

Tranquility — Stress Effects

By Elaine Brummett
Level 1 Reiki Practitioner
Reiki is a Japanese technique for relaxation and stress reduction. Through the reduction of stress, good health and healing are promoted. This technique was discovered by Dr. Mikao Usui in the early 1900's. Similar techniques have been in practice for thousands of years.

The meaning of Reiki is twofold. Reiki (reiki) is universal spiritual wisdom. Ki (same as Chi) is life energy. All living things have life energy. If the flow of your life energy is restricted, you are more susceptible to illness. All of them, the cause of energy blocks is prolonged stress in one's life. By learning to control stress through education in relaxation techniques the energy blocks can be decreased or even eliminated, once again, allowing life's energy to flow freely. Then, the body is enabled to return to a harmonic balance necessary for healing.

Reiki does not replace medical treatment, but can potentially increase the effectiveness of current treatments and medications.

The following people are past graduates of Rockcastle County High School who have not picked up their diplomas. They may come by RCHS and pick them up in the front-office.

1987	Tracy Susan Bullock Shannon Martin	Kenneth R. Cromer Shonda L. McClure Leyl Northern Brandon Rogers Susan M. Swiney	
1988	Norma J. Reynolds Peter Brian Harrison Kenneth W. Robinson	1999	Rebecca Ann Lynn Davis Timothy Pickett Jeremy Lynn Saylor
1989	Charles Arlley	2000	Adam Todd Davidson Andrea Nicole Horner Shannon Edward Stevens
1990	Christy R. Brummett	2001	Kayla Barnes Miranda Wynn Bullock Ronnie Dale Bullock Jason Cromer Crystal Deboed Scottie Dale Denney Billy Jo Hackworth Kayla Hammond Travis Keith Ingram Jennifer Lynn Lovell Melissa Renee Miller Leslie Morris Brittany Jacinda Owens Jeffery Clayton Powell Tasha Renee Sandlin Larry Travis Smith Sean Steven Smith Amy Sue Madonna VanWinkle Johnny Busell (Yearbook) Ellen Hollins (Yearbook)
1991	Sherry C. Bullen Suzi R. Shaffer		
1993	Angela Michelle Collins Jason Edwin Kirk Delbert Wayne Leggett April Dawn Poynter		
1994	Linda Marlene Alcorn Joshua Bryan Bullock Mike A. Pinkerton James Bradley Powell William Earl Shelton Eddie Gilbert VanWinkle Jason Karl Vanzant		
1995	Sherry Ann Griffin		
1996	Melissa Lynn Douglas Celeste Maxine McGuire		
1997	Delbert Slusher		
1998	Kenneth Begley (Art. Plaque)		

Healthcare education is an individual's responsibility. Remember, peace and tranquility began from within. Healthcare should entail more than treating "what" or "that" particular problem. The whole person must be evaluated and treated. That holistic approach includes the physical, emotional and spiritual health. Symptoms are often treated to obtain quick relief so we can continue in our hectic pace of living. "Quick relief" may mean symptoms relieved, but the root cause continues to exist.

Stress can potentially weaken all aspects of health. Once weakened, that person is susceptible to illness and disease.

According to AIS (American Institute of Stress), surveys and research reports over past two decades reveal that:

43% of all adults suffer adverse health effects due to stress.

75-90% of all M.D. visits are for stress related complaints or disorders. Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis and suicide.

An estimated one million workers are absent on an average work day because of stress related complaint. Stress is said to be responsible for more than one half of the 550,000,000 workdays lost annually because of absenteeism.

A three year study conducted by a large corporation showed that 60% of employee absences were due to psychological problems such as stress.

Nearly half of all American workers are absent on an average work day because of stress related complaint. Stress is said to be responsible for more than one half of the 550,000,000 workdays lost annually because of absenteeism.

Take charge of your health, make time to care for yourself. It's amazing what 30-minutes a day set aside for prayer and meditation can do for your well being. To your good health and happiness.

**Classified
Deadline is
Noon Tuesday**

"Crossroads"

(Cont. from front)

Jacqueline Bishop, Julie Hines and Debbie Cummins, all of whom are working to build and structure a strong youth group. "If we can get these kids in while they are young and teach them the basis of Christianity, it will help them throughout their young adult life, as well as help them to become strong Christians," said one member. An Easter drama will be presented March 31st with a full one hour production of the crucifixion and resurrection of Jesus Christ. The church would like to extend an invitation to the surrounding communities to attend the Easter drama starting at 11:15 a.m., as well as all of the regular church services.

Sundays are: Sunday morning 10:00 a.m. Sunday School - classes

for all ages; Sunday morning worship starting at 11:00 a.m.; Sunday evening worship starting at 6:30 p.m.; and Wednesday night starting at 7:30 p.m.

If anyone would like to attend the church, but do not have transportation, you can be picked up by the church van by calling 758-4167 or 758-0104.

"Buckle"

(Cont. from front)

this Commonwealth needs to improve upon legislation that could save 75 lives on Kentucky roads each year and cost nothing. I say, "Let's roll!"

After the press conference, the Governor's Office For Highway Safety demonstrated their rollover simulator to the crowd. The simulator duplicates the traumatic effect that

overturning has on vehicle occupants, even at relatively low speeds. This is one of the many tools the Kentucky State Police uses to reinforce the importance of seatbelt usage. The rollover simulator is especially effective due to the fact that opponents of seatbelts frequently use the argument that by not wearing a seatbelt you may be thrown from a car during a crash and escape injury. However, records indicate that 86% of vehicle occupants who were either totally or partially ejected in car crashes during 2000 were killed.

During the first thirty days of 2002, 74 people have been killed on Kentucky's roadways. Preliminary reports show that only 25 of these victims were wearing a safety belt.

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99 Dodge 4x4 SLT Package. X-cab, V-6, auto, low miles. \$17,900.	94 Ford F-150 X-cab. V-6, auto, 100,000 miles. \$12,900.	95 Ford F-150 4x4. XLT 2500 Series. Auto, air, local trade. NEW ARRIVAL.	97 Ford Crown Vic. Blue in color. \$6,950.	98 Ford Windstar GL. V-6, auto, air, local trade. \$9,750.	98 Ford Windstar Mini Van. V-6, auto, air. \$7,500.	97 Ford Focus 2.3i. Auto, air, low miles, CD player, factory warranty, loaded with more roof. \$12,900.	96 Geo Prism. Auto, air, local trade. \$3,000.	97 Honda Civic CRV 4x4. Auto, loaded, local trade. \$13,900.
97 Honda CRV 4x4. Auto, air, all buttons, one owner. \$12,900.	96 Honda Accord LX. Auto, air, local trade, low miles. NEW ARRIVAL.	2000 Honda Odyssey Mini Van. 4 Captain chairs, one owner. NEW ARRIVAL.	97 Infiniti J30. Touring package, leather, CD, air, loaded, 5 to choose from. As low as \$17,900.	91 Isuzu Rodeo LS model. Auto, air, loaded, 5 to choose from. As low as \$17,900.	91 Isuzu Rodeo LS. Auto, air, loaded, 5 to choose from. As low as \$17,900.	91 Kia Optima. Auto, air, one owner only. 4,000 miles. \$19,900. See sales for details.	96 Pontiac Sunfire. Auto, air, local trade, low miles. \$5,650.	97 Saturn SL-2. 5-speed, air, local trade. \$5,850.
91 Sequoia Limited. 4x4, auto, leather, V-8, 3rd seat, all toys. NEW ARRIVAL.	97 Suzuki Grand Vitara. 4-Wheel Drive, auto, air, and more.	91 Toyota Camry Wagon. E.C. Local trade, loaded. \$2,900.	94 Toyota 4x4. X-cab, V-6, auto, automatic, one owner. \$10,900.	95 Toyota 4x2 X-cab. Auto, air, local trade. NEW ARRIVAL.	96 Toyota Camry LE. V-6, wagon, one owner. \$22,900. Local trade. \$6,840.	96 Toyota Camry LE. Loaded with all buttons. Local trade. \$6,840.	97 Toyota Camry XLE. V-6, auto, leather, roof, CD, one owner. NEW ARRIVAL.	96 Toyota Sienna Van. 5-Door, leather, dual air. \$14,900.
96 Toyota Corolla LE. Certified, roof, wheels, all buttons. \$10,950.	96 Toyota 4-Runner Limited 4x4. Auto, roof, wheels, all buttons. NEW ARRIVAL.	96 Toyota Ray 4. Auto, air, loaded. Certified. \$12,900.	96 Toyota Camry XLE. V-6, leather, loaded, with balance of 5-yr. 100,000 mile warranty.	96 Toyota Camry LE. One owner, roof & spoiler. Certified with balance of 5-yr. 100,000 mile warranty.	96 Toyota Camry. With L.E. Package. \$10,900.	96 Toyota Tacoma 4x4. 5-speed, air, one owner. Local trade. Certified. \$12,900.	8 Toyota Corollas to choose from. As low as \$7,900.	99 Toyota Corolla LE. Auto, air, all buttons. certified. NEW ARRIVAL.
96 Toyota 4-Runner SR5. V-6, auto, loaded, certified. \$23,900.	2000 Toyota Camry LE. Local one owner trade with all buttons. NEW ARRIVAL.	96 Toyota Corolla LE. Certified with 100,000 mile warranty.	91 Toyota Solara. Low miles, loaded. NEW ARRIVAL.	91 Toyota Camry LE. Four to choose from.	91 Toyota Camry LE. Low miles, loaded, 3 to choose from. \$12,990.	91 Toyota Tacoma 4x4. X-cab. Auto, one owner, certified with 100,000 mile warranty. NEW ARRIVAL.	91 Toyota Tacoma 4x4. X-cab. Only 6,000 miles. Auto, like new at used price.	91 Toyota Tacoma V-6. 4x4, 4-door, one owner. NEW ARRIVAL.

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