

The Family Room

By: Dr. Roy Don Whitehead

Anger Affects Health
Jason has always had a temper. (Characters are fictitious.) Like his father he can become angry quickly and for no good reason. He has kicked doors, put holes in walls and beaten the lawnmower with a sledgehammer. When a friend asked him why he beat the lawnmower, he said, "Because it wouldn't start." To Jason that seemed a legitimate reason to beat a lawnmower.

He has also taken his anger out on his family. His wife has borne the brunt of the attacks, but his children have felt his anger too. "The worst time was when I was pregnant with our first child," his wife Ann says. "He would scream and curse at me. He broke down a door and then destroyed the coffee table. He pulled the phone out of the wall so that I couldn't call anyone. I never want to go through anything like that again."

"Everybody knows Dad has a temper," his son Bryan explains. "I just stay out of his way when he gets angry. He's only hit me once, and I probably deserved that. He has never hit my sister, and I don't think he ever would."

"He has hit me, too," Sarah says. "Bryan just doesn't know about that. I get scared when Dad gets so mad. Sometimes I try to talk to him and get him to stop being so angry. I like it when that works. I know he loves me when he will stop being angry."

Jason's anger is obviously causing problems in his family. Ann says, "I have considered divorce many times. Once I even called a lawyer. If it ever gets bad again, I will probably go through with the divorce."

The problems this creates for the children are more subtle. Sarah is learning how to live with an angry male. She knows what works to calm him down and what does not work.

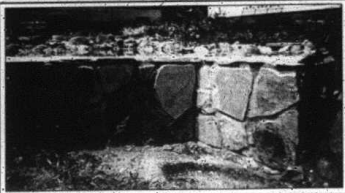
She is learning to take the responsibility for Dad and his problems. One can imagine how this will affect her when she chooses her own mate. Bryan identifies with his father. He accepts that the one time Dad did hit him was his own fault. When he is certain Dad would never hit his sister, he understands Dad's capability for violence. What he is learning may lead Bryan to see violence as an answer to life's problems. In identifying with the abuser, he might become an abuser himself.

What Jason does not realize is that he is hurting himself with his anger. "A recent study at Johns Hopkins School of Medicine found that students who became angry quickly under stress were three times more likely to develop premature heart disease and five times more likely to have an early heart attack." It is literally true that Jason's anger could kill him! (This study was reported in the Cleveland Clinic Health Newsletter for November.)

What to do if you are an angry person? Develop a longer fuse and find ways to siphoon off the anger. The Scriptural admonition to "Be angry and sin not. Let not the sun go down upon your wrath" (Ephesians 4:26) is good advice. Deal with each day's anger as it comes along. Do not store it for tomorrow or the next day.

Dr. Whitehead is a pastoral counselor in Somerset. He has been providing help for personal, marital and family problems since 1985. Depression, marital problems and domestic violence make up a large part of his practice.

He is also counselor at Bethany House Abuse Shelter Inc. You may contact him at 679-4134 or 1-877-PASTOR18.



Yards to Paradise

By: Max Phelps

Walls, Walks, Patios, Terraces of Stone

Once in a while I encounter someone's yard or garden that has a lot of stone work. Sometimes I am invited to suggest/crate some stone additions; or, once in a great while, design some stone projects and build them for someone who never had anything but concrete or a few pre-cast pavers. There's nothing inherently wrong with concrete, but it is a genuine pleasure to come across some well-done stone work in a home landscape.

Good stone projects impact character. Examples are stone masonry on the home or chimney, a path or a flagstone patio. Also, dry stacked or mortared stone walls (carefully laid walls can go waist high or more without mortar). Then there's rock outcrops, terraces and large specimen focal point stones. Mortar may be a requirement for a fireplace, indoor or outdoors, but many rock projects can be done with sand or just laying dry. Other rock projects include rock benches, sculpted stones, pillars, pergolas, wishing wells, waterfalls, dry streams, cobblestone bed edging or paths. A large stone placed curbside with the house number carved in it makes a good impression on visitors.

Flagstone or fieldstone paths and patios are usually mortared, but if the stones are in large pieces, sand works as well or better in my estimation. (Every stone patio I ever saw has cracks in the mortar after a period of time. And if chips, and grass or weeds grow in the little holes.) With sand, if a rock shifts, you probably won't even notice. If one gets out of place, simply raise the stone and add a little sand underneath. Refurbishing the sand in the cracks once in a while is a snap, too.

Rock work on a home may utilize a foundation of concrete with rock veneering; or it may be rock, similar in size to, or larger than, bricks and installed in a somewhat similar manner by a professional.

Walks, as well as terraces, can look so charming done in flagstone, flat fieldstone or garden cobbles. Walks can be built very economically using rock for an edge, with decorative gravel to walk upon. The ambitious may wish to tackle these stone projects themselves. And an occasional crack practically cries out for a few sprigs of candytuft, ajuga or creeping thyme!

A path of varying sized stepping stones forces one to slow down, giving time to look around and appreciate the plants and flowers. Isn't that why we create beautiful gardens... to spend time enjoying them ourselves, to have visitors appreciate and enjoy them a bit?

Dry stacked stone wall, with plants growing in little crevices or down over them, add so much in a way of character and strength when well-positioned in the landscape. They are usually informal, providing a naturalistic or rustic look.

Mortared stone walls may be very neat and formal, or they too can be rustic in appearance.

Rock outcroppings, real or designed into a yard, can be an asset in the landscape. This is another example of creativity with rocks to make your yard look something other than like just another in a row house with grass and pavement.

Rock outdoor fireplaces, wishing wells, seating... we could let our imagination run a little as to other possibilities for rocks around our dwellings.

There are lava rocks, marble and granite chips, river rocks of many colors and sizes. These may "munch" our entire planted areas, or simply accent a special area.

I would offer a piece of money-saving advice in passing. Shop around some when you need rocks for a project. Do you need a few bags of landscape stone which you can buy economically at a "big box" store? Or would you be ahead to buy in bulk by the ton from a rock merchant?

I have seen fieldstone selling near \$700 a ton at Kings in Nicholasville, \$480 a ton at Hillcrest in Richmond, \$360 a ton at M&W Stone near Somerset, and for \$199 a ton at B&C Landscaping in London. So, if you need one or two tons, it's no biggie. But if you need a lot of rock for your project, shop around for a good deal. Or let your landscaper or stone dealer handle this if you're a large project.

Is there a place in your landscape where stonework would lend charm and character?

The author is a free-lance writer and landscaper. Contact online at www.rockcastles.com. Your suggestions are welcome.

"Court News"

(Cont. from B-2)

Charles R. Osborne: Alcohol intoxication, bench warrant issued for failure to appear.
Jerry W. Price, II: Poaching, \$150 fine and costs.

Jerel D. Smith: Alcohol intoxication, bench warrant issued for failure to appear.

Avila Carman Hernandez: Operating motor vehicle under influence alcohol/drugs, \$300 and costs, \$250 service fee, \$20 victim compensation fund, 30 days to serve 7 credit 4 days time served 12 months operator license suspension. Driving, DUI suspended License, 7 days in jail/concurrent and \$100 fine.

John Kevin Falin: Criminal Mischief, 90 days in jail to serve 9 credit 9 days time served balance conditionally discharged two years.

Tim Martin: Contempt, 30 days, conditionally discharged one year.

Billy Milburn: Operating motor vehicle under influence alcohol/drugs, \$350 and costs, \$250 service fee, \$20 victim compensation fund, 60 days to serve 14 balance conditionally discharged two years 12 month operator license suspension.

Steve Milburn: Violation KY EPO, 30 days in jail to serve 12 balance conditionally discharged two years.

Kevin W. Pfeiffer: Violation FRGN EPO DVO, 90 days in jail concurrent to serve 14 balance conditionally discharged, Terroristic Threatening, 90 days in jail to serve 14 balance conditionally discharged two years on payment of costs.

Mark Spensmore: Alcohol intoxication, \$25 fine and costs; Drinking alcohol in public, \$25 fine.

Greg Frank Williams: Bail jumping, 4 days in jail credit 4 days time served.

November 6, 2002

Jacquelyn R. Allen: Fines due (\$92.35), bench warrant issued for failure to appear.

Speeding: Arthur J. Brown, paid \$161 total fine and costs; Kristina M. Bruce, paid \$60 fine and costs; Wilhelm F. Labadie, paid \$127.50 total fine and costs; Jennifer M. Wolf, paid \$127.50 total fine and costs.

Thomas B. Bond, Jr. (amended to defective equipment), \$25 fine and costs; Charles I. Wren (amended to defective equipment), \$20 fine and costs/suspended fine.

Robert Carl Bruynell: Fines due (\$192.35, \$4 and \$110.50), bench warrant issued for failure to appear. Jonathan P. Foster: Improper start from parked position, \$50 fine and costs; Failure to produce insurance card, \$50 fine; Failure to wear seatbelt, \$25 fine.

Jason A. Frause: Operating motor vehicle under influence alcohol/drugs, \$200 and costs, \$250 service fee, \$20 victim compensation fund, 30 day operator license suspension. Joshua Lee Frith: Fines due (\$697.85), bench warrant issued for failure to appear.

Bert H. King, II: Operating motor vehicle under influence alcohol/drugs, \$200 and costs, \$250 service fee, \$20 victim compensation fund, 30 day operator license suspension.

Jimmy L. Long: Fines due (\$283.35), bench warrant issued for failure to appear.

Sabrina Mahaffey: Theft by unlawful taking under \$300, summons issued.

Megan Maloney: Fines due (\$56.50), bench warrant issued for failure to appear.

Angela D. Miller: Fines due (\$101.85 and \$229.35), bench warrant issued for failure to appear.

Brian Northern: Disorderly conduct, \$25 fine and costs.

Anita C. Pennington: Defective equipment, \$50 fine and costs; Failure to produce insurance card, \$50 fine.

Denny W. Ross: Fines due (\$126.85 and \$229.35), bench warrant issued for failure to appear.

Allen Keith Stanley: License not in possession, \$10 fine and costs; Improper registration, \$25 fine.

Dennis K. Sullivan: Failure to produce insurance card, operator license suspended.

Roland Hammond: Alcohol intoxication, bench warrant issued for failure to appear.

Derek K. Hornsby: Alcohol intoxication, \$25 fine and costs.

Charles W. Chadderton, IV: Alcohol intoxication, \$25 fine and costs; Darrell E. Doan: Alcohol intoxication, 10 days in jail/concurrent.

Darrell E. Doan: Alcohol intoxication, 10 days in jail/concurrent.

Thanks For Your Support on November 5th

I appreciate the confidence you showed in me by voting to re-elect me to the Mt. Vernon City Council

Charles Wayne Bullock



Charles Wayne Bullock



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Auction

of Ms. Martha Scott's

HOUSE AND LOT

Sat., Nov. 16, 2002 at 2 p.m.

314 Stanford St. (Highway 150), Crab Orchard, Ky.

The above-pictured masonry siding home offers a floor plan of living room, dining room, kitchen with oak cabinets, 3 bedrooms and a bath. Added features include: storm doors and windows, a large front porch, back porch, wall to wall carpet, gas furnace, washer/dryer hookup, city water and sewer.

In addition, there is a storage building.

The house is situated on a nice lot, measuring 99.85 x 190.12 x 108.05 x 186.62.

Auctioneer's Note: If you're looking for a nice spacious home on a good level lot, this is it. Look no further. Mark your calendar to attend this absolute auction on Saturday, November 16 at 2 p.m. Bid last and buy.

Note: The purchase of a single family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead base paint. The period for inspection begins November 16th through November 15th. The successful bidder must sign a waiver of the 10 day post sale inspection period.

Terms: Real Estate, 20% down day of sale, balance in 30 days.

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneer:

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