



## The Family Room

By: Dr. Roy Don Whitehead

### Survival Is Quite an Accomplishment

"My friends tell me I am being too negative," Zella told me. (All characters are fictitious.) "When someone asks me how I am, I tell them that I am surviving. Is that being negative?"

Here is what has happened in Zella's life in the past year. You judge whether she is being negative. Her husband was diagnosed with prostate cancer less than a year ago. After surgery and radiation, his prognosis is good, but he still has some side effects from the surgery. Soon after his surgery, her mother died after a long illness. "It was Mom's time to go," Zella said, "but I still hated to lose her."

On top of all this her daughter developed a mysterious ailment that doctors could not identify. She almost died before it was finally diagnosed.

Treatment is helping but she has a long way to go.

"September 11 just about finished me off," Zella added. "I was depressed for a month afterward. So when I say that I am surviving, I figure I am doing pretty well. I don't mean it to be a negative statement at all."

Sometimes survival is quite an accomplishment. When a family is hit by a run of bad luck, as Zella's has been, it can take all the emotional and spiritual resources the family has to

survive. Families cope in different ways. Here is how Zella has made it through.

"Walking helps me," Zella says. "I walk three or four miles six days a week. It is a great tension release for me. I walk on an indoor track, so I don't have to watch out for cars or dogs. I let my mind wander while I walk. I also sleep better now that I am walking. I had a lot of trouble going to sleep while my husband was so sick, but after walking three miles, I usually drop right off. I'm not waking up at 3:00 a.m. anymore either."

"I wish my walking would help me lose some weight, but that hasn't happened yet," Zella laments. "One of the negative ways I have coped is by eating more. My favorite food is donuts, and I have had to stop keeping them at the house, because I could eat six at a time. The walking has helped me firm up, so that I'm not as flabby, and I like that. When I can get my eating under control, I'm sure I will lose some of this extra weight."

Zella recommends walking (or really any exercise) to help in coping with stressful times. She also recommends yoga. "Yoga has been around for many centuries," Zella explained. "It is an ancient exercise that involves stretching, breathing and balance. It is good for the body in all kinds of ways, and it helps me to relax. After an hour of yoga, I feel so much better. I have more energy

and I am calmer. I attend a class twice a week, and I recommend it to anyone, whether you are enduring a lot of stress or not."

The other thing that has helped me get through this is my journal," Zella adds. "I keep a journal of events and feelings, and I write almost every day. After he was diagnosed, my husband began calling it my Cancer Journal. In it I keep notes about all that has happened, and I also

record my feelings from that day. Sometimes these feelings are pretty dark, but I almost always feel better after putting them on paper."

Zella would also add that the support of her friends has helped her make it through. "I get flowers occasionally and the card just says 'Glean from your friends.' I don't know who is sending them, but I certainly appreciate it."

Please don't forget! A place to get a drink, and a place to bathe are mighty important too. A meal without something to drink...not a pleasant prospect to a human or a bird.

A birdbath, a fountain, a small

waterfall or goldfish pond can be attractive elements in your landscape—and a welcome place for all the birds you attract to quench their thirst. And a shallow basin or a trickling stream of water are good spots in which they can bathe. (Some birds like dust or sand to bathe in rather than water.)

Stumps, snags, driftwood pieces, and of course birdhouses are some other landscape decorating items that birds may enjoy as much as you will.

The author is a freelance writer and landscape contractor who specializes in waterfalls. Your suggestions are welcome. Send them to [www.rockcastle.com](http://www.rockcastle.com) website.

## Gardening & Landscaping Tips

(By: Max Phelps)

### Landscaping for the Birds

Ever listen to songbirds outside your window? What a real joy that can bring sometimes! And watching a bird flutter as it bathes, or watching a pair of birds dance in courtship ritual can be a real treat on a lazy weekend morning!

Imagine sitting in an outdoor hot tub and having all five senses soothed—the touch of the water, the sight of greenery and blossoms and birds, the sounds of "sweet" and "rustle" as a songbird alights a nearby branch, the fragrant smell of honeysuckle or clover carried on a gentle breeze, or the taste of blueberries or berries.

And don't forget annual and perennial flowers for the yard. A sunflower in a backyard bed can make you smile with its big yellow bowed head. But it represents a potential feast to the cardinal or chickadee. A monarda, a coneflower or a salvia (even a thistle) can provide nectar for a hummingbird or bee in summer and delectable seeds for goldfinches and many other birds in fall and winter.

No trees or shrubs in your yard? Well, there's no time like the present to do something about that! With attractive garden centers now open and bursting at the seams with blooming or at least promising to grow stock galore, plus a wide inventory of small reasonably priced plants by the "big box" stores most anyone can add a small tree or a flowering or fruiting shrub to the yard. It's just a matter of taking the time to "smell the roses" at your local garden center and bringing something home.

For those with no overall landscape plan, it would be sensible to have an experienced professional draw up a master plan before you plant things and later you discover you would like to have planted them someplace else but are now afraid to move them lest they die.

fringe trees...and many other trees, provide "dinner" as well as homes for birds.

A fragrant blossoming viburnum is a beauty all by itself, but there is probably no better magnet for drawing birds. Other shrubs the birds will "thank you" for include junipers, cotoneasters, burning bushes, Oregon grape hollies, blueberries, sumac, etc.

Many other trees and shrubs that may not directly grow food birds like will be host to lots of insects. So if

you enjoy birds among your landscape plants, I hope you have found a useful idea or two!

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I do believe, that God above, has sent you here, for me to love.

He chose you out of all the rest because he knew, I'd love you best.

I once had a heart called mine, it's true.

But now it's gone from me to you.

Take care of it as I have done for you have mine, now I have none.

So I'll give the angels back their wings, their golden harp with the golden strings and just to prove my love is true I would leave the Heavens just for you.

Forever my love, to my wife Jean Bullock. Happy Birthday Your husband Billy Bullock



Perry Mason, Jr. celebrated his 30th birthday April 30th. He is the son of Natasha and Perry Mason, Sr. and brother of Tiffany Mason. Grandparents are Katherine Johnson Hubbard of Broadhead, Gail and David Mason of Pine Hill and Larry Hubbard of Livingston. Great grandparents are Melba Kemp of Pine Hill, Ester Fullilove of Livingston, Frank and Glessie Hubbard of Livingston, Ester Johnson of Richmond and Hiram Johnson of London.

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## ☆ E. Howard Saylor ☆

for  
Rockcastle County Judge Executive



As I travel throughout the county the one message I hear is that people are ready to change the direction and focus of Rockcastle. People are ready for a breath of fresh air that can only come by a more progressive attitude toward creating jobs for our citizens.

In order to show that we are serious about soliciting new industry into the county we must take every possible step to give companies an incentive to locate here. I have been encouraged to find there are firms and agencies that specialize in arranging grants and floating bonds that would enable us to upgrade the industrial park without an initial capital investment. We must take an aggressive approach to creating jobs if we truly intend to provide a future in this county for our children.

For Judge Carloftis to say he is responsible for 5.8 million dollars in grant money is misleading and incorrect. Republican legislators, like Rep. Danny Ford, are responsible for almost all the grant money that this county has received. The largest grant was appropriated for the Hall of Fame in Renfro Valley and Rep. Ford was primarily responsible for securing this.

Last week, I addressed the Livingston gym project, which I feel is a worthy project that needs to be completed. As I stated, my issue is with the commitment to the project, not the work-release inmates. I think Mr. Bill Sowder is very capable and the young men in the work-release program work hard to save the county money.

In closing let me say that I truly appreciate the encouragement so many people have shown me in this endeavor and I look forward to your continued support.

Sincerely,  
E. Howard Saylor

Paid for by E. Howard Saylor