

Dr. Whitehead offers divorce seminar

"The holidays are often a difficult time after a divorce," Dr. Whitehead said. "That is why I am offering this free seminar to help those who are dealing with a divorce."

The seminar will be Thursday, December 6, from 7:00 to 8:30 p.m. at Landmark Inn in Somerset. There is no charge but participants are encouraged to register to assure that they will have a seat. To register call 679-4134 or 1-877-PASTOR-8.

"Guilt is often one of the major emotions felt by those who are divorcing," Whitehead continued. "They feel like failures because the marriage is ending. Getting rid of that guilt is one of the keys to moving on with life after a divorce."

"There is also usually some anger when a marriage breaks up," he added. "Anger can be used to hurt others or to hurt oneself if it is allowed to fester. Learning to deal with anger in a positive way is another key to mov-

ing on after the divorce."

"Loneliness often strikes the newly divorced person during the holidays," Dr. Whitehead said. "That first year is the hardest. When someone is accustomed to having children and spouse around for the holidays, it is hard to face a holiday alone. In the seminar I will provide practical suggestions to help make it through the holidays."

"There is always the question of beginning a new relationship after divorce," Whitehead went on. "Should I or shouldn't I? How can I avoid another divorce? How can I tell if this person is right for me? These are just some of the questions people ask. There are ways to insure that one does not end up in the same kind of unhealthy relationship again, and I will tell you what those are during this seminar."

Dr. Roy Don Whitehead has been a pastoral counselor in private prac-

tice in Somerset since 1983. During that time he has counseled hundreds of people who have gone through divorce. He is a graduate of Yale Divinity School and The Southern Baptist Theological Seminary. As well as continuing his private practice in counseling, he is the counselor at Bethany House Abuse Shelter. Prior to beginning work as a counselor, he was Associate Minister at First Baptist Church in Somerset. Prior to that he was pastor of Woodstock Baptist Church. He has led seminars all over the state for various organizations. His recent seminar "You Can Beat Depression" received high ratings.

ings from those who attended.

The class is open to anyone who is interested, including those currently going through divorces or who have already been down that road. Counselors and health care workers who deal with the effects of divorce are also welcome.

To insure that there is a place for you, you are encouraged to preregister. To do so call 679-4134 or 1-877-PASTOR-8.

Minds in the Middle

Congratulations to Ty Bottoms. Ty is the new Governor of the Junior Kentucky Youth Assembly! He is the first Y-Club member from Rockcastle County to hold this honor. We are also proud to have Allison Carter as the President of the Senate. Heather Hopkins received an outstanding speaker award. The Y-Club will be sharing more information and pictures from KYA in next week's Signal.

The second grading period ended on Wednesday. Report cards will be mailed home early next week. This new grading period is an opportunity for students who have not done as well as they would like to have a fresh start.

We would like to thank the Dance

Team for sponsoring our Scholastic Book Fair on Tuesday, Wednesday, and Thursday. We had not been able to have a book fair for the past several years and had missed that event.

The first edition of the *Hard Rock News* came out last Wednesday. The second edition of the paper is 25 cents. The newspaper staff is now working on their second edition which will be out before Christmas break. The following students prepared articles for the newspaper: Allison Carter, Melinda Lindsey, Mackenzie Marrie, Anthony Valerio, Nathan Gibbons, Darrin McKinney, Jennifer Perez, Erica McKinney, Samantha Anglin, Amanda Weaver, Coby Blanton, Zephre Mitchell, Dustin Johnson, Jamie Alexander, James Ballard, Nicole Gadd, Stephanie Perez, and

James Wagers.

Several of our students spent the holidays working on speeches. The annual 4-H Speech Contest will be Tuesday, December 4th at Mt. Vernon Elementary School at 6:00 p.m. Students who wish to participate need to sign up by this Friday.

The 21st Century Community Learning Center Baby-sitting class which was scheduled for this Saturday has been cancelled due to the KCHS football game. The class has been rescheduled for December 15th. This Thursday after school will be the ACT review for science. All of our previous 21st CCLC classes are continuing: Circles of Learning and Quilt Making on Mondays and Tuesdays; Computer class on Mondays; Make a Cabin, French, and Chess classes on Wednesdays; and aerobics and gymnastics on Thursdays. A book club will be beginning in December.

Jones named to SGAC

Crystal Jones, a sophomore social work major from Mt. Vernon, has been named to the Student Government Association Council at Eastern Kentucky University's Tri-County Center in Corbin.

The newly-established councils at each of EKVU's extended campus centers will participate in the decision-making process at the centers and "bridge the communication gap between the part of the student body at Richmond and those parts at the extended campuses," explained SGA

President Nick Bertram. The chair of each council serves as a senator of the Student Senate with full voting privileges.

"This enhancement was implemented so that we could truly represent the entire student body," Bertram said. "It was the opinion of many that we were leaving out an important part of our constituency, and this seemed like the best way to involve and engage them."

The new council members benefit by learning leadership skills,

Bertram said. "The most important benefit, however, will be the improved services, curriculum and support of those centers as a direct result of student leadership."

Steps have been taken to ensure continuous communication between student government representatives on campus and at the centers. Each chairperson for an extended campus center council is required to attend one meeting on the Richmond campus each month, and will "proxy" votes at all other meetings.

PUBLIC NOTICE

Notice is hereby given that the Rockcastle County Road Department (PO Box 755, Mt. Vernon, KY 40436) has filed an application with the Natural Resources and Environmental Protection Cabinet to reconstruct the low water ford crossing on Ten Foot Hole Road (connector for US 25 at White Star Curve to Piney Branch Road). The road is located just off of US 25 near the 5 mile marker near Livingston and crosses Roundstone Creek.

Any comments or objections concerning this application shall be directed to:

Kentucky Division of Water
Division of Floodplain Management
Water Resources Branch
14 Reilly Road • Frankfort, KY 40601
Phone: 502-564-3410

Buzz Carloffis, County Judge Executive

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MSRP \$24,950
\$19,612

C-1787
MSRP \$19,915
\$17,980

T-3635
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\$20,950

C-1775
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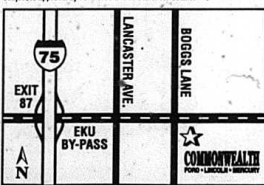


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'97 Lincoln Continental	\$16,980	'96 Mercury Sable LS	\$9,995	'99 Chevrolet Prizm 4 Door	\$8,995
'00 Toyota 4x4 Pickup	\$16,980	'98 Ford Ranger S/C 4x4	\$12,980	'01 Ford Taurus 6 to choose	\$15,980
'98 Ford Mustang	\$11,999	'95 Ford F-150 XLT 4x2	\$11,980	'00 Ford ZX2	\$9,980
'98 Ford Windstar GL	\$12,995	'98 Jeep Grand Cherokee	\$15,980		

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