

The Family Room

By Dr. Don Whitehead

We Learn Ways to Search for Love

Human beings have two great needs: the need to be loved and the need to be accepted. As children we learn how to get love. In a loving family, we receive love simply by

being ourselves. In families that are not able to show love, however, we learn more indirect routes to achieving love and acceptance.

Codpendency is defined by Earle Larch as "thoughts, feelings and actions generated by a learned,

negative self-definition." (Much of the material in today's column comes from Mr. Larch's tape series "Stage 2 Recovery.") When we do not receive love and acceptance as children, we learn that we are not worthy, that something is flawed in us. Codpendency is the thoughts, feelings and actions that come from that negative view of ourselves.

Having learned that we are not worthy of love, we develop different methods to try to get love. Here are some of the different kinds of codependent behavior that we use to find love.

1. Caretaker - This person is a fixer of the problems of others. She may often find herself in relationships with those who have big problems, such as alcoholism, gambling or sexual addiction. She is so focused on the problems of others that she cannot see her own. Taking care of others is her way of trying to be loved. Over time she may become angry when others do not respond to her care taking as she thinks they should.

2. People pleaser - This codependent tries to keep everyone happy. He is distraught if anyone is upset with him, blaming himself for the trouble. He often feels unworthy because it is impossible to keep everyone happy. He sometimes ends up in relationships with abusers.

3. Workaholic - The workaholic tries to get love and acceptance by throwing himself into work and trying to succeed. He may ignore family and friends and lose important relationships in his addiction to work.

4. Martyr - The martyr believes that life should hurt. She may do for others at the expense of herself. For example, she may buy clothes for her spouse and children but never for herself. As one of my clients once told me, "Life is ten miles, uphill and gravel."

5. Perfectionist - The perfectionist is full of "shoulds and oughts." He has a long list of things that should be done. No matter how well he does a job, it could always be done better or quicker. He learned early in life to strive for love by being perfect, but he is doomed to frustration because he can never achieve that goal. The problem is the perfectionist who is so afraid of failure that he will not even try. "If I don't do it, I can't fail" is his motto.

6. Tap dancer - This person never makes a commitment. He dances around relationships and jobs, always afraid to commit.

7. King/Queen Baby - These people are pouters. Raised by caretakers (see #1), they grew up believing the world owes them a living. They never admit fault.

8. Little Hitler - This inflexible tyrant harbors anger and rage. He was hurt as a child and now "it is my way or the highway." These people are often abusers.

Do you see yourself in the above list? Do you see someone with whom you have a close relationship? Some of these people are dangerous to your mental and physical health, so be careful. You can change yourself, but you cannot change someone else.

Agricultural News

By: Warden Alexander, FSA Director

Spousal Signatures

Spouses may sign on behalf of the other for most FSA and CCC programs in which either has an interest, unless written denial is on file in the FSA office.

Applications For New Burley Tobacco Quota

Producers who own land and do not have a burley tobacco quota may be eligible for a new burley tobacco quota. Eligibility requirements include: own land which has tillable history of burley tobacco, and 50% of all income derived from farming. Producers who wish to make an application should contact this office no later than February 15th.

Conservation Reserve Program (CRP) is now offering the 20th sign-up period for Conservation Reserve Program (CRP). CRP is a voluntary program that offers annual rental payments and cost-share assistance to establish long-term resource-conserving covers on eligible land.

Annual rental payments are made based on the agricultural rental value of the land and cost share assistance is provided in an amount equal to not more than 50% of the producers cost to establish the approved practices. The duration of contracts is from 10 to 15 years.

To be eligible to be placed in CRP, land must be cropland that has been planted or considered planted to an agricultural commodity two of five crop years from 1995 to 1999 that is also physically and legally capable of being planted in a normal manner to an agricultural commodity, or certain marginal pasture land enrolled in the Water Bank Program.

Sign-up-20 of the CRP will be held for a four-week period beginning January 18th and ending February 11, 2000.

Crop Disaster Program (CDP) The Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2000, and the Omnibus Consolidated Appropriations Act, 2000, included a total of \$1.386 billion for the Crop Disaster Program (CDP). CDP assistance is for farmers who suffered losses to 1999 crops due to natural disasters. Farmers are eligible for compensation for 1999 crop losses directly attributed to adverse weather and related conditions.

Producers who suffered greater than a 35% loss on insured/noninsured crops such as tobacco and corn and the non insurable crops such as hay, soybeans and vegetables for commercial use are eligible to receive payment.

Payments to farmers will be prorated after all applications are reviewed in order to stay with the program's requirements and budget. As a condition of receiving benefits under CDP, any producer who elected not to purchase a crop insurance on the 1999 crop for which CDP benefits are requested MUST insure that crop for the 2000 and 2001 crop years.

For further information concerning this program, contact the FSA

office prior to the deadline of February 25, 2000.

Livestock Assistance Program (LAP)

Rockcastle County has been approved to implement LAP to provide grazing loss assistance through direct payments. Signup for LAP ends January 21, 2000.

To be eligible for LAP a producer must have suffered a 40% or greater loss of normal grazing production for three or more consecutive months during the LAP crop year, possess beneficial interest in eligible livestock (beef and dairy cattle, sheep, goats, swine, equine animals used for commercially or kept by owner food/ fiber production, have owned or leased the eligible livestock for at least three months.

In order to complete the application, producers must list the number of eligible livestock held by weight groups and have receipts for purchases and sales for the months of July-November 15th.

Because only a specific amount of money (\$200 million) has been approved for LAP, a national fact will be determined if application requests exceed the allocated amount of money. This factor will be announced after the end of sign-up.

For more details on LAP contact the FSA office.

Cross Country Leasing Referendum

Referendum ballots have been mailed to eligible burley tobacco producers. The ballot asks "Are you in favor of lease and transfer of burley tobacco quota across county lines within the state of Kentucky beginning with the 2000 crop year?"

The referendum ballot shall be postmarked or returned to the FSA office no later than January 14, 2000.

If more than 50 percent of the producers voting in the State referendum are in favor, lease and transfer of

burley quota across county lines within the State will be in effect beginning with the 2000 crop.

Disaster Leasing Producers wishing to disaster/lease burley tobacco are reminded the deadline for leasing is February 15th.

Marketing Cards Producers are reminded to return their marketing cards to the FSA office IMMEDIATELY after all sales are final.

If you have not received your marketing card, you need to complete some form of paperwork in the

local FSA office. Producers are reminded to stop by the office and we will assist you in the issuance of the marketing card.

Great Gags to Laugh By

By William Jerry Ayers
A smile is the only thing you can get free now days.
Women used to darn their husbands socks, today they sock their darn husbands.
Shot Gun Wedding...A matter of wife or death.
Young people burning with love may make a fuel of themselves.
Those who complain about the way the old ball bounces are often the ones who dropped it.
Kissing a smoker is like licking an ashtray.
Get high on life, not drugs.
A hug a day keeps loneliness away.

District Court News cont. from B2

Freddie Wagers: Fines due (\$100), issue warrant/suspend license.
Larry J. Wayland: Overweight, paid \$168.50 total fine and costs.

Terry D. Warren: Reckless driving, \$100 fine; No operators license, \$50 and costs; Failure to surrender revoked license, \$50 fine.

December 30, 1999
Eugene Clark: Disorderly conduct, 90 days confinement with state time being served.

James K. Evans: No insurance, \$500 and costs; Operating on suspended license, \$100 fine and 10 days to serve 4 days time served.

William B. Poynter: nonpayment of fine, 60 days.

John H. Tesque: Operating motor vehicle under influence drugs, \$200 and costs, \$200 service fee, \$20 victim compensation fund, 10 days to serve 5 time served.

Gary L. Hughes: Operating motor vehicle under influence of intoxicants, \$200 fine and costs, \$200 service fee, \$20 victim compensation fund, 10 days to serve 2/credit time served; No operators license, \$25 fine.



NEW MOTEL

Now taking applications

for the new
Country Hearth Inn
located on the
grounds of Renfro
Valley.

Positions available

- Management
- Security
- Front Desk Clerks
- Housekeeping Personnel
- Breakfast Hostess
- Maintenance Personnel

Apply in person at the
Hampton Inn

London, KY • I-75 • Exit 38
Monday - Friday • Jan. 17-21

NO PHONE CALLS PLEASE

Rockcastle Community

Bulletin Board

Sponsored By

Cox Funeral Home

Family Owned & Operated Since 1907

80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345

Toll Free 1-888-825-2345

TOPS

(Take off Pounds Sensibly) TOPS meets Thursday at 6 p.m. at Brohead Christian Church basement on Main St. in Brohead. For more info, call 1-800-932-TOPS or locally 758-4047.

Bookmobile Schedule

Mon., Jan. 17th: Scaffold Cane, Disputanta, Anglin falls, Clear Creek, Wildie.

Tues., Jan. 18th: Buffalo, Castle Village, Adult Day Care, Negro Creek.

Wed., Jan. 19th: Ottawa and Bee Lick.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

R.A.A.P. Meeting

Rockcastle Adoption Agency for Pets Inc. meets the first Sunday of each month at 2 p.m. Help build an animal shelter in Rockcastle County. Call Terry at 758-9202 or Vickie 256-5183 for directions.

Free Rat Bait

The local Health Department, Daney Feed Supply, Adams Feed Supply and the Cooperative Extension office will make available free rat bait starting December 15th at the Extension Office and the feed supply stores.

Marine Corps League

Bluegrass Chapter 1012 of the Marine Corps League meets every fourth Thursday of the month at the Igloo Club at the Bluegrass Army Depot. For more info, call Jack Dittmer at 369-7310 or Nathan Seals at 256-0741.

JobStart

Can't find a job? Need new skills? JobStart, a job skills training program, can help. For more info, call Jennifer at 256-9612.

Attn. Brohead Seniors

Brohead Seniors: Are you tired of eating alone? The Senior Center located at the fairgrounds at Brohead has openings for congregating lunches served Monday through Friday. Join us in other social activities during 9 a.m. until 1 p.m. Transportation can be arranged if needed. For more information call 758-4113.

Attn. Class of '80

Send address changes to: PO Box 27, Mt. Vernon, KY 40456. Plans are being made for the 20th reunion.

VA Rep Here

VA representative will be at the Rockcastle County Courthouse here first and third Mondays of each month behind County Judge/ Executive's office from 9 a.m. to 2 p.m.

Project Graduation 2000

This year's Project Graduation committee will meet again Tuesday, January 18 at 6 in the RCHS library. Elections for chairpersons, committee leaders and other positions will be held. All interested persons need to attend this important meeting. Call 256-2125 with any questions.

New TOPS Chapter

TOPS, a non-organizational, no diet to follow, no dietary products to pay, \$20 annual membership fee. Brindle Ridge Vol. Fire Dept. in Conway, 256-2490 or 256-3633, 1-800-932-8677.

Breast Cancer Coalition

The Rockcastle County Breast Cancer Coalition will meet at 6 p.m. Thurs., Jan 27 at the Rockcastle Co. Health Dept. Anyone interested in participating in the fight against breast cancer is encouraged to participate.

Safety Committee Meeting

There will be a Safety Committee meeting at the RCHS library on January 13, 2000 at 3:30 p.m. The public is invited.

Low-Income Home

Heating Program The cost of home heating is a problem for many low-income Kentuckians. Your Community Action Agency, Daniel Boone Development Council, Inc., (DBDC) may be able to help. Crisis Application will be taken January 10th through March 15th, 2000, or until available funds have been expended. Call 606-256-5315 for more information.

Elmwood Cemetery

Elmwood Cemetery Perpetual Care Corp. will hold its annual meeting Sat., Jan. 15 at 1 p.m. in the county courthouse. The public's interest in the cemetery's upkeep is invited.



TOOL AUCTION

250 Dialarc Miller Welder, 33 Gal. Craftsman Air compressor, Craftsman Tool Boxes, Like New Craftsman Skill Saw, battery Charger, 3 Ton Jacks, Jack Stands, Lots of Craftsman Wrenches and Hand Tools and Lots more!

Friday, Jan. 14, 2000 • 7 p.m.

Big City Auction House

Main St. • Livingston

Ph. 453-4214 or 309-6805

Billy Bryant, Auctioneer