing on Sat., Oct. 20th at 7 p.m. featuring Roy and Kay Himes. Pastor Ralph Chasteen welcome everyone.

Special Preaching

Bro. James Atkins of Fellowship Baptist in Tennessee will be at Cl-

max Holiness Church on Thurs., Oct. 18th at 7 p.m. with special singing by the Smith Sisters. Church welcome.

Gospel Singing

Dixie Park Cornerstone Baptist Church, Powell St. off Glades Road, Berea will have a Gospel Sing on Oct. 20th at 7 p.m. featuring Family Circle. Pastor Doug Collins and church family invites you to come for worship. For info, call (859)986-4238.

Revival

Revival services will be held at Calvary Apostolic Lighthouse just off Richmond St., Mt. Vernon. Speaker Rev. Leon Sedgwick of Pearland, Texas Oct. 17-21. Wed. - Fri. 7:30 p.m., Sat. 7 p.m., Sun. 6 p.m. Pastor Blanton and saints invite you to come worship with us.

Youth Service

There's FIRE in the hearts of the Youth at Lighthouse Assembly of God Church. Come catch a FLAME! October 25, 26, 27 at 7 p.m. nightly. Micah Parkerson will be speaking each evening. Skits, prizes and special singing featuring New Frontier, Kristy Whitter and Eric Vanzant and others. Don't be caught without GOD! For more info, call 256-9299 or 256-9072.

Revival

Ottawa Baptist Church, October 28-30 with Dr. Morris I. Anderson, Evangelist. Sunday services at 10 a.m. Sunday School and 11 a.m. Worship Service. Sunday evening Discipleship Training at 6 p.m. and worship service at 7 p.m. Monday and Tuesday evening at 7 p.m. Special emphasis and singing each service. Sunday morning - "Beat Our Best Sunday" (S.S. High Attendance). Sunday evening - "Sunday School at Night", Monday evening - "Ladies Night and Children's Night", Tuesday evening - "Men's Night and Youth Night." Everyone welcome.

Poet's Corner

The Day America Mourned
Written By Linda (Poynter)
Tarrish

How this could have happened, is beyond me
Terrorist attacks in the land of the brave and free
On September, Eleventh in the year of Two Thousand and One
Morning in New York City had just begun.

When over the horizon the American Airliner flew
But, the pilot now was not one of the crew
First it was one that hit the Twin Towers then it became two
People were helping others whom they never even knew.

To stand and see what was happening in the skies
Maiden infinity of tears flow from millions of people's eyes
To watch as the world did on that day
Caused Christians every where to get down on their knees and pray.

There was another plane navigating toward the Pentagon
To destroy this building still did not break our patriotic bond
It just makes us stronger as each day goes by
For in this nation today millions of Americans Flies fly.

But, it still wasn't over as the smoke began to fill the air
There was another plane crash in Pennsylvania somewhere
Thousands of lives were possibly saved when this one went down
The pilot and others chge got hit, the terrorist's target, but the ground.

No words could ever tell of the sorrow on that day that was felt
But the souls of many that night in Heaven slept
To take thousands of innocent people's lives was such a senseless crime
And someday those responsible will do their time.

And The Banner Yet Waves
By: Flossie Christine McKinney
Looking back through history, as Americans often do
We say a prayer of gratitude and shed a tear or two
For those who passed this way

before and blazed a rugged trail.
Who gave to us a land of hope, where freedom could prevail.

They suffered endless heartache to make their dream come true
And yet, with every sacrifice, determination grew
With deep, abiding faith in God, a faith that never wavered,
Their obstacles were overcome and blessings humbly savored.

Each day brought added burdens to test their dedication,
But this just meant an extra prayer, a bit more meditation.
For stumbling blocks were stepping stones that brought them near and nearer
Their precious goal of freedom as it grew ever dear!

And so we look back through the years to the dawning of our nation,
And find that words cannot express the deep, heartfelt sensation --
The lump that comes each time we see Old Glory waving high
Or hear our national anthem, or a soldier passes by....!

Our brave young folks in uniform who serve the cause today
Are carrying on tradition in the proud American way.
For those who gave us freedom held this gift in high esteem,
And we've followed after them still share that precious dream.

Young men and women, brave and true, place personal lives on hold:
Defending this, the land we love, becomes their greatest goal.
Down through the ages we've been blessed each time that duty called:
Today is no exception. And, troops, we thank you, one and all!
God Bless You and God Bless America!

Subscribe to the Signal

Come Celebrate the Harvest Season at the
Bible Baptist Children's Ministries'

FALL FESTIVAL

Tuesday, October 30th
6pm - 8pm

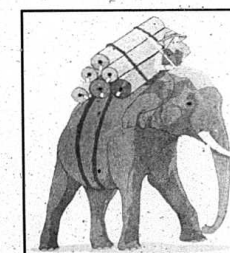
at Bible Baptist Church in Mt. Vernon

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