



The Family Room

By Dr. Rox Don Whitehead

New Treatments for Depression are Ready

If you or a family member have struggled with depression, you know how miserable it can be for the whole family. Moodiness, hopelessness, guilt and lack of motivation keep the depressed person separated from family.

Sleep problems (or sleeping too much), appetite changes (or lack of energy) can be crippling. Because depression is so common, researchers are constantly searching for new treatments.

1. Light therapy has been around for several years. A kind of depression called Seasonal Affective Disorder (SAD) seems to be caused by a lack of light in the winter. For some sufferers, sitting in front of a special light box (10-20 times brighter than ordinary indoor light) for thirty minutes a day produces relief from depression symptoms. Doctors are not sure how this works and it does not work for everyone.

2. A new antidepressant Lexapro became available in September of this year. It is a derivative of Celexa, an antidepressant that has been available for several years. The manufacturer claims that Lexapro has fewer side effects and fewer interactions with other drugs. Another antidepressant duloxetine should be available soon. Unlike Lexapro it affects two different neurotransmitters in the brain. See your physician for the latest information.

3. A new implantable device available in Canada treats depression by producing an electric stimulation of the vagus nerve. In a clinical trial of this new device 75% of those tested had improved and maintained that improvement for one year.

Obviously this is not the first line of defense against depression, but can be used as a treatment for those who do not respond to other methods. Again, see your physician for news

of the latest developments in treating depression.

4. A new study supports the use of St. John's wort to treat mild to moderate depression. This European study goes against the work of some American researchers who found that St. John's wort is no more effective than a sugar pill. Scientists in both studies used standardized extracts of the plant. St. John's wort is an herb that can be purchased over-the-counter.

5. Counseling is receiving more attention as a treatment for depression. Side effects and drug interactions have turned some people off to medication. They find that therapy has no side effects and produces results. A major study in the New England Journal of Medicine in May of 2001 studied 519 patients across the US. When treated with both counseling and medication, 85% improved. With medication alone 55% improved. With counseling alone 52% got better. The clear choice for treating depression is counseling AND medication.

6. A University of Kentucky researcher found that Wellbutrin, a well-known antidepressant, helped people lose more weight when added to a weight-loss regimen. Those who used the antidepressant along with a weight loss plan lost an average of 8.6% of their body weight in one year. Those without the medication lost 5%. Wellbutrin is the antidepressant that is also used to help people stop smoking. (The brand name is Zyban when sold for this purpose).

Any consideration of medication for depression should begin with a visit to your physician. He or she will have information on the latest medications available and can decide what is best for you. If you have not found a medication that works for you, be aware that new ones are on the way.

Counseling and medication together can produce amazing results. Do not give up hope!

Deer hunters reminded elk still protected

Officials with the Kentucky Department of Fish and Wildlife Resources (KDFWR) are reminding state deer hunters that elk continue to be protected from harvest.

Recently, the KDFWR Commission proposed to allow some limited elk hunting outside the 24 counties that border and include the designated restoration buffer starting with the 2003-04 deer season.

"As the firearms deer seasons for this year approach, we want to make sure hunters realize there's no open elk hunting allowed anywhere this year," said KDFWR's Deer and Elk Program Coordinator Jonathan Day.

"Out of zone hunting was approved for next season, but only in counties not associated with the restoration effort," he added.

When deer hunters eventually have the opportunity to take an elk that has wandered out of the restoration and buffer zone counties, that hunter will be required to contact the KDFWR immediately and before the animal is moved. A KDFWR enforcement officer or biologist will come to the site where the animal was taken and check the animal before it can be moved. Hunters will also be checked for the appropriate hunting license, deer permit, hunting equipment and other requirements.

"These animals won't count toward a hunter's deer season limit, but we must have record of the harvest along with some other biological information from the animal. Hunters will be able to take either sex elk when this opportunity is approved, and it will not have to be telechecked," said Day.

Presently, Day estimated that less than 100 elk may move into counties where they could be taken next year, if hunters do come across them during deer season. He reminds hunters permission from the landowner is required before entering private lands to hunt.

Except on a Wildlife Management Area where a quota elk hunt may be held, the following counties are currently closed, and will remain closed

to elk harvest in 2003-04: Bell, Breathitt, Clay, Elliott, Floyd, Harlan, Jackson, Johnson, Knott, Knox, Laurel, Lawrence, Lee, Leslie, Letcher, Magoffin, Martin, McCreary, Morgan, Owsley, Perry, Pike, Whitley and Wolfe.

For complete information, hunters should be sure to obtain a copy of the 2003-04 Kentucky Fall Hunting Guide, available August 1, 2003 from all locations that sell hunting and fishing licenses.

Black Barn at Conway

Singing and Dancing Every Saturday Night

Everyone Welcome

Anyone who can play music come on down

Run by Ed Baker

Rockcastle Co. Public Library

60 Ford Drive

Mt. Vernon, KY 40456

Tel. # 606-256-2388



Halloween Party!! October 31st

Children's Library Area

4:00p.m. until 5:00p.m. bring the children out for some candy, games and fun.

Prizes awarded for Best Costumes!!!

Let's have a safe and Happy Halloween!!!!

Printed below is a facsimile of PAGE 2 of the ballot which will be used in Brown, Orlando, Roundstone, Climax, and Conway precincts in the General Election in Rockcastle County on Tuesday, November 5th

Norma Houk, County Clerk

"QUESTION"		INFORMATION WINDOW	
☐	Are you in favor of family courts in Kentucky by amending the Kentucky Constitution to allow the Supreme Court to designate a division of circuit court as a family court?	☐	BALLOT ADVANCE BUTTON
☐	69 YES	☐	
☐	70 NO	☐	
☐	Are you in favor of permitting the General Assembly to provide by general law for the formation, organization, and regulation of corporations by repealing certain sections of the Constitution of Kentucky relating to corporations?	☐	
☐	74 YES	☐	
☐	75 NO	☐	

BALLOT REVIEW BUTTON ☐ **PAGE - 2** ☐

Printed below is a facsimile of PAGE 2 of the ballot which will be used in the West Brodhead and North Brodhead precincts in the General Election in Rockcastle County on Tuesday, November 5th.

Norma Houk, County Clerk

"QUESTION"		NONPARTISAN CITY BALLOT	
☐	Are you in favor of family courts in Kentucky by amending the Kentucky Constitution to allow the Supreme Court to designate a division of circuit court as a family court?	City of Breathitt	
☐	69 YES	Walter Lee CASH	99
☐	70 NO	WRITE - IN	100
☐	Are you in favor of permitting the General Assembly to provide by general law for the formation, organization, and regulation of corporations by repealing certain sections of the Constitution of Kentucky relating to corporations?	City of Breathitt	
☐	74 YES	Curt BROWN	102
☐	75 NO	Everett ALBRIGHT	103
☐		Larry TAYLOR	104
☐		John WILCOX	105
☐		WRITE - IN	106
☐		WRITE - IN	107

BALLOT REVIEW BUTTON ☐ **PAGE - 2** ☐

Music • Dance • Games

SCUDDERS DANCE BARN

South US 25 • the old Hilltop Flea Market • next to Farm Bureau.

Country Music Friday and Saturday
Friday, Oct. 25th - Big Halloween Party • 8 p.m.
\$5 Single - \$8 Couple • Door Prizes • Doors Open at 7 p.m.

Costume Contest - \$25 1st Prize

Door Prizes & Treat for the Kids

NO ALCOHOL - NO DRUGS - NO WEAPONS

Absolute

AUCTION

Saturday, October 26th • 10 a.m.

Located 8 miles north of Mt. Vernon on US 25 at Snyder Grocery

Fairview Baptist Church Brotherhood

Partial Listing: 1979 Chevy Caprice 305 V8, air cond. runs good, washer and dryer, dryer, gas water heater, bench grinder, lawn mowers, refrigerator (frost free), old dresser, chain saw, good gas grill, light fixtures, electric oven, weed eater, exercise bike, old horse harness, 3/8 exc. drill new, antique farm items, items are being added every day, much, much more.

Terms: Cash or check

Auctioneers

John Gilliam
David Snyder
Charles King

Doug King
Dwayne Wells
Jodi Scott