



Happy 58th Birthday
Raymond Kirby!
Love - Mom, Arthie, wife,
Darlene, kids, Terina, Debbie,
David, Janie, grandchildren,
Justin, Robert, Tracie and
Courtney.
We all love you!



Tim and Terina Roberts wish to
announce the birth of their second
child, a daughter, named MaKayla
Jensen. MaKayla was born October
26, 1999 at Lake Cumberland
Regional Hospital. She weighed 9
lbs. 4 ozs. and was 20 1/2 inches
long. MaKayla was welcomed
home by her big sister, MaKenna.
Maternal grandparents are Dennis
and Ruth McGuire and paternal
grandparents are Dollie and Curt
Roberts, all of Mt. Vernon.



Savannah Brooke Owens cel-
ebrated her second birthday on
January 17th with a "Pretty
Minnie Dress Up" party at the
Intergenerational Center in Berea.
Savannah thanks all her friends
and family for attending and all
the nice gifts. Savannah is the
daughter of Lafe and Gloria
Owens, the granddaughter of
Terry and Norma Owens and the
late Herbert and Beulah Lear and
the great granddaughter of Maggie
Lear.

Happy Birthday
Eldon McGuire and
daughter Melissa of
Boonesboro



Chris and Traci Singleton, of
Eubank, would like to announce
the birth of their daughter, Mor-
gan Ashlee Singleton, born on
January 19, 2000. She weighed 8
lbs. 6 ozs. and was 20 1/2 inches
long. Maternal grandparents are
Philip and Linda DeBorde, of Mt.
Vernon and the late Thomas C.
"Tom" Graves. Maternal great
grandparents are Laura Cromer, of
Mt. Vernon, and the late Lester
Cromer, and the late Thomas D.
and Catherine Graves. Paternal
grandparents are Clyde and Sue
Singleton. Paternal great grand-
parents are Zella and the late
Lennon Singleton and the late
Howard and Ethel Burkett, all of
Eubank.

The Family Room

By Dr. Don Whitehead

Rural Teens Are More Likely to Use Drugs

A recent study by the National Center on Addiction and Substance Abuse reports that teens in rural areas are more likely to use drugs than teens in the city. This is not a comforting thought to those of us who live in southeastern Kentucky. What was once thought of as a city problem has now come to small town America in a big way.

Here are some of the surprising conclusions of this study done at

Columbia University.

Rural eighth-graders are:

1. 83 percent likelier than those in urban areas to use crack cocaine,
2. 50 percent likelier to use cocaine,
3. 34 percent likelier to use marijuana,
4. 29 percent likelier to drink alcohol,
5. 70 percent likelier to get drunk,
6. More than twice as likely to smoke cigarettes,
7. Nearly five times likelier to use

smokeless tobacco.

8. 104 percent more likely to use amphetamines, including methamphetamine.

Results of the survey were just as depressing for older teens in rural areas. Only in adults was rural and urban drug use practically the same. Drug use has definitely come to rural America.

Janie (a fictitious character) is an example of one teen who is in trouble with drugs. "I started smoking pot when I was 14," the eighteen-year-old told her counselor. "Since then I have tried nearly every drug there is except for needles. I smoke pot every day and spend \$100-\$150 per week to pay for it."

"Where do you get the money?"

her counselor asked. "My parents

give me some of it." Janie told her. "Sometimes I steal things and pawn them and sometimes my boyfriends give me money or pot."

"How hard is it to buy pot?" her counselor wanted to know.

"Give me a telephone and thirty minutes and I can get all the pot I want," Janie bragged. "It's not hard at all."

"Do you want to quit using?" her counselor asked.

"Not really," Janie said. "I'm here because my parents made me come, but they can't make me quit."

What can you do if you or someone you know has a drug problem?

1. See your family doctor. With-
drawal from drugs can be difficult

The Mt. Vernon Signal Thursday, February 3, 2000 Pg. A3

and the addict may need medical help. The doctor may also help convince someone to quit by informing the user of the effect the drugs are having on his or her body.

2. See a counselor. The reasons for drug use are many and a counselor can help the user understand the roots of his habit. An experienced counselor can also cut through the smokescreen of denial that says, "I don't have a problem."

3. Seek inpatient treatment. There are several treatment centers in the area where a user can stay while getting off the drugs. This is sometimes the most effective method.

4. Join NA, Narcotics Anonymous or Alcoholics Anonymous. It is for anyone who wants to quit using drugs.

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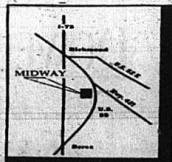
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