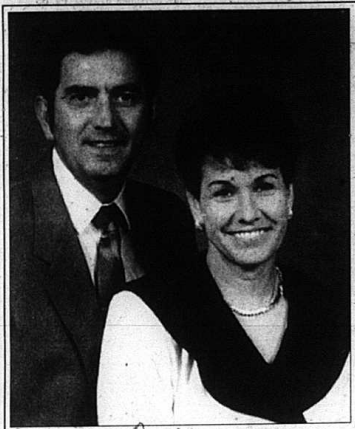




Bro. Walter E. & Deloris Ballinger

A Special Pastor

We the church would like to give our thanks and appreciation to a wonderful Pastor and his wife, Bro. Walter E. Ballinger and wife, Deloris. He has done so much for the church and families, our community. He has been there for us all in a death of a loved one or sickness. He is a very good teacher and there when a loved one comes to Christ. He has visited hospitals, funeral homes or where ever needed. He is a good husband, father, grandfather and a friend to all.

He is there when needed, only a phone call away day or night. His wife, Deloris is always by his side to help in any way she is needed. She always has a smile or hug for all. The church has grown very much and we are thankful for God sending them both to us. If you do not have a church we would like to invite you to come worship with us. We would like to say we love you both!

From everyone at
Climax Christian Church

ATTENTION!!!

All Rockcastle Co. Retired Teachers
Current Local Dues (\$5.00) are due

Please send yours to:

Ms. Aslee Bray

Rt. 4 Box 231 • Mt. Vernon, KY 40456



By: Dr. Roy Don Whitehead

September 11 Had Far-reaching Effects

On September 11 I was in Rochester, Minnesota at the Mayo Clinic for medical tests. (For my friends who might worry, do not. I am fine.) Because I had no appointments that day, I slept late and walked to the corner drugstore for a newspaper. It was on the television screen mounted high on the wall of that store that I first saw the Twin Towers and learned what was happening in New York.

After eating a quick breakfast, I returned to my room and settled in front of the TV. Except for his side to get food, I watched all day. It was scary and fascinating, and I could not stop. The next day I spent every spare moment glued to the television, taking breaks only for meals and to have some tests done at the hospital.

By Wednesday evening, I was depressed. All I could see in my mind were images of that second plane crashing into the World Trade Center. I was feeling blue and defeated. I was lonely, being 700 miles away from family. I finally had to quit watching. I knew it was getting to me.

That evening I had the worst headache I have ever had in my life. I seriously considered going to the emergency room until I discovered that hot towels on the back of my neck gave me enough relief that I was able to sleep.

How did September 11 affect you? Depression, anxiety and posttraumatic symptoms are showing up in many Americans these days. I am teaching the seminar "You Can Beat Depression" on November 12 at 7:00 p.m. at the Center for Rural Development in Somerset. You are invited.

I will discuss the effects of the terrorist attacks and give you concrete ideas for dealing with those effects. To register call 679-4134 or 1-877-PASTOR-8. The fee is \$20.

Here are some of the things I did to fight my depression brought on by September 11.

1. I stopped watching television. Continued exposure to a horrifying event is depressing. As I watched the second plane hit the tower, I imagined what the passengers on that plane must have gone through during the moments before impact. That was a very depressing thought. I had to limit my exposure to the replay to get it out of my mind.

2. I looked to my faith. The ministerial association in Rochester organized an interfaith worship service on Tuesday evening. Word spread quickly and a large crowd gathered. As a stranger in a city where I knew no one, I was comforted to be with others who shared my faith.

3. I turned to my family. Being away from home during these days was no fun. Because the airports were closed, I had no idea when I could come home. Finally on Friday, the planes started flying again. I was one of the first to fly out of the Rochester airport, and seven hours later I was home. I was very glad to see my family.

I cannot tell you that doing these things has eliminated all my depression and anxiety. The continual coverage by the media of the terrorist attacks, the anthrax scare and the war in Afghanistan have many of us concerned. As someone said, "Only a fool is not afraid in wartime."

However, the steps I took have helped. I recommend them to you.

Church News

Free Bible Course

If you would like to receive a free 8 lesson Bible correspondence course by mail, send your name and address to: Bible Course, Rt. 4 Box 297, Mt. Vernon, KY 40456.

Church Services

Winding Blade Holiness Church Services are Sunday at 6:00 p.m. and Wednesday 7:00 p.m. Pastor Bill Carpenter. Pastor and congregation welcomes everyone. Church is located on Winding Blade Road just off Hwy. 490.

Need a Ride?

Mt. Vernon Nazarene Church now has a van ministry. God has blessed. We invite you to come grow with us. Need a ride? We would love to come and get you. Call 758-0090 for more info.

Revival

New Hope Baptist Church will be in Revival November 12th-17th at 7 p.m. nightly with Bro. Ron Roberts. Special singing nightly. Pastor Joe Vanwinkle and church welcomes everyone.

Benefit Singing/Supper

A Benefit Singing and Chili Supper for "Time Bostic Burial Expenses" will be November 17th at 6 p.m. at

RCMS. There will be no admission for the singing. The chili supper will cost \$5 for the meal. Please contact Chad Burdette at 256-5577 for tickets and any other information needed. Donations will be appreciated. There will also be door prizes and raffles. Please come and enjoy the day with us for a good cause.

Special Singing

Skeggs Creek Baptist Church will have a special singing on Saturday, November 10th at 7 p.m. featuring Chuck Johnson and Mike Duggins of Forks of the Dix River Church plus others. Pastor Bro. Bill Mink.

Special Preaching

Ronnie Spoonamore will be preaching at the Corinth Holiness Church on November 9th at 7 p.m. Everyone welcome.

Two Special Services

Two special services will be held at West Brodhead Church of God on Hwy. 2345 on Nov. 9th and 10th at 7 p.m. with Evangelist Charles Collins. Everyone welcome.

Gospel Singing

Berea Gospel Tabernacle, U.S. 25, Berea, will host a Gospel Singing on Saturday, November 24th at 7 p.m. featuring The Praised Singers. Pastor Ralph Chasteen.

Special Thanks

We would like to thank our family for the wonderful hospitality they showed us when we visited them on October 5th-7th. We came because of the Bittersweet Festival in Mt. Vernon and the Harvest Festival in Renfro Valley. My whole family enjoyed each one. Thank you goes to Mr. and Mrs. Rex Davidson and his family for the hospitality and fellowship we had while staying with them that weekend. A very special thank you goes to my sister-in-law, Mrs. Hallie Alexander for opening her home and letting her nephew and family stay with her. They enjoyed her fine home cooking and thoroughly enjoyed the time they spent with her. Including taking her to church on Sunday at Fellowship Baptist Church in Berea. Hallie is a very special lady, and has a very special place in my son's family's heart and mine. We were visited also by my other nephew, Mr. and Mrs. Gerald Alexander and his family which we always enjoy being with. On Sunday I got a special treat, James Reppert and son, Lloyd came to see me at Rex Davidson's house before we left going home. Uncles James is a very dear and special uncle to me. He means a lot to me, as does his son. I know in the past and in the future, I'll need him all I have to do is call. There are very few relatives now days that you can feel that about. I wish I could see him more often, but living in Tennessee that is not possible. We enjoyed the long talk together. I just wanted everyone to know this visit was special to my son, Kenny and me. Thank you family for everything and for always being there.

Love,

Anna Alexander Carey
Kenny, Lynn, Kendra and Andy Carey

Email the Signal at
mvsignal@sun-spot.com

LEADING THE WAY...

Joe Freeman, OT, knows what it's like to be immobile. After a car accident in high school, he was unable to move for a few days. And it made him wonder what it's like for people who suffer from debilitating illnesses. A few years later, he decided to become an occupational therapist to help those who want to learn to live independently again.

Joe sees himself as a teacher and coach who helps people relearn how to do the things most of us take for granted, like dressing, loading the dishwasher or cooking. He and the RHRCC Occupational Therapy team work one-on-one with people of all ages to help them achieve the highest quality lifestyle possible.



"The best thing about what I do is helping people to live a more independent life."

— Joe Freeman, OT

... in Healthcare

ROCKCASTLE
HOSPITAL AND RESPIRATORY CARE CENTER, INC.

Accredited by the Joint Commission on
Accreditation of Healthcare Organizations

Encouragement. Motivation. Dedication to patients.
Just some of the reasons Rockcastle Hospital is leading the way in healthcare.