

Why Can't We Stop Eating?
Why can't we stop eating? Sixty
percent of Americans are overweight
and 25 per cent are obese. There are
a trillion different diet plans available st overweight people have veral. We know we should

and most overweight geople have irried several. We know we should exercise, yet most of us do not. We know we should lose weight, but we do not. What is wrong? On August 26 it will teach a class on "Food, Fat and Addiction; Why We Can't Stop Eating." The class will meet at The Center for Rural De-velopment on Highway 27 in Somerset. The class is open to any-element on the source of the con-traction of the consenting individu-als and families on a variety of is-just, including depression, anxiety, fairtial problems, abuse and stress, sishee 1985. My training and back-ground are as a minister. I combine that with an interest in psychology and "what makes human beings tick."

tick."

In these years I have seen my clients suffer much misery because of their weight. They feel guilty because they weigh too much, and then they eat more because they feel guilty!

guilty!

An overweight person does not need to feel guilty. Genetic, psychological, cultural, familial or physical problems may lead to being overweight. Seldom is it a case of lack of will power. Two people can eat the same diet and get the same amount of exercise, and one will the same diet and get the same amount of exercise, and one will weigh more than the other. The one who weighs more has no reason to-feel guilty.

An addiction to food is sometimes

hard to break, because the addict has to eat every day. This would be like a recovering alcoholic having one beef three times a day! Food addiction may take the form of compulsive overesting, anorexia or bulimia. Body image is very important to motional health, and many Americans have a poor body image. We are ashamed of the way we look, either because we think we are overwight or because we do not like some part of our body. The worse

we feel about our bodies, the more likely we are to have trouble with our weight. It is a vicious cycle. Most of us know what it is to eat when we are not even hungry. We often eat for emotional reasons, com-fort or stress relief, rather than be-cause we are hungry. Many of us have dieted and lost weight only to gain back the pounds we lost plus more! We Americans are diet erazy, vet six out of ten of us

are diet crazy, yet six out of ten of us are overweight. Something is wrong with this picture, Recently a man in New York has

with this picture,
Recently a man in New York has
filed suit against several fast-food
filed suit against several fast-food
weight has caused his health problems. Most of us laugh at such a lawsuit, but twenty-five years ago most
laughed when the first suits were
filed against tobacco companies.
Who knows that the next twenty-five
years will bring. Exactly who is responsible for our weight gain?
At the class on August 26 I will
give you some practical ideas for
controlling your food intake. There
will also be some tips that will help
oug eff excited about exercise. Most

you get excited about exercise. Most of us who are overweight need help with both of those.

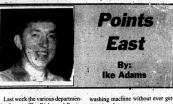
with both of those.

The class on Monday, August 26 is open to anyone who wants to at-

tend. To register call 679-4134 or 1-877-PASTOR-8 and have your Visa or MasterCard ready. Or send a check for \$20 for each person who

wasting installing rinsed.

I have some friends growing white tomatoes because they ordered plants that were supposed to turn out that way. I have white tomatoes that are supposed to be purple because I've



Last week the various departmen-tal editors at The Richmond Regis-ter invited a bunch of us columnists who write for that paper to have din-ner at Panana's Bar & Grill.

A chance to become acquainted with each other and socialize over great food and hospitality. I'm not sure what the newspaper budgets for entertainment, but I had the 20 oz, king cut; prime rib and all the fits may be a some proper to the collection of the banana pepper. If an anal si one of the banana pepper. I'm a some side of the banana si one of the banana si one of the to oldest restaurants in central for-tone of the side of the side of the to oldest restaurants in central of the top of the top

some originality in cooking usary year afford.

Far be it that I suggest management incentives to the other papers that carry this column but I suspect that a free dinner once a quarter, or even once a year, at the best restaurant in your roow would be inspirational to your column writers—and the restaurants might even pay for it if they believed we'd mention it in our columns—And they might even how selvertising.

buy advertising.

And editors, if you don't have a good restaurant in town, the prime rib at Banana's in Richmond is to die

It's just a thought. In other news, it finally rained in Paint Lick fate last Sunday evening. A good old-fashioned thunderstorm blew in and wet the lawn and garden minutes or so but for more than an hour! ast on my front porch and listened to at crinkle and crackle as it soaked into the dried-out trees and garden plants in my front york, the Cardinals and Robins were still singing and the Mourning Doves in the Mourning Doves in the Mourning Doves and the Mourning Doves.

Even atte it was pitch black dark, the Cardinals and Robins were still singing and the Mourning Doves were cooing.

It's especially gratifypa to me it's especially driven and it's especially fail and in the it's especially forward out every plantin my garden we've had a drought.

Over the last couple of weeks I have watered my cucumbers, beand tomates with 'cify' water which reeks of so much chlorine that my garden yegetables taste like they've

been watering them with a garden hose attached to my public water line. Clorox is not one of my favorite fla-

But I have planted late beans and turnips and cucumbers and squash and kale and spinach and lettuce and beets and peas and mustard and col-lard greens. I have tomatoes and pep-pers that the chlorinated water have kept alive and if all goes well, I will yet have a garden right up till frost. I'm still-looking for cabbage and broccoli and cauliflower plants even as we speak. Email me if you know where to find them. The email ad-

Stop by and see us at Bath Bars by Jo for Handcrafted Soaps and Lotions

Opening Saturday, August 17th

We are located 10 miles north of Renfro Valley on Hwy. 25, turn at Parsons Gas onto Hwy. 1617...we are located 3 miles out on the left. Open Tues. through Sat. 10 a.m. to 4 p.m.

Welcome to a

Gospel Meeting **Church of Christ** at Chestnut Ridge

2 Miles South of Mt. Vernon on Highway 25

August 21, 22, 23, 24 & 25

Wednesday thru Saturday Services - 7:30 p.m. Sunday Worship Service - 10:00 a.m.

Speaker will be Evangelist **Doug Hawkins**

Somerset, Kentucky

Everyone is invited to attend

RCHS Class of 1992 Reunion

Mount Vernon Signal

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nail address - mvsignal@sun-sp

Saturday, October 5th @ Rockcastle Co. Middle School 4:30 p.m.

Costs: \$20 Per Person We will have dinner and a DJ Reunion info is posted on www.classmates.com

Please send registration to: Alethea Cromer Rt. 1 Box 498A • Mt. Vernon, KY 40456 For more info, call 606-758-8183 or email: adawn@hyperaction.net

If you have any questions you can contact April Lee at dfiplee@kih.net 270-563-9227 • 270-746-7489 work or Vanna Jankowski at vannai@prodigy.net 847-487-0092 or 800-933-9203 ext. 225 work

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Please send family/individual photo for Photo/Bio board to be posted as

Please RSVP as soon as possible!

