



The Family Room

By: Dr. Roy Don Whitehead

Our Perceptions Rule Our Lives

"You always look at things so negatively," Mona told Jack. (All characters are fictitious.) "Why can't you see the bright side just once?" "I can't help how I see the world," Jack defended himself. "Besides, this world is a very negative place. Look at all the bad stuff that happens to people."

"I know that," Mona retorted. "But there are many good people and many good things that happen. I just wish you could see that."

There are other people just like Jack who usually see the world negatively.

What makes them this way?

Early childhood experiences affect how Jack sees his world. Jack grew up with an absent father (a salesman) and a depressed mother. There was no abuse, but there was also no emotional support at home for Jack as a child.

Because of her depression Jack's mother was a very negative person. She looked at the world through a pair of dark glasses. Wherever she looked, she saw something about which to worry. Her favorite saying was, "Life is hard, and the older you get, the harder life gets." Jack learned this outlook very early in his life. He became depressed like his mother.

Jack also learned a negative life

view from his father. His dad's favorite saying was, "Life's a struggle and then you die." His dad always warned him not to expect anything good to happen, "and then you won't be disappointed."

Thus far Jack's parents appear to be right. Jack had been fired at work for "misconduct." "All I did," Jack told me, "was tell my boss what I thought of him." Money was always tight for him and Mona, and now there was even less money.

"Jack, our perceptions rule our lives," I told him. "When a person expects bad things to happen, they usually do. When we expect good things, they are more likely to occur."

"Do you mean to tell me that my thinking can affect the way things happen?" Jack asked incredulously. "I don't believe it."

"And you're not going to believe it just because I tell you," I admitted. "I want you to consider the possibility that how you are looking at the world is affecting how life is turning out for you."

"So you're saying that, if I expect good things to happen, then they will," Jack repeated.

"Not always," I admitted. "Bad things can happen to good people. But, in general, what you expect is what you get. If you go to your next job interview expecting not to be hired, then the odds are that you won't be. Your negative attitude will come across in the interview, making it less likely that the company will want to

employ you."

"I don't know, Doc," Jack said slowly. "I don't think my attitude is that bad."

"I'm sure you don't, Jack," I answered. "That way of looking at the world has been a part of you for a long time, and it seems as natural to you as breathing. This week notice the negative thoughts that you have and write them down. Then turn them into positive statements. Instead of saying to yourself that no one wants to hire you, say that you are certain that you will find a new job that is enjoyable. This can be the beginning of a new outlook on life for you."

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Carleigh McClure celebrated her first birthday March 25th. Carleigh, along with her family and friends, celebrated this day with a Winnie the Pooh party. Happy 1st birthday Carleigh. We love you Mommy & Daddy.



Happy Birthday Mim!
Your best friend Robin

Breanna and Olivia would like to announce the birth of their new brother, Orion N a t a n i e l Copenhaver. He was born February 23, 2002 and weighed 8 lbs. 2 ozs. and was 21 inches long. Parents are James and Julie Johnson Copenhaver III of Mt. Vernon. Grandparents are Byron and Tiny Boyd Johnson of Climax, James Copenhaver II of Texas, Patty Baker of Indiana. Great grandparents are Ida Abbey Johnson and the late Stanley Johnson, formerly of Climax, Geneva Bell Philpot of Indiana and James Bond of Michigan.



MAKING IT BETTER by DOING IT RIGHT

Re-Elect

Buzz CARLOFTIS County Judge-Executive

By having excellent working relationships with other local, state, and federal officials, CARLOFTIS Leadership has brought major, positive changes for Rockcastle County.

CARLOFTIS

- Has brought in the largest amount of grant money ever in Rockcastle's history (\$5.8 million dollars). This does not even include the funding for water projects
- Changed 28 wooden bridges to concrete structures
- Has been the only County Judge-Executive who has personally worked alongside the Road Department in every snow storm to assure that roads are cleared
- Established the Jail Inmate Work Release program
- Has laid the largest amount of blacktop ever on Rockcastle County's roads
- Gained membership in the National Flood Insurance Program so Rockcastle residents can, for the first time, get flood protection insurance
- Successfully worked to make the largest ever expansion of waterlines to serve rural residents
- Began the cemetery clean-up program
- Wrote the only parental responsibility ordinance ever in a Kentucky county in an effort to protect Rockcastle's taxpayers from staggering juvenile criminal detention bills
- Constructed the new football field at Roundstone Elementary School
- It made no sense to have Rockcastle tax money going to another county to house our prisoners, so he expanded our jail in order to bring state money to Rockcastle at the rate of \$55,000 per month
- Established a county-wide emergency communications center
- Continues with his efforts to blacktop cemetery roads
- Worked to construct new baseball field at Brodhead
- Received federal and state funding to establish, for the first time, an emergency operations center in the county
- Worked to construct a new Industrial Park
- Provided for the public library's expansion
- Lowered unemployment insurance rates the county had been paying by changing business practices
- Made major reconstruction of several roads
- Established a new Road Department garage
- Has brought more positive statewide newspaper attention and coverage for Rockcastle County than ever before
- Was the only Kentucky County Judge-Executive chosen at a state convention to be interviewed by National Public Radio
- Worked to see that the courthouse is extraordinarily clean
- Provided for increases of county funds to fire departments
- Remodeled several courthouse offices for better efficiency
- Was chosen by neighboring County Judges to serve as chairman of the Executive Committee of the region's Community Action Agency
- Worked with the Rockcastle Development Board to establish the only Video Telecommunications Center in a courthouse in Kentucky with free public Internet use
- Worked to establish first ever health insurance for employees
- Stood up for the Republican Party's principles by speaking on statewide television against the consolidation of counties because it would have weakened the citizen's voice in local affairs, led to a tax increase, and concentrated political power in the hands of a few

"With your continued support, I will, as County Judge-Executive, keep doing the work you have entrusted in me with fairness, honesty, and unquestioned integrity. I need your support to keep the good work moving ahead."

Buzz Carloftis
County Judge-Executive

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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 Kauls Inn.

Bookmobile Schedule

No Bookmobile Schedule for April 1st-Jth.

Smoke Detectors

Rockcastle Hospital Home Health, with the assistance of local volunteer fire departments, is distributing smoke detectors 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.

Bus Drills

The Rockcastle County Schools will be conducting bus drills on Fri., March 29. The RCPS and RCMS will dismiss at 2:30 p.m. Buses will then proceed to the elementary schools where the drills will be conducted. Please adjust your schedule for this early dismissal.

Project Graduation

There will be no Project Graduation meeting Mon., April 1 due to Spring Break.

Closed

Farm Bureau will be closed Fri., March 29th.

Circuit Courts office

will be closed Fri., March 29th and will be closed Sat., March 30th. The written test (permit) will not be given Fri. afternoon, March 29th.

Country Breakfast

Good Ole Country Breakfast at Brodhead Ridge Fire Dept., Saturday, March 30th 6 a.m. to 11 a.m. Country ham, bacon, eggs, biscuits and gravy, jelly, juice, milk and coffee, \$5 per plate. Carry-outs available call 256-0068. Proceeds go toward our new fire station.