

In and Around Mt. Vernon

By Vallie Burton

Mattie and Danny Petrey and Vallie Burton spent the weekend recently with Mary, Roberts of Rutledge, Tennessee.

Harris Burton celebrated his birthday April 13. We wish him many returns of the day.

Vallie Burton has returned home after spending a few days with Mattie and Danny Petrey of Somerset.

Mrs. Ruth Sargent is a patient at Ephraim McDowell Hospital in Danville. We wish her a speedy recovery.

Mr. and Mrs. Harris Burton visited Mrs. Ruth Sargent. Sunday at the Ephraim McDowell Hospital.

Dorothy Haaty has been on the sick list a few days. We wish her a speedy recovery.

Deepest sympathy is extended to all who have lost loved ones. May the Lord comfort each one.

Bobby Anglin and daughter, Mrs. Nancy Hurley and children were at

Berea recently. Mildred Hunt has been on the sick list for a few days. We wish her a speedy recovery.

Mr. and Mrs. Caryl Blanton, Jr. visited his brother, Carl Blanton at St. Joseph Hospital in Lexington.

Norma Coffey visited Mrs. Ora York a while one day last week.

Mr. and Mrs. Mark Eaton and children, spent last weekend with her parents, Mr. and Mrs. Bob White of Harlan.

Mrs. Lora Eaton and children and Patricia Holland were at Lexington last Saturday.

Mrs. Lora Eaton and children visited Patricia Holland on Monday.

We extend our sympathy to the family of Sheriff Sam Catron of Somerset, who was killed last Saturday evening. We all need to pray for our country and our leaders. The good Lord is still in control.

Fairview News

By Mrs. Hubert Chastain

Hello to everyone. Spring time is here and it is so good to be alive and as well as I am.

It has been quite awhile since I've written any news for the Signal. I've had the flu like so many others are feeling better and so am I. But I'm still weak. But I thank God for some improvement. He is so good to us and blesses us in so many ways.

I'm sure by now you all know about my brother, Tip Ruppert's death on March 13th. For several weeks he was disabled and not able to be up and out very much. But he was taken such good care of by his wife, Florence and his daughter, Melody. They were so good to him.

Tip was a brother to be proud of.

he was first of all a good Christian man, he loved his Lord, his family and people. He was well thought of by many relatives and friends. For quite a while, he wasn't able to attend church services very much, but he visited sick folks more than anyone I know of. He was such a loving, kind and compassionate friend to everyone. He will be greatly missed by many friends and neighbors as well as his family. To his wife and children, Ronnie, Lennie and Melody and grandchildren, Ronnie Dale and Allis, I'd like to say you have our sympathy, love and prayers. God bless you all.

I hope to be able to write more news week. So until then, May God bless you all.



The First Annual

Hike for Hospice!

Saturday, April 20, 2002

8:30 a.m. to 1:00 p.m.

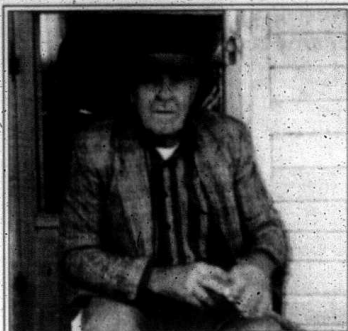
Indian Fort Theater, Berea

Help Us Reach The Top!

To register, call Hospice at:

986-1500 or 1-800-806-5492

All proceeds benefit patients and families served by Hospice Care Plus, Inc.



93rd Birthday Celebrated

Happy 93rd Birthday Vic Hysinger on Friday, April 19th. Congratulations



The Family Room

By: Dr. Roy Don Whitehead

The Elderly Have a High Rate of Depression

John's family rushed him to the hospital when they found him unconscious on the living room floor (All characters are fictitious). John was 72 and lived alone, and one of his children checked on him every day. As they were in the emergency room, his family speculated about what could be wrong with Dad. He had seemed in good health for a man his age.

Finally the doctor came to talk with the family. "Your father took too much of his medication," he told them, "and came very close to dying. I think he probably tried to end his life."

The family was shocked, to say the least. "Dad would never do such a thing!" his oldest son protested. "Dad's always been such a happy-go-lucky kind of person."

John's family has run head-on into the problem of depression in the elderly. An increasing number of persons 65 and older are suffering from depression, and John is one of them.

Since their mother died two years ago, John's children had noticed that he was quieter than usual. They also recognized that he sometimes had trouble remembering things and grew agitated more easily. Occasionally there was some confusion.

His family attributed these changes in John to his advancing age.

"Everybody forgets a little as they get older," one of his daughters had



Kevin and Carla Sears Minor of Louisville would like to announce the birth of their son, Joshua Scott born on February 21, 2002. He weighed 7 lbs. and was 19 1/2 inches long. He was welcomed home by his 16-month-old sister, Kayla. Proud grandparents are Carl and Ann Sears of Berea and Doc and Helen Minor of Louisville.



Scotty and Kelly Price are the proud parents of a 6 lb. 3 oz. baby boy, Colby Scott Price born March 23, 2002 at Ephraim McDowell Regional Medical Center. Paternal grandparents are Shirley Ray and Donna Cable of Mt. Vernon. Wayne and Debbie Price, Great Grandmother Alta Price of Broadhead. Maternal grandparents are Tim and Glenda Pace of Broadhead and Imogene Saylor of Harlan.

said. They even speculated that John might be developing Alzheimer's disease. (Symptoms of depression in the elderly are sometimes misdiagnosed as being caused by some type of dementia, such as Alzheimer's.)

While people over the age of 65 make up only 13% of the population, they account for 23% of all suicides. (Statistics are from the National Alliance for Research on Schizophrenia and Depression.) Each year more than 6,300 older adults take their own lives.

Much is heard about teen-age suicide, but white males over the age of 80 have the highest suicide rate of all Americans. Older people who attempt suicide succeed more often than teenagers, too. Over the age of 65, one in four suicide attempts results in death. In young people (15-24) there is one death for every 100-200 attempts.

Depression can be a fatal disease, and it nearly was for John. After his family thought about it for awhile, they began to realize that John had been depressed for some time. His physical complaints (headaches, constipation, fatigue) had been increasing over the past two years. They also realized that he had been

isolating himself, spending more time at home alone.

What caused John's depression? As with most depressions, John's had more than one cause. The death of his wife two years ago was the trigger for the depression. After being married for 53 years, John found it hard to adjust to life alone. His marriage had not always been a happy one, but John missed his wife's companionship.

There was also a chemical component to John's depression. His father and two of his uncles had suffered from depression, and John had probably inherited the chemical imbalance that makes depression possible. As his family looked back over the years, they could recognize other times when John had been depressed, even before his last episode.

Is there help for John? Certainly. The doctor prescribed an antidepressant medication to help John feel better and assured the family that this medication was not addictive. The family took greater pains to get John out of the house. He loved spending time with his grandchildren, so they planned activities when he could do just that. In just a few weeks they began to see an improvement in his mood.

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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 Broadhead Christian Church basement on Main St. in Broadhead. For more info, call 1-800-932-TOPS or locally 256-0789.

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 Kastle Inn.

Bookmobile Schedule

Mon., April 22: Scaffold Cane, Disputanta, Anglin Falls, Clear Creek, Wildcat.
Tues., April 23: Buffalo, Steps of Old 461, Negro Creek.
Wed., April 24: Ottawa & Bee Lick.

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. to 4 p.m. Mon.-Fri.

City Wide Yard Sale

City of Crab Orchard - City Wide Yard Sale - Fri., Sat., May 3 & 4.

Project Graduation

Project Graduation Meeting will be held Mon., April 22 at 6 p.m. at RCHS.

Citizens of Broadhead

Notice to all citizens of Broadhead: Please post house numbers for the purpose of 911. If you are unsure about your number please call us at (606)758-8635. This needs to be done as quickly as possible. Cooperation in this matter is greatly appreciated.

Last Day to Register

The last day to register to vote in the May Primary Election will be April 29, 2002. Anyone needing to register or make any changes in their voter registration must do so by this date.

REVIVAL

BUCKEYE CHRISTIAN CHURCH

APRIL 22nd THRU 27th 7:00 p.m.

Evangelist-Gerald Maupin

Pastor-Ray Thacker

Special Singing Nightly

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. ST. JOHN 3:16



Monday 22nd The Brezile Ridge Baptist Church	Tuesday 23rd The Davidson's	Wednesday 24th The Calvary Echoes
Thursday 25th The Thackers	Friday 26th Don Kibrell & David Parsons	Saturday 27th The Bishop Family
Fellowship Dinner Sunday, April 28th, 1:00 p.m. Everyone Welcome		

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