

The Family Room

By: Dr. Roy Don Whitehead

Surgeon General Says It Is Time to Confront the Suicide Issue

Last year in the United States 30,000 people committed suicide. That compares with fewer than 19,000 homicides. Suicide is the eighth leading cause of death. Each year more than half a million Americans attempt suicide.

Older men are the most likely group to take their own lives. Also at heightened risk are American Indians and gay and lesbian youth.

Surgeon General of the United States David Satcher is calling for all Americans to confront the issue of suicide. What was once only whispered about must be discussed openly, Satcher says.

Suicidal thoughts and actions are almost always symptoms of depression. Depression is a very treatable illness, but many are not aware of that fact.

Doris Smith of Atlanta said of the suicide of her 27-year-old son, "I don't know that depression was a disease that could be treated."

Others who are depressed are too ashamed to seek help. Unfortunately, in the minds of some people, there is still a stigma attached to depression.

It is seen as a sign of weakness, craziness or lack of faith. Depression is none of those things. One of the causes of depression is an internal chemical imbalance over which the individual has little control. This imbalance is often inherited. Depression is no more a sign of weakness than is diabetes, which is also caused by a chemical imbalance.

Treatment for depression includes medication, counseling, exercise, healthy eating and socialization. A person who is depressed can almost always be helped.

Anxiety may also play a role in causing suicide. One 37-year-old

male suffered from panic attacks that no one seemed to understand. In 1994 he took a walk on his father's farm with a shotgun in his hand. He saw no other way to escape his misery. Before he pulled the trigger, he said he was able to grasp the faintest notion that somewhere help was available. Today he says, "Suicide is preventable."

There are some myths that prevent Americans from dealing with the suicide issue. One myth is that "any one who talks about suicide will not do it."

Any talk of suicide must be taken seriously. People who are contemplating suicide may indeed discuss it with others. They may give signs that show that they are getting ready to "go away." Someone who talks of suicide must see a doctor or a counselor for an evaluation immediately.

Another myth is that "it won't happen in my family." There are many families who will tell you that they once thought the same thing. Unfortunately they were wrong.

A conference on suicide prevention was held last year in October. The recommendations of this conference are being taken very seriously by the surgeon general. They recommended the following:

1. Educating the public that suicide is preventable and working to diminish the stigma of mental illness, substance abuse and suicide.

2. Working with news and entertainment media to present balanced portrayals of suicide.

3. Increasing research on suicide risk and prevention programs.

One does not have to be crazy in order to attempt suicide. Subjected long enough to the misery of depression and anxiety, many would be pushed in that direction. Thankfully there is hope.

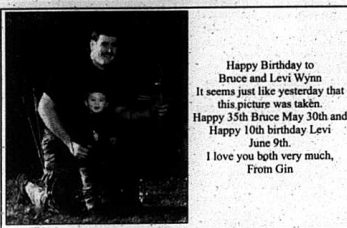


Guess who is Sweet 16 and is still cute as can be.

Happy Birthday Jamie Lawrence

From You Should Know Who!

We Love You!



Happy Birthday to Bruce and Levi Wynn
It seems just like yesterday that this picture was taken.
Happy 35th Bruce May 30th and
Happy 10th birthday Levi
June 9th.
I love you both very much,
From Gin



Hi, my name is Shayla Ann Gross. Baby Shayla was born at Lake Cumberland Regional Hospital October 5, 2001. She weighed 6 lbs. 14 ozs. and was 18 inches long. Shayla was welcomed home by her big sister Amber Gross. Shayla is the daughter of Shonda and Wayne Gross of Stanford. She is the granddaughter of David and Beverly Ann McClure of Mt. Vernon and Harold Gross and Brenda Gross of Stanford. Shayla is also the great granddaughter of Leon McClure.



Dewayne and Kim Richards of Berea are proud to announce the arrival of their precious little girl, Thea Grace. Thea was born April 17, 2002 at Central Baptist Hospital in Lexington. She weighed 7 lbs. 12 ozs. and was 19 1/2 inches long. Thea is the granddaughter of Joe Edd and Vickie Barnes of Mt. Vernon and Viola Richards and Kelly Richards of Mt. Vernon. Thea is also the great granddaughter of Arlie and Dorothy Renner of Mt. Vernon.



McKinzie would like to announce the birth of her new baby brother Noah Montgomery Alan Brock. Noah was born on March 29, 2002. He weighed 7 lbs. 11 ozs. and was 19 inches long. His mommy and daddy are Tim and Brandy Brock.



Hi, my name is Kenneth David Logan Evans. Logan was born at Lake Cumberland Regional Hospital April 11, 2002. He weighed 9 lbs. 1 oz. and was 21 inches long. His parents are Rhonda McClure and Kenneth BoBo Evans of Mt. Vernon. His grandparents are Beverly and David McClure of Mt. Vernon and Barnett and Maude Evans of Wildie. He is the great grandson of Willie McClure.



MARATHON

Taco Bell

SPECIAL OF THE WEEK

Ten Pack Tacos

5.99 + tax

Redeem this coupon and receive \$0.50 off any combo meal

Located at Exit 62 - Mt. Vernon

"What Saith the Scriptures"

The past few weeks we have been talking about the importance of taking things in context, let's look at another example today.

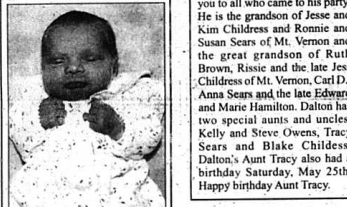
In John 15:1-2 we read, "I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away; and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit." Now here is how this passage is misapplied by some, in trying to uphold and endorse human dominionism. Jesus is the vine, and the branches are the various churches. Here is a branch, and it is the Methodist Church, here is another branch on the vine and it is the Presbyterian Church, here is another branch and it is the Baptist Church, etc. They are all going in a different direction, but still each is connected to the vine - Jesus. This may sound good, and give comfort to dominionist thinking, but the context of John 15 will not allow this explanation of the text. If you will notice in verse 6: "If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned." The branch is not a church, but a man! Individuals are what Jesus said the branches were. Taking this passage in context would head off the error that men seek to promote in this text.

Providence church of Christ

Dan McKibben-758-9316 - E-mail: Dan.McKibben@juno.com

Web Site: www.WhatSaithTheScriptures.com

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7:00pm, Wednesday 7:30pm. Radio program, Sunday 8am, 14:40 AM



Byron and Hazel Jackson proudly announce the birth of their daughter, Eva Grace. Eva was born at University of Kentucky Hospital on April 27th and weighed 6 lbs. 1 oz. Eva was welcomed home by her brothers Elliott and Eric.

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Request for Bids from
Certified Installers for Septic System Installations
BID #16-1034

The Cumberland Valley (RCAD) Council, Inc. in conjunction with PRIDE (Personal Responsibility in a Desirable Environment) is soliciting bids from installers desiring to install septic systems for southern and eastern Kentucky. The successful bidder will be required to complete installation of the systems within sixty (60) days of the date of the award.

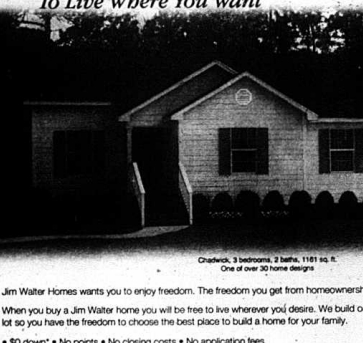
The Scope of Work, Request for Bid, and General Conditions is available upon request. Interested installers should send statements and proposals to the Rockcastle County Conservation District until June 14, 2002 at 3:30 p.m. Faxed or email proposals will not be accepted. Liability insurance in the amount of \$300,000 and proof of workers compensation insurance or a worker's compensation exemption form is required with each bid.

A selection committee will review and evaluate and rate each bid based on the submitted Bid. The Rockcastle County Conservation District will contact the installer with the winning bid and enter into negotiations. If the parties are unable to negotiate a satisfactory agreement, the second ranked installer will be contacted. Once an installer has been selected, all unsuccessful installers will be promptly notified. The selection committee will adhere to the provisions of Title VII of the Civil Rights Act of 1964, Section 3. No person shall be excluded from participation in, denied benefits of, or subjected to discrimination in the implementation of this program on the grounds of race, color, national origin, sex; Females and minorities are encouraged to apply.

The National Oceanic and Atmospheric Administration provides funding for this project. The formal solicitation of seeking qualified installers is being conducted to fulfill the requirements of the funding agency.

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*No money down and fixed-rate mortgage financing available to qualified property owners. Photo shows actual home that may include add-ons, options or accessories not part of our standard offering. *Not available in all areas. See local sales representative for details. © Jim Walter Homes, Inc. 2002. Copyright strictly enforced.

U.S. GOVERNMENT FORECLOSURE SALE

ON TUESDAY, JUNE 11, 2002 AT 1:00 P.M. (EST)
AT ROUTE 3 BOX 70, BRODHEAD, KY 40409
HOUSE AND LOT
OPEN HOUSE ON THURSDAY, JUNE 6, 2002, 1:30 - 2:30 PM



This is a nice three-bedroom vinyl siding ranch style dwelling. It is well located in a quiet neighborhood. It consists of a living room, kitchen/dining room, three bedrooms, and one bath. This property is considered suitable for the Rural Development Program. This would be an excellent buy for an investor interested in rental property or for resale.

Payment of the current year's property taxes are the responsibility of the purchaser.

LEGAL NOTICE

Notice is hereby given that on Tuesday, June 11, 2002, at 1:00 P.M. EST, at Route 3 Box 70, Brodhead, Kentucky, in order to raise the sum of \$47,596.99 principal, plus interest credit subsidy granted in the amount of \$4,713.12, plus interest in the amount of \$6,793.04 as of February 13, 2002, and interest thereon at the principal at the rate of 2.64% computed daily and compounded annually, until paid in full and for the costs of this action, pursuant to Judgment and Order of Sale, being Civil Court No. 20-04002 in the Eastern District of Kentucky, the United States of America vs. Lou Brinda McFerron, and the Unknown Spouse of Lou Brinda McFerron, the said debt and the balance bearing interest at the rate of 7 1/2% per annum until paid, due and payable in thirty (30) days and said bond having the effect of a sale and in being more fully described as follows:

Beginning on an iron pin in the East right of way of Sycamore Street and corner to Doan's E. 161.19 Feet to an iron pin corner to Jerry Smith N 00 15' 20" W. 142.20 Feet to an iron pin S 81 51' 02" W. 102.20 Feet to an iron pin in the East right of way of Sycamore Street and corner to Jerry Smith, thence going with said right of way S 00 08' 57" E. 123.82 Feet to the point of beginning. Containing 50 Acres.

Being the same property conveyed by Deed dated April 28, 1994, recorded in Deed Book 153, Page 555, in the office of the Rockcastle County Clerk.

TERMS OF SALE: Ten percent (10%) of the bid price (in the form of a Certified Check made payable to the U. S. Marshal) on the day of sale with good and sufficient bond for the balance bearing interest at the rate of 7 1/2% per annum until paid, due and payable in thirty (30) days and said bond having the effect of a sale and in being more fully described as follows:

Upon a default by the Purchaser, the deposit shall be forfeited and retained by the U. S. Marshal as part of the proceeds of the sale, and the property shall again be offered for sale to confirmation by the Court.

This sale shall be in bar and discharge of all right, title, interest, estate claim, demand or equity of redemption of the defendant and of all persons claiming by, through and/or against them, provided the purchase price is equal to two-thirds of the appraised value. If the purchase price is not equal to two-thirds of the appraised value, the Deed shall contain a lien in favor of the defendant reflecting the right of the defendant to redeem during the period provided by law (KRS 426.530).

Requires should be directed to:

GLYNDOH W. YORK, Community Development Manager
Rural Development
2150 Lexington Ave., Suite C
Richmond, KY 40471
Phone: 858-4524, 1992, EXT. 4