



Points East

By Ike Adams

This just in from the National Association of Woolly Worm Winter Weather Watchers (NAWWWWW) who have had a hard time, as usual, concurring on a winter forecast for central and eastern Kentucky. As many of you already know, I am the only member of the human species with whom NAWWWWW shares the forecast even though thousands of lesser souls attempt to figure it out

by looking at the color of their fur. I'm sworn to take my secret means of communication to my grave.

Actually the woolies have spent so much time complaining about the weather in October that they found it hard to focus on what the winter situation is apt to be. On top of that, many members of NAWWWWW have been involved in political campaigns. NAWWWWW is adamant

in its support of Teresa Isaac as Mayor of Lexington and Lois Weinberg for the US Senate, for example. NAWWWWW believes E.J. Hasty, who is running for re-election as Judge Executive in Garrard County, is the fairest man to ever hold that office and feels the same way about Carol Smith who is running for the same position in Letcher County.

NAWWWW is also supporting J. Donald Graham for State Representative from the 36th District even though Lonnie Napier has his picture so frequently displayed on posters along every major highway in the district to the tune of 2.7 per registered voter that we want to go to the bonfire when he takes them down. It's an image that NAWWWWW is sick of seeing and perhaps the biggest waste of paper in the history of humankind.

NAWWWW doesn't even know who is running against Lonnie's boss buddy and co conspirator, Democrat Ed Worley, for the State Senate but figures any critter from your favorite animal shelter would better represent central Kentuckians than helping Ed and Lonnie line their pockets in the rebuilding of highway 52. NAWWWWW is voting Republican in the State Senate Race.

NAWWWW had weather conferences scheduled for every weekend of the month and had even rented booth space at the recently completed Paint Link Village Festival but they were forced to cancel all events, including the tour of Paint Link because it's extremely difficult for them to get around in wet weather.

They finally decided to teleconference, which is to explain that if you found little black wooly worm droppings all over your key board when you returned to work last Monday morning, that members NAWWWWW assumed that if you weren't using your computer, they

figured you would not mind if they did.

It's a painstaking effort for a wooly worm to crawl from key to key and send out messages one letter at the alphabet at a time and most NAWWWWW members were at it for 48 hours, nonstop.

They probably could have finished much faster if they could have come up with an explanation as to why October 2002 has been probably the wettest month of the year when it's supposed to be the driest and they argued about what that means for the next 6 months.

NAWWWW has concluded that we should continue to expect strange and different weather throughout late fall, winter and early spring and believes that the drought may finally be over. They predict the wet trend will continue throughout the cool seasons and that we will see the biggest snows we've had in several years particularly from mid-December through January. However they say these snows will be wet and melt off fairly rapidly. More danger will result from flooding than freezing conditions even though you should plan on the kids being out of school for several days because of slick roads. NAWWWWW also says that we will have at least one snow on or before Thanksgiving.

February through early March promises to be mild but also wet but mostly rain. Look for thunderstorms in February which means that it will frost in May, then heavy snows predicted again for the last half of March and up into April.

Feel free to use a magnet and post this missive on your refrigerator door but please do not send me hate mail if this forecast proves to be off base. However it should be at least as reliable as anything you get from the weather forecasters even on short notice.

Guest Editorial

Family Courts for Kentucky

By Joseph E. Lambert
Chief Justice

Supreme Court of Kentucky

In 1991, a group of thoughtful and caring people began a Family Court Pilot Project in Jefferson County. Their goal was to create a court that was family-friendly and devoted exclusively to family law cases. They determined that the same judge should consider all legal matters relating to a family and that the judge should be able to use counseling, mediation and divorce education to reduce the distress of families in crisis. The Jefferson County Family Court was so successful that the pilot project was expanded in 1998 to eighteen other counties across Kentucky. In 2000, it was expanded again so that today there are Family Courts in twenty-six counties, serving over one million Kentucky citizens. But, unfortunately, almost three million Kentuckians in ninety-four counties have no access to these specialized family-friendly courts.

Family court is based on the "one family, one judge" concept that all judicial proceedings involving children and families, whether juvenile, domestic violence, custody or divorce, should be collected and resolved in a single court. By having one judge preside over all the legal problems facing a family, unique family circumstances can be better understood. While a Family Court is a court of law, it is also a link to services in the community. Family Court judges understand that distressed families with children often need more than a legal resolution of their problems. Sometimes, they need assistance to restore family stability and help in dealing with serious problems such as alcohol and drug abuse, domestic violence, and child abuse and neglect. Family Courts often make specific referrals to outside agencies and order specific treatment to meet the individual needs of children and families. While it is impossible to completely protect children from the difficulties of life such as divorce and family discord, Family Courts help nurture children and families through these difficult times.

Family courts are exclusively for family law matters. Other types of civil and criminal cases remain in the circuit and district courts. Children and families in crisis shouldn't have to wait in line. If the process is too drawn out or if the case is heard again and again by different commissioners or judges, solutions may be delayed, inconsistent or contradictory. Where court involvement in family matters is necessary, courts should do more than merely decide who wins and who loses. With dedicated judges, competent and well-trained support staff and helping professionals, Family Courts are making an otherwise difficult ordeal a survivable experience. While all cases are important, none are more important than those involving children and families.

There is no doubt that Family Courts have been successful. However, our state constitution does not expressly provide for Family Courts. Believing that Family Courts are vitally important and that they should be available to all Kentucky citizens, the 2001 Kentucky General Assembly placed the Family Court Amendment on the November 2002 General Election Ballot. Now the people of Kentucky vote on the final say on Family Courts. But, unless the Amendment is approved by the voters, there can be no further expansion of Family Courts and the pilot project will have to be discontinued.

Although it was passed overwhelmingly in both houses of the General Assembly, passage of a constitutional amendment is always difficult. Kentuckians are properly reluctant to amend their constitution, and when they don't understand a proposed amendment, they often vote no. It cannot be assumed that everyone that everyone knows about Family Courts and that a majority will vote to approve the constitutional amendment. That's why I have joined with judges, lawyers, court employees, and citizens across Kentucky to talk about family courts and why they are good for Kentucky. As a result, many significant groups and organizations have endorsed the Family Court Constitutional Amendment. Among them are the Kentucky Education Association, the Kentucky Farm Bureau Federation, the Kentucky State AFL-CIO, the Kentucky Association of Electric Cooperatives, the Kentucky Association of School Superintendents, the Kentucky Retired Teachers Association, the Kentucky State Lodge Fraternal Order of Police, the Kentucky Rural Tobacco Growers Association, several Kentucky chapters of the NAACP, and many more. Virtually all major newspapers in Kentucky, including *The Courier Journal* and the *Herald-Leader* have endorsed the Amendment.

On November 5, 2002, the people of Kentucky will vote on Family Courts.

On the ballot, the question will be:
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?

Children and families are Kentucky's most important resource, and when they must go to court, they deserve our highest priority. I urge every Kentuckian to vote "yes" so that we may bring the services, compassion and commitment of Family Courts to all Kentucky children and families, who need their help.

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Mt. Vernon

"A Mayor who is always looking to the future growth of Mt. Vernon and understands that Rockcastle's growth is also directly tied to the efforts of the City of Mt. Vernon"



Paid for by Karen K. King

Getting started exercising

Presented By:

Dr. Michael Hamilton

Taking up running, biking or any sport to improve your physical health sounds great, but it is not always easy to get started. How do you do it? How much should you do?

First, get the right equipment. Proper equipment will make participation in your sport more enjoyable and help prevent injuries. Advice can be obtained from reputable salesmen or knowledgeable friends already in the sport. Local sport clubs can be an excellent source of information and inspiration.

It is often helpful to talk to your physician to get an exercise prescription. After listening to your heart and lungs

and evaluating your physical condition, he can tell you where to start and how fast to progress. You may start with jogging a half mile, or just walking briskly. Exercising three to five times a week is enough to improve your fitness and health. It is wise to allow a day of rest for your body to repair and rebuild the muscle cells that have been exercised. After more strenuous exercise, a couple days of rest is important.

Once you establish a base to start at, you can normally increase the amount of training by about 10% per week. Increasing faster is apt to cause problems with tendinitis, stress fractures or other "over-use" injuries.

The zeal of getting started and the desire to improve quickly can often have a negative effect. When a person develops an injury, it is discouraging and decreases the enjoyment of the sport. This causes many people to give up. It is the slow and steady improvement that will make any sport more enjoyable and give you the satisfaction of your accomplishments.



Dr. Michael Hamilton

Rockcastle County Vote Pro-Life



☆ Senator Barry Metcalf is endorsed by Kentucky Right to Life

☆ Senator Barry Metcalf has a 100% Pro-Life voting record

Re-Elect Barry Metcalf
Your State Senator

Paid for by Senator Barry Metcalf, Barry Metcalf for Senate, a political committee

Elect

Steve Owens

School Board Member Division Three

North Mt. Vernon, West Mt. Vernon, Bullock

Each and everyone knows the importance of a good education. I personally have had an opportunity to be fully involved in the county's education process!

I have had two children graduate from the Rockcastle County High School and my wife has spent a lifetime in the education field.

I have the time, energy and knowledge to make a good school board member.

Next Tuesday, vote.

Steve Owens

School Board Division Three



Paid for by Steve Owens



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