The Family Room

By Dr. Don Whitehead

Too Much Anger May Signal Depression

John was an angry man. (All characters are fictitious.) He screamed at his children when they did not move as quickly as he thought they should. He screamed at his wife when she upset him. He kicked the dog when it got in his way. He even screamed at the lawnmower when it refused to start. A couple of times he had become so angry that he put his fist through a wall.

John did have a conscience and he felt bad after an episode of anger. "I don't know what causes me to do that," he tried to explain, "but it's like I can't help myself. My dad was the same way. Maybe I learned it from him."

David (also a fictitious character.) had a different problem: he did not care about anything. When he was not at work, he spent most of time on the couch watching television. At one time he had been an avid fisherman, but he had not had his boat in the water in six months. He did not want to go anywhere. It was all he could do to get himself to work each morning.

His wife tried to interest him in family activities, but to no avail. "I don't feel like it" was his answer to every invitation.

David and John do share one thing in common: they are both depressed. Depression in men does not always look the same as in women. Sadness does not always accompany depression in males. Two of the most common symptoms of depression for men are anger and apathy.

According to an article in a recent issue of *Reader's Digest*, 20 percent of all women suffer from depression and 10 percent of all men. Some question that latter figure, because men are more reluctant to seek help when depressed. There may be more men suffering from depression who have never been counted.

What causes depression in males? Some of the same things that cause depression in women: neurotransmitters (chemicals that relay messages from one brain cell to another), hormonal imbalances, negative life experiences, such as losing a job or childhood abuse, and alcohol. Major league pitcher Pete Harnisch became depressed when he quit chewing tobacco.

Depression can be fatal. Mike Wallace, CBS news correspondent for "60 Minutes," had suicidal thoughts when he became depressed. He checked himself into a hospital and was treated with antidepressants.

Depression can also shorten men's lives. A study by Johns Hopkins University found that men who have suffered from depression can cause a tremendous amount of pain for the family. Harold (a fictitious character) was physically and verbally abusive to his wife. He would hit and kick her until she would bleed. She made several trips to the emergency room. Harold was depressed, and it was only when he got help that the abuse ended.

Treatment of depression is available and very effective. Medication, counseling and exercise are three treatments that are proven to help depression.

Men who seek help get better. Men who see depression as a sign of weakness and do not seek help continue to suffer.

[For more information see "The Disease Men Don't Talk About" in the April 2000 issue of *Reader's Digest*.]

Miss Carley Raye Childress recently competed in the Miss Sunburst Pageant held at Boone Tavern in Berea. Miss Carley Raye was named Miss Sunburst 2000 for her age division. She competed with girls under one year old. She was also named Miss Photogenic and received a beautiful designer medallion necklace for prettiest smile. She also received trophys for: Miss Photogenic, Prettiest Eyes and a trophy for being overall winner in her category in which she received a lovely crown with rhinestones and a sash. Miss Carley Raye will be going to the state finals that will be held in Nashville.

She is the daughter of Roger Brian and Crystal Hope Childress of Mt. Venon. Her grandparents are James and Louise Mink of Mt. Vernon and Cecil and Pat Childress of Mt. Vernon. Her great grandparents are Homer and Bronith Mink of Somerset, the late Rollie B. and Betty Mullins, Billy and Janice Lovell of Mt. Vernon, the late Pete and Tessie Childress. Carley Raye also has one aunt, Ashley Mink of Mt. Vernon.

Fairview News

By Mrs. Hubert Chasteen

A cheery hello to everyone.

April 10th is a very beautiful morning- sunny, but cold wind, after a weekend of really cold weather and some very light snow showers and sleet.

A large crowd attended worship services at Fairview Sunday and Sunday School attendance was 127 for which we are thankful.

Bro. David Aker couldn't be with us Sunday so the morning message was delivered by Bro. Lloyd Jordison. Our evening service was cancelled Sunday night so our church could attend the "Celebrate Jesus 2000" Crusade in Mt. Vernon.

We extend our deepest heart-felt sympathy to all those who have lost loved ones recently, including the families of Roxie Thomas of Murray and Joyce Cope of Eubank. May God bless these loved ones in their time of sorrow. They have our love and prayers.

Hubert and I visited my sister, Ruth Gatliff and husband, Philip in Berea last Friday. Ruth was released from Cardinal Hill in Lexington on March 30th, and thank the good Lord she is improving very nicely.

We also visited my brother, Tip Reppert and wife, Florence Sunday night. We enjoyed our visit with both families.

Recent guests of Mrs. Hallie Alexander were Odessa Himes, William and Ruby Alexander, Mildred Phillips and Mr. and Mrs. Gerald Alexander and family.

Our three daughters Janet Ridgell, Joyce Seals and Darleen Abney visited us on Sunday afternoon. We always enjoy our children and love them so much.

Mr. and Mrs. R.J. Ridgell visited her daughter, Connie Lewis and husband, J.W. and their infant son recently.

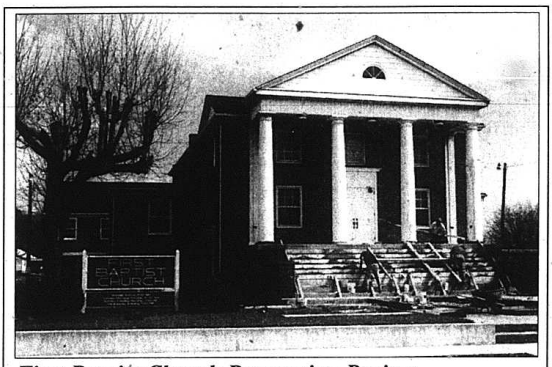
Hallie Alexander and Irene Alexander visited Mrs. Edna Taylor in the Berea Nursing Home Friday of last week.

Prescription drugs available at low cost to consumers

Is your medication too expensive for your budget? If so, information in a new booklet might help.

Financial Assistance Network in Washington, DC has just published a 32 page booklet, "2000 Annual Directory of Free & Low Cost Prescription Drug Programs." The recently updated booklet gives information on how and where to get free & low cost prescription drugs.

Consumers can receive a copy by sending $5 to cover the cost of printing, postage and handling: to Financial Assistance Network, Prescription Drug Booklet Offer, Dept. PDB-402-1, P.O. Box 60848, Washington, DC 200390-0848. Consumers can also get this information from Financial Assistance Network's web site: www.FinancialAssistanceNetwork.org



First Baptist Church Renovation Project

The First Baptist Church, Main and Craig Streets, Mt. Vernon, is renovating the main entrance to their worship center. The project includes the repair and preservation of the huge wooden columns at the entrance, and the replacement of the porch and steps leading into the church building. The front approach area, including the sidewalks, will also be renovated. Work on the project should be completed no later than Easter Sunday, April 23.

First Baptist Church was established in 1887, when the population of Mt. Vernon was just 400. The congregation met in the Rockcastle County Courthouse, and for a time in the Christian Church building. A structure was erected on Williams Street in 1897, but in 1929 the congregation moved to its present located.

First Baptist Church established missions at Gum Springs, Flat Gap, Chesnut Ridge, Sand Springs, Rounstone, Northside, Hummel Grove, and Well Hope, at least four of which became churches. At least 10 men have been ordained by the church to the gospel ministry.

Dr. Maynard Head is pastor of First Baptist Church where he has served since 1995.

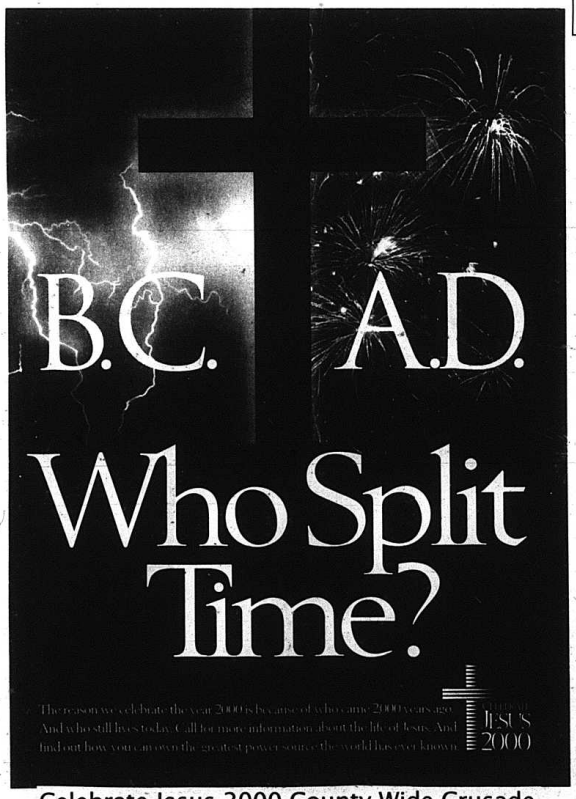
Subscribe to the Signal

Briar Field Cemetery

We have purchased some more land adjoining our present cemetery property. We are now asking everyone concerned to donate money to help us with this added expense. We are having the land cleared and will be fencing and adding trees and grass seed and whatever we need to fix it for future use.

For more information about donations you can call any of the three men who are the caretakers of the cemetery. Make checks payable to Briar Field Cemetery.

Mail to: Edward M. Baker, Rt. 5 Box 61, Mt. Vernon, KY 40456. Caretakers: Edward M. Baker - 256-3480; Lonnie MGuire - 256-4271 and Truman Reams - 256-4095.



Celebrate Jesus 2000 County Wide Crusade
With Speaker, Toby Frost, from Atlanta, GA
May 14 - 19, 2000 7:00 p.m. nightly
At the Rockcastle County Middle School Gym
For More Information Call: R.A.K.B. 606-256-4571 or B.B.C. 606-758-8313

THE FUTURE DEPENDS ON YOU

INVEST YOUR MONEY IN A SURE THING

Paying income taxes on long-term investments is a lot like having a bucket with a hole in it. An Individual Retirement Account can help you maintain a higher return on your investment by deferring some of your income and lowering your tax liability. To find out how an IRA can benefit you, contact your tax advisor and then come see us for details. We can help you set up a retirement plan that will guarantee a secure future.

Looking Out For Tomorrow By Helping Our Community Today

The Bank of Mt. Vernon
Highway 461 Ph. 606-256-5141 Main Street Ph. 606-256-5141
Somerset Ph. 606-679-8826 Richmond Ph. 606-624-[illegible]
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