

New Treatments for Depression are Ready

If you or a family member have truggled with depression, you know now miserable it can be for the whole amily. Moodiness, hopelessness, util and lack of motivation keep the epressed person separated from amily.

unity.

Sleep problems (or sleeping too nuch), appetite changes and lack of nergy can be crippling. Because deression is so common, researchers reconstantly searching for new

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

2. A new antidepressant Lexappro to this year. It is a derivative of Celeva, an antidepressant that has been available for several years. The manufacturer claims that a Lexappo has feed where the control of the several years. The manufacturer claims that Lexappo has feed where the control of the several years. The manufacturer claims that Lexappo has feed where the control of the several years. The manufacturer claims that Lexappo has feed where the control of the several years. The manufacturer claims that Lexappo has feed where the control of the several years.

an antidepressant that has been avail-able for several years. The manufac-turer claims that Lexapro has fewer side effects and fewer interactions with other drugs. Another antide-pressant duloxetine should be avail-able soon. Unlike Lexapro it affects two different neurotransmitters in the hears. different neurotransmitters in the in. See your physician for the lat-

Officials with the Kentucky De-partment of Fish and Wildlife Re-sources (KDFWR) are reminding state deer hunters that elk continue to be protected from harvest.

4. A new study supports the use of St. John,s wort to treat mild to of St. John,s wort to freat 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.

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5. Counseling is receiving more attention as a quatment 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 five first of the study of the st

cations 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!

Recently, the KDF KK Commission proposed to allow some limited elk hunting outside the 24 counties that buffer and include the designated restoration zone starting with the 2003 04 decreases.

Music • Dance • Games

outh 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

Deer hunters reminded

elk still protected

"As the firearms deer seasons for this year approach, we want to make sure hunters realize there's no open elk hunting allowed mywhere this year," said KDEWR's Deer and Elk Program Coordinator Jonathan Day. "Out of Zone hunting was appround not extra season with the restoration effort," he added.

When deer hunters 'eventually have the opportunity to Yake an elk that has wandered out of the restoration effort," consider the control of the restoration of the Top of the restoration of the Top of the restoration and baffer zone counties, that

have the opportunity to Take an tik that has wandered out of the restoration and būffer 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 was taken and check the animal before it can be moved. Hunters will also be checked for the appropriate hunting icepse, deep permit, hunting equiry marked that the state of the properties of the properties of the state of the sta

Except on a Wildlife Manage Area where a quota elk hunt may be held, the following counties are cur-rently closed, and will remain closed to elk harvest in 2003-04: Bell, Breathit, Clay, Elliot, Floyd, Harlan, Jackson, Johnson, Knott, Knox, Lau-rel, Lawrence, Lee, Leslie, Letcher, Magoffin, Martin, McCreary, Mor-gan, Owsley, Perry, Pike, Whitley and Wolfe.

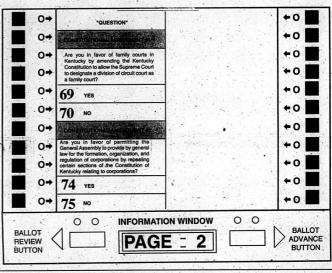
Black Barn at Conway

Singing and Dancing Every Saturday Night Everyone Welcome

Anyone who can play music come on down



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



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 ral Election in Rockcastle County on Tuesday, November 5th.

+0	NONPARTISAN CITY BALLOT		"QUESTION")→
+ 0		City of Brodina MAYOR S	CONSTITUTION DE L'ACCIONATION DE)→
+ €	99	Walter Lee CASH	Are you in favor of family courts in Kentucky by amending the Kentucky)→
+0	100	WRITE - IN	Constitution to allow the Supreme Court to designate a division of circuit court as a family court?)→
+0		City of Special City of Section 1	69 YES	→
+0	102	Curt BROWN	70 NO.)→
+0	103	Everett ALBRIGHT	OSSIDATE DE LA COLLEGIO)→
+0	104	Larry TAYLOR	Are you in favor of permitting the General Assembly to provide by general law for the formation, organization, and	+
+0	105	John WILCOP	regulation of corporations by repealing certain sections of the Constitution of Kentucky relating to corporations?	+
+0	106	WRITE - IN	74 YES	+
+0	107	WRITE - IN	75 NO)→
¥ ()→

AUCTION

Saturday, October 26th • 10 a.m.

red 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 exec. drill new, antique farm items. items are being added every day, much, much more.

Terms: Cash or check

John Gilliam Charles King Doug King Dwayne Wells Jodi Scott