



The Family Room

By: Dr. Roy Don Whitehead

Many Are Called,

But Few Succeed

Trevor has been trying to quit smoking. (All characters are fictitious.) After thirty-five years as a smoker, he is not finding it to be an easy task. "The cravings are horrible," he says. "It's the first thing I think about in the morning, and the last thing at night. When I am with someone else who is smoking, it takes all my will power not to have a cigarette. I'm not sure I can hold out much longer."

How long has Trevor been without a cigarette? Forty-eight hours. "I know that doesn't seem long to anyone else," he explains, "but to me it has been an eternity."

Trevor has quit smoking many times before, usually for a week to three months at a time. "The cravings will get so bad or something will happen to stress me out," he reports, "and I will pick up a cigarette again. The longest I ever went was three months, and then our daughter was born. I had a cigarette afterwards and I was hooked again. Other people quit smoking. Why can't I? I guess I am a weakling with no willpower."

Is Trevor a weakling? Does he lack willpower? A recent study of the California Smokers, Hotline sheds some light on the subject. (The study appears in the most recent issue of the England Journal of Medicine.) The hotline enrolled 3,282 smokers who wanted to quit. All of the callers received a packet of information to help them quit.

At the end of one month only 10% of the smokers who tried to quit on their own had succeeded. This demonstrates how difficult it is to quit smoking.

Nicotine is a very addictive drug. At the end of a year only 4% of those who tried to quit on their own had succeeded. That is an amazing statistic because it graphically illustrates the difficulty of quitting.

Trevor's difficulty in quitting smoking has nothing to do with willpower.

He is up against one of the most addictive of drugs, nicotine. He is hooked, and it will be very difficult to get unhooked on his own. Only four out of one hundred people were able to quit for a year on their own. The mistake that Trevor made is that he tried to do it on his own.

Statistics show that help from the outside will increase his chances of success. The study quoted above also looked at people who received help in trying to quit. Each of these received an average of three phone calls from a trained counselor over the space of one to two months. Of these 21% were smoke free after a month, and 8% were smoke free for a year. That is double the success for those who tried on their own.

Outside help improves ones chances for success when trying to quit smoking.

Getting help is not a sign of weakness but a sign of intelligence. Where can Trevor find help? I recommend that he start with his family physician. Zyban is a drug that counteracts the effects of nicotine. It is available only by prescription and is not for everyone. There are also several systems of nicotine replacement such as the patch or inhalers that can be helpful in the short term. Trevor can also find a group for those who are trying to quit. (Call the American Cancer Society or the local health department.)

Good luck to you as you try to quit!

***** I am teaching the class Winning Against Depression on Tuesday, October 15 at 7:00 p.m. at the Center for Rural Development in Somerset. To register call 679-4134 or 1-877-PASTOR-8. The cost is \$20. Later this fall I will be teaching classes on domestic violence and sick religion. Watch this space for more details.*****



Rachel Johnson with her 2003 Pontiac Grand Am

Johnson receives Mary Kay car

Mary Kay Independent Beauty Consultant Rachel Johnson of Brodhead, is on the road to success. In June, Johnson earned the use of a new Pontiac Grand Am.

In keeping the company's quest to maintain its preeminence as a leader in providing women with an unparalleled business opportunity and desirable business incentives, Mary Kay continues to elevate its image by continually upgrading the options

available to its star performers. In addition to the Grand Am, Mary Kay also boasts the pearlized pink Cadillac and the Pontiac Wide Track Grand Prix as part of its notable career car fleet.

"Our automobile incentive program has been an important feature at Mary Kay for years. It seems only fitting that, as we continue to modernize our image and offer exciting, innovative sales incentives and prod-

ucts for our sales force, that the career car program would evolve as well," said Tom Whitley, president, U.S. sales.

Johnson took delivery of her 2003 Grand Am, her first Mary Kay career car, at Kames in Somerset. Independ-

ent Beauty Consultants earn the use of Mary Kay career cars through outstanding sales and team building. The U.S. Mary Kay fleet, one of the largest commercial fleets of GM passenger cars in the world, include 8,000 career cars valued at more than \$140 million.

Mary Kay provides women with the unparalleled opportunity for career and personal fulfillment. Approximately 850,000 women in over 40 markets around the world have discovered the advantages of owning their own business: financial independence, flexibility, career growth, dynamic and modern sales incentives, and an innovative product line.

The Mary Kay product line includes more than 200 premium products in eight categories: facial skin care, color cosmetics, nail care body care, sun protection, fragrances, men's skin care and nutritional supplements.

SIGMON FARM
now has
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and Sweet Potatoes
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Stop Identity Theft In Its Tracks



The following list provides tips on how to stop an ID theft before it happens. Proactive measures provide the best protection for your assets and your good name.

- ... Do not give out financial information such as checking account and credit card numbers - especially your Social Security Number - on the phone unless you initiate the call and know the person or company you're dealing with.
- ... Do not pre-print your driver's license, telephone, or Social Security numbers on your checks.
- ... Report lost or stolen checks immediately. Also, review new checks to make sure none has been stolen in transit.
- ... Store cancelled checks and new checks - in a safe place.
- ... Guard your personal identification numbers (PIN's) for your ATM and credit cards, and do not write on or keep your PIN's with your cards. You should also guard your ATM and credit card receipts. Thieves can use them to access your accounts.
- ... Be creative in selecting personal identification numbers for your ATM and credit cards, and passwords that enable you to access your accounts. Do not use birth dates, part of your social Security Number or driver's license number, address, or children's or spouse's names. Remember, if someone has stolen your identity, he or she probably has some or all of this information.
- ... If you receive financial solicitation that you're not interested in, tear them up before throwing them away, so thieves can't use them to assume your identity. Shred or make unreadable any other financial documents, such as bank statements or invoices, before disposing of them.
- ... Do not put outgoing mail in or on your mailbox. Drop it into a secure, official Postal Service collection box. Thieves may use your mail to steal your identity.
- ... If regular bills fail to reach you, call the company to find out why. Someone may have filed a false change-of-address notice to divert your information to his or her address.
- ... If your bills include suspicious items, do not ignore them. Instead, investigate immediately to head off any possible fraud before it occurs.
- ... Periodically contact the major credit reporting companies to review your file and make certain the information is correct. For a small fee, you can obtain a copy of your credit report at any time.

These tips provided by Citizens Bank compliance officer,
Blanche Johnson

Citizens Bank

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Serving the needs of Rockcastle and Jackson Counties

Brodhead
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Real People. Real Progress.

"What Saith the Scriptures"

In 2 Cor. 10:3-5 we read, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ," Paul is pointing that we are in a war. A spiritual battle of right and wrong. It is a battle for the minds of men. The devil is doing all he can to deceive, mislead, delude, seduce, mislead, misinform human beings. Now God is seeking to win the hearts of people with the power of his truth. "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." Rom. 1:16. The truth of God in conflict with the lies of the devil. Sad to say the majority of the world is in the broad way. Mat. 7:13-14, listening and buying the thinking of the devil. But there are those honest and good hearts, who are listening to God's viewpoint, Lk. 8:15. Now the question is, Are you listening to God's thoughts about life, death, and eternity or to the devil lies?

Providence church of Christ

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Web Site: www.WhatSaithTheScriptures.com

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7:00pm; Wednesday 7:30pm Radio program, Sunday 8am, 1460 AM

Willalla Day

Saturday, October 12th
Dabney Feed and Supply • Hwy. 70

Horse and Wagon Ride

Festivities begin at 9:30 a.m. with a horse and wagon ride. Riders should park at Thompson's Hardware behind Willalla Grocery. For more info, call Luther Bustle at 758-4400

Yard Sale Area

There will be a yard sale area set up across from Willalla Grocery. Vendors and public are invited to set up. Bring your own tables. No fee to set up. 9 a.m. to 5 p.m.

Potluck Dinner

Dinner will be at 5 p.m. and will be potluck with meat and drinks provided. Please bring your favorite covered dish to share.

Old Fashioned Pie and Dessert Auction

At 6:00 p.m. there will be an old fashioned pie and dessert auction. Auctioning off the desserts will be David Reynolds with Ford Brothers. Proceeds will benefit the Brodhead Rural Fire Dept. and the Quail Homemakers. For information call Carol Martin at 758-8397 or Noretta Thompson at 758-8377.

Music

Music will begin at 3 p.m. and continue throughout the evening.

This promises to be a day filled with nostalgia.
Come out and see old friends and make new ones. See you there!