

Tranquility Ideas: Stress Reduction

By: Elaine Brummett,
Level I Reiki Practitioner

Tired, aching all over, not enough hours in a day to accomplish your goals? If you find yourself feeling this way, chances are you suffer from stress. And, I'm not talking about the occasional "good" stress that is motivational. I'm referring to "chronic stress." Chronic stress level stay constant or increase with each passing day.

Chronic stress is manageable. In my previous article, I mentioned briefly two ideas for stress-reduction. Those two ideas included Reiki (a stress-reduction/relaxation technique) and prayer/meditation all of which are powerful anti-stress tools. I work on a daily basis controlling and relieving my own stress, and that of others.

Stress-reduction therapy doesn't have to be regimented and boring. It should be enjoyable and bring about a sense of true tranquility. Some other stress-reduction ideas include: a brisk

walk in the morning, afternoon or both, listening to relaxing, soothing music, taking a long, soothing, warm bath by candlelight, nature observation (observe flocking birds at feeders, kites' antics, a newborn colt or calf discovering their environment), a most simple technique for stress-reduction is controlled deep breathing. (This technique can be practiced at home, at work or on the road. This is especially helpful when you're caught in a traffic jam), guided imagery can take us on a mini-vacation to help ease a stressful situation, dietary intake can also play an important role in stress management. Beware, of the amount of caffeine consumed daily.

These are only a few techniques to assist in the management and relief of stress.

Remember, prolonged exposure to stress weakens us spiritually, emotionally and physically. The old proverb, "an ounce of prevention is worth a pound of cure," certainly has an air of truth in this situation.

In the next stress-reduction article, I will expand on dietary aides for stress. Health, harmony and peace be yours.

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Business Opportunity

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Deposit and references

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Christine Jones, Granny Babin and Sue Price at the Buckeye Church in 1959.



Eva Baker, Mrs. Hayes and Anna Pearl Hayes in May of 1959.



Buckeye Church - May 1959

Front row: Joyce Dunseith, Lucy Hayes and Debbie Dunseith. Second row: Julia Menifee, Connie Smith with Joanna, Daisy Hayes, Christine Jones, Anna Pearl Hayes and Eva Menifee. Back row: James Taylor, Cecil Dailey, Ulysses Baker, Julia Dailey, Pearlie Hayes, Sue Price, Anna Mae Taylor, Ben Griffin and Eva Baker.

Rockcastle Community

Bulletin Board

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TOPS

(Take off Pounds Sensibly) TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 758-4047.

Narcotics Anonymous

Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Thursday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info, call 256-9263.

Al-Anon

Al-Anon and Alcohol Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

Republican Party Meets

The Republican Party meets the second Monday of each month at 6 p.m. at Katie Inn.

Bookmobile Schedule

Mon., March 19: Brodhead and Cooper Creek.
Tues., March 20: Respiratory Care, Mt. Vernon Manor, Day Health Care.

Wed., March 21: Brindle/Ridge.

Smoke Detectors
Rockcastle Hospital Home Health, with the assistance of local volunteer fire departments, is distributing smoke alarms to the citizens of Rockcastle County who are over age 60 or disabled, and do not have a smoke detector in their home. To apply call 256-1808. Necessary information:

Name of applicant, address, date of birth, phone number, nature of the disability (if under 60 years of age).

Clothing Donations Needed
The Rockcastle County Migrant Program, 245 Richmond St. (across from the Board of Education) is in need of clothing of all types. Call for a pickup (256-2157) or bring your donations by the Migrant Office any week day 8:00-3:00.

Center Hours
Rockcastle County Senior Citizens and Day Health Care Center hours are 9 a.m. until 4 p.m. Mon-Fri.

Strawberry Plants
Orders for strawberry plants are now being taken at the Extension Office until March 15. Plants are \$10 per 100. Sure Crop, Allstar and Red Chief varieties are being offered. Payment required when order is placed. Limited quantities available on a first come, first serve basis. Call 256-2403 for additional information.

Democrat Meeting

Democratic Party Meeting will be held March 21st at 7 p.m. at Katie Inn. Speaker will be Sen. Ed Worley.

Diabetes Meeting

The Diabetes Support Group will meet March 18th at 6 p.m. in the Home Health building located in the Rockcastle Industrial Park. Dr. Karen Sayle will be speaking about diabetes in General. All diabetes and families are invited to attend.

RCHS Meeting

The RCHS Curriculum and Instruction Committee will meet on Thurs. March 21st at 7 p.m. in the high school conference room.

FREE Baseball Clinic

Sat. March 16 at 2-4:30 p.m. Ages 7 to 9. Limited to first 24 children. Contact Don at (606)758-0090 or (606)268-1930.

Mt. Vernon Personals

By Marie McKinney

Recent visitors of C.S. and Marie McKinney were Mr. and Mrs. Verl Robbins, their daughter Mrs. Sharon Lovins and grandsons, Jack Lovins and great granddaughter, Samarah Lovins, Mr. and Mrs. Joe Lovins, Jr. and great grandson, Dalton Blake. Also Mr. and Mrs. Floyd Kirby of Conway.

Our deepest sympathy is extended to all who have lost loved ones recently.

Mr. and Mrs. C.S. McKinney visited their grandson, Mr. and Mrs. Jim

Lovins of Berea recently.

Mrs. Ada Kirby and daughter, Barbara and son, Arby Kirby visited Mrs. Bessie Kirby a few days last week.

Sharon Lovins celebrated her birthday, March 10th. We wish her many, many more.

Mrs. Peggie Murphy visited her mother, Pansey Nicely in Rockcastle Health and Rehab Facility recently.

Mrs. Bessie Kirby is on the sick list, but is improving. We wish her a speedy recovery.

Inside Sale

Children's Clothing

Ladies size 8 to 18

Shoes 5 to 7 1/2

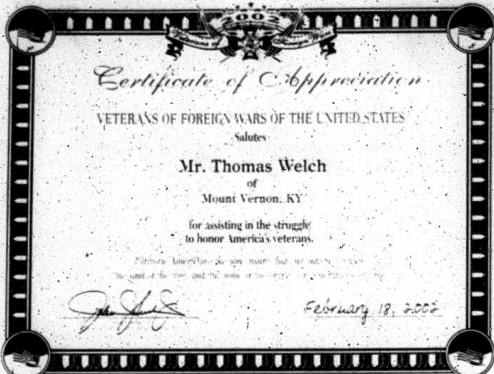
Sue's Hair

Gallery

105 Crawford Lane • Mt. Vernon

Fri. & Sat.

9 a.m. to 4 p.m.



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USDA Inspected (Assorted Chops) Quailor

Pork Loins

1 lb. or More
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1 29

Tray Pack Goldilocks "Young-n-Tender" Fresh Boneless

Chicken Breast

12.99
Fischer's
Weiners
119

1 59

This Week's Hot Buy!

32 oz. Jars

Smuckers Jam or Jelly

69¢

2 Liter

Pepsi Products

99¢

8-12 Inch

Tombstone Pizzas

3/\$9

15-12.25 lb. Select Vegetables

Del Monte Vegetables

5/\$2

12 Pack

Pepsi Products

309

8.5 oz. Select Varieties

Kellogg's Pop-Tarts

99¢

5 lb.

Green Cabbage

4/\$1

4 oz. in Oil or Water Chunk Light

Chicken of the Sea Tuna

59¢

15 oz. Select Varieties

Luck's Pinto Beans

2/\$89¢

1/2 Gallon Sel. Var.

Breyers Ice Cream

2/\$7

29 Oz.

Bruce's Yams

1.19

12 Oz.

Kraft Singles

1.79

64 Oz. Sel. Var.

Dole Juices

2/\$4

USDA Western Grain Fed Beef Boneless Rump Roast

Bottom Round Roast

1 99

12 Oz. Sliced Regular or Thick

Field's Bacon

1 89

1.5 lb. 4 oz. Slices

Velveeta Cheese

3 99

1.2 Gallon Select Varieties

Prairie Farms Ice Cream

2/\$6

12.3 Oz. Select Varieties

Eggo Waffles

2/\$4

PRODUCE SALE

Imported
Jumbo Peaches
99¢

4 lb. bag Seedless California
Navel Oranges
2 49

Vine Ripe Tomatoes **99¢**

Red Ripe Strawberries **1 99**

5 lb. Bag New Crop Red Potatoes **1 79**

Sweet like New **Tenax Grapefruit** **3/\$1**

Snow White Dole Cauliflower **1 89**

Lean Cuisine Dinners

2/\$4

8.5 - 10 oz. Select Varieties

Lean Cuisine Dinners

2/\$4