

The Family Room

By: Dr. Roy Don Whitehead

What Is Your Advice to the World?

In the comic strip "B.C." there occasionally appears a little guru who sits at the top of a mountain. Other characters climb the mountain looking for words of wisdom. What if you were that guru at the top of the mountain?

What if others came to you for advice? What would be the one piece of wisdom that you would share with them? What philosophy of life would you impart to them in a brief period of time that would change their lives? I know what I would tell them. My one piece of advice that would improve their lives would be very simple: FLOSS. You heard me correctly, I said "floss."

No, I am not a dentist nor am I being paid by a dentist. I am not a bill for the dental floss industry. I think that, when you stop to consider it, this piece of advice makes all kinds of sense.

I began flossing my teeth late in life. Two things made me start. One was a particularly thorough cleaning by my dental hygienist. I must have said,

"Ouch! Four hundred times during that cleaning. When the dentist came in, I mentioned that this was the most painful cleaning I had ever experienced. Thoroughly expecting him to chastise this woman for her rough treatment of his valuable patient (me). Instead all he said was, 'If you would floss regularly, the cleanings wouldn't hurt.' At that moment I decided flossing sounded like a very good idea.

The second event that began my regular use of a dental floss was my discovery of a new kind of floss called Glide. My teeth are very difficult to floss. The floss hangs up and breaks and I end up with little pieces of floss stuck between my teeth. I am worse off when I finish than when I began. But not since I discovered Glide. This stuff is amazing! It does not break but slips easily between my teeth, which are much too close together. Glide makes flossing a breeze.

It takes less than a minute to floss our teeth; yet many of us do not take that time. We offer many excuses. Some floss only occasionally. Others who floss regularly skip the teeth that are difficult to reach. (One local dentist, when asked, "Do I have to floss all my teeth?" replied, "No. Floss only the ones you want to keep.")

What does flossing have to do with improving the quality of life? First, you get to keep your teeth longer. For those of us who grew up in the toothpaste, we need all the help we can get. I plan to end life with my natural teeth intact.

Second, flossing means that we are taking the time to take care of ourselves. Taking that one minute means that we will stop what we are doing long enough to do something beneficial for ourselves. For many of us this is quite an accomplishment. We may labor long and hard in the service of others but take little time for ourselves.

Who knows what might happen if we began to take good care of ourselves? We might begin to exercise! To eat well! To get enough sleep! To have regular physical, dental and eye exams! To stop abusing our bodies with alcohol and other drugs! To spend quality and quantity time with our children and spouses! To take time to enjoy life! To cultivate the spiritual component of our lives! The possibilities, as they say, are endless.

Could all of this happen just because we take the time to floss? Yes, it could. Flossing is just the tip of the iceberg when it comes to taking care of ourselves, but we have to start somewhere. How about it? Will you floss tonight? Will you climb my mountain. I will recommend it.

Chocolate Cravings Are Real!
It is time to clean out the old filing cabinet. Today's column is a collection of interesting bits and pieces that I have accumulated over the year.

"Researchers in Arizona have confirmed what many of us have known for years: chocolate cravings are real. In some animals, which are found in chocolate, are also produced in the brain and help to regulate mood.

Chocolate may also ease the effects of magnesium deficiency, a condition sometimes linked to premenstrual syndrome. Universities of Arizona researchers say 40 percent of women and 15 percent of men appear to have chocolate cravings. Perhaps this will make you feel better about all that chocolate you will eat at Christmas.

"United Health, one of the nation's large insurance agencies, has decided to let doctors make the decision about what treatment a patient should receive, without the approval of the insurance company. This is welcome news to many physicians and patients. I know from first-hand experience that getting insurance approval can be a time-consuming struggle. United feels it will save enough money by cutting administrative staff to make up for any extra treatments that may be done. Let us hope that more insurers follow suit.

"Social anxiety disorder is the most common mental health problem in the United States after depression and alcoholism. Ten million Americans suffer from this disorder, which may make them afraid to appear in public.

lie. New medication is available to help. For more information on this disorder, call 1-800-934-6276.

"A new report by the National Cancer Institute now links second-hand smoke to other diseases than lung cancer. The NCI study links second-hand smoke to heart disease, nasal sinus cancer and sudden infant death syndrome.

Second-hand smoke also is linked to ear infections, asthma, bronchitis and pneumonia in children. For copies of the report call 1-800-4-CANCER.

"We have long known that depression is usually a recurring problem, that is, if you had it once, you are likely to have it again. Now we know that people who are loners or who are aggressive to the point of hostility are more likely to suffer another bout of depression. These people either withdraw or push people away, and then they do not have the social support that helps to fight depression.

"One in five boys may be sexually abused according to a study published in the Journal of the American Medical Association. This conclusion was based on a review of 166 studies between 1985 and 1997. The authors concluded that sexual abuse of boys is under reported and under treated.

"More doctors are using religion as a part of treatment. Herbert Benson, researcher at Harvard University's Mind-Body Project, found that "evidence has been

building about how powerful belief is." (Some people have known that for a long time.) Some medical schools are incorporating courses on spirituality into their students' course of study.

Dr. Whitehead has been a pastoral counselor in private practice since 1985. He counsels families and individuals about depression, marriage problems, anxiety, abuse and domestic violence. He is also the counselor at Bethany House Abuse Shelter Inc. in Somerset. The shelter serves a ten county area. You can contact him at 679-4134 or 1-800-PASTOR.

District Court from B2

Thomas James Senter, Jr.: Speeding, paid fine and costs.
Lester G. Stewart: Speeding and other charges, license suspended for failure to appear.

Julie Lay-Choo Tan: Speeding, license suspended for failure to appear.

Oscar R. Turner, Jr.: Speeding, license suspended for failure to appear.

Jeffrey D. Warren: Speeding, license suspended for failure to appear.

Rameela S. Brown: Fines Due (\$217.35 and arrest fees), found

guilty of contempt, 8 days in jail in lieu of payment.

Edward L. Rice: Theft by deception, 120 days in jail to serve 30 balance conditionally, discharged two years on payment of restitution and costs; Driving DUI Suspended License, 120 days in jail to serve 30 payment of costs balance conditionally discharged two years.

November 27, 2003
Anita Jimmie Beards: Speeding, license suspended for failure to appear.

Michael E. Bullock: Poaching: \$150 and costs and forfeiture of weapon.

James Des Cummins: Operating motor vehicle under influence, \$200 and costs, \$250 service fee, \$10 VCF, 30 day operative license suspension.

Angela C. Gibbons: License not in possession, \$50 fine and costs.

Robert F. Goguen: Improperly on left side of road, \$50 fine and costs, License not in possession, \$25 fine.

Scott A. Hagar: No Ky. Reg. Plates, \$25 fine and costs; Insurance card not in possession, \$50 fine.

Steven J. Hargis: Operating motor vehicle under influence alcohol/drugs, \$300 fine and costs, \$150 service fee, \$10 VCF, 30 days in jail to serve 7/12 month, operator license suspension, Driving, DUI Suspended License, 30 days in jail to serve 7/12 month; Failure to wear seatbelt, \$25 fine.

Christopher E. Kinser: Obstructed windshield prohibit, \$25 fine and

costs; Inadequate silencer, \$25 fine. Dianah V. King: Reckless Driving, \$100 fine and costs.

Robert M. McKinney: Alcohol intoxication, \$50 fine and costs.

William Stacy Raines: No operator's license, \$50 fine and costs; No insurance card in possession, \$50 fine; Driving from side to side, \$25 fine.

Brandon Michael Smith: Speeding, state traffic school authorized on payment of costs only; Obstructed windshield prohibit, \$25 fine; Failure to produce insurance card, \$50 fine; Failure to wear seatbelt, \$25 fine.

Sammy D. Stewart: Speeding, \$30 fine and costs.

Jose Astorita: Alcohol intoxication, bench warrant issued for failure to appear.

Robert W. Burke: Poaching: \$150 fine and costs; (Illegal/Molest/Purse/Turkey-Deer, \$150 fine.

Daniel Lynette: Speeding, license suspended for failure to appear.

Christmas

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Absolute

Auction

of the Dooley Heirs'
House and Lot

Sat., December 7th • 10:00 p.m.

Chestnut Ridge Road, Mt. Vernon, Ky.

Location: Turn off US 25 near Mt. Vernon onto Hwy. 3274 (Chestnut Ridge Road). Follow 3274 approx. 4/10 mile and turn right onto black-top road. Proceed 4/10 mile to property on right. Auction signs are posted.

The pictured vinyl sided home features living room, kitchen, 2 bedrooms, and bath, plus a basement.

There is city water to the house and it is situated on a nice lot containing 1/2 acre or less.

AUCTIONEER'S NOTE: If you're looking for private, country living yet want to be near town, or are looking for good rental investment, this home is ideal! Make plans to attend this absolute auction on Saturday, December 7th at 10 a.m. But last and buy!

NOTE: The purchaser of a single family residence, built before 1978, has a maximum of 10 days to inspect the property for the presence of lead based paint. The period for inspection begins November 27th through December 6th. The successful bidder must sign a waiver of the 10 day post sale inspection period.

TERMS: 20% down day of sale, balance in 30 days.

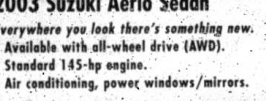
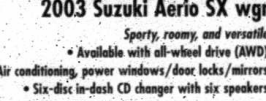
Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneer(s).

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