

Library News

By Geraldine Robbins



Again, I want to remind those that might be interested in the position of library director, to please submit your resume and three references to Sue Hamm, Rt. 4 Box 257, Mt. Vernon, KY 40456 before April 29, 2000. It is imperative that the resumes reach Sue no later than this date. The Library Board of Trustees will be going over the resumes and will call applicants in for interviews early in May. The new director will need to be available for work June 15th. I will be working on until June 30th, but the new person will need to go over the duties of the director with me for this period of time.

This has been a hard decision for me to make, but I am badly needed at home and I have several things I want to do that time does not permit while I am working. This work at the library has been very rewarding for me. I have certainly learned a lot and I feel I have accomplished a great deal in my time here with the help of staff and the library board. No one could achieve all the things that have been done by themselves. It takes team effort and I have had a great team working with me.

I have found a tip in the Technology Services News of the Kentucky Public Library Newsletter that I think will be helpful to patrons and those of you who have a computer with internet at home. I know a lot of the students are required to do a science fair project each year. At this web site, www.haley.com/sciclub/cgi-bin/vscifair/guestbook.html you will find information for science fair projects. The Science Fair Exchange looks like it has many good ideas. This might be useful if all the science fair books are checked out. If it describes a book to be used in the project, that is not available in the local library, we can probably borrow it for you through interlibrary loan.

Are you aware that you search for a needed book on our internet system and we will be able to borrow it for you? A staff member will assist you in getting to the right place to do your search. They will then do the final steps after you have made a decision

on the book wanted.

I have received some new books that will be of interest to many of our patrons.

1. *The Wedding* by Danielle Steel...Simon Steinberg and Blaire Steel are among the most represented couples in Hollywood. Simon, a major movie producer and Blaire, an award

winning television writer, have defied the Hollywood clichés, keeping their marriage together for decades. The three children-aspiring teenage model Samantha, pre-med student Scott, and entertainment lawyer Allegra, are successful and happy, but must face the challenges we fear for our children as well.

As an attorney for the stars, twenty-nine-year-old Allegra Steinberg is used to hand-holding her celebrity client through their tangled lives. But with a career that consumes so much of her time, Allegra has little time for a private life. Until a chance encounter with a New York writer turns Allegra's life upside down. And suddenly she finds herself planning a wedding at their parents' Bel Air home.

2. *Hugger Muger* by Robert Parker...In his latest novel, Parker presents Spenser with a dangerous and multilayered case that takes him to the horse-racing world, as the Boston P.I. travels to a Georgia stable to protect the two-year-old colt destined to become the next Secretariat. When Spenser is approached by Walter Clive, president of the Three Fillies Stables, to find out who is threatening his horse Hugger Muger, he can hardly say no; he's been doing pro bono work for so long his cupboards are just about bare. and Spenser can't help being intrigued by Clive's daughter, Penny—one of the Three Fillies who has an insider's knowledge of the horse world.

The case takes a deadly turn when the attacker claims a human victim, and Spenser must revise his opinion of the whole. Three Fillies organization and watch his own back as well.

3. *Deep South* by Navada Barr...The handwritten message on

the tree said it all: Repent. For Anne Pignon, this should have been enough reason to turn back for her beloved Mesa Verde. Instead she heads for the Natchez Trace Parkway and stumbles upon a gruesome murder with frightening racial overtones.

Another little tidbit from the

Kentucky Public Library newsletter:

Joke of the day!

A patron asked the librarian why Tales of Robin Hood had been withdrawn from the library's collection. The librarian replied, "Too much Saxon violence."

Jan and I did several things to help her fight the attacks. It was hard work and she occasionally wanted to give up. Jan learned how to breathe slowly and deeply and help herself relax. She learned to distract her mind when the attacks began. (She counted backward from 100 by threes.) She reluctantly agreed to take the medication

that her doctor had prescribed. It was an antidepressant that often helps in cases of panic attack.

After several months Jan was much better. The attacks still came, but not as often and not as forcefully. "I'm glad I got help," she said. "This was one battle I could not fight by myself."

The Family Room

By Dr. Don Whitehead

Panic Attacks Are Real

"My doctor says there is nothing physically wrong with me," Jan told me, "but I'm afraid I'm going to die!" Obviously distressed Jan had come to her first counseling session in a desperate mood. (All characters are fictitious.)

"It happens almost every day now," she continued. "I get knots in my chest and stomach. My chest gets so tight I almost can't breathe. My heart beats faster and I begin to perspire."

"How long has this been going on?" I asked Jan. "Too long!" she told me emphatically. "It began about six months ago and keeps getting worse."

"I'm almost afraid to go into a store anymore," Jan continued. "My husband has to do all the grocery shopping. When I go into a store, I feel as if the walls are closing in on me. It's embarrassing to have to run out the door and leave a full grocery cart in the checkout line. I'm getting so I don't want to go anywhere."

Jan was an otherwise healthy twenty-six year old who had recently married her longtime boyfriend. She reported that the marriage was wonderful and that she was very happy. "We've had a few adjustments to make, but it's been very good." Her panic attacks had begun a couple of weeks before the wedding.

"The first one surprised me more than anything," she said. "My chest got tight and I had trouble breathing. It quickly went away and I thought nothing about it. Then about a week later it happened again."

"I went to the doctor after the second one," she continued, "and had a complete physical. She said I was in great shape. When the attacks continued, I went to another doctor who told me the very same thing. They have done an EKG, stress tests and everything else under the sun, and it all comes back normal. But something is very wrong!"

"What's wrong Jan is that you are having panic attacks," I told her. She looked stunned. "That's what my doctor told me," she said, "but I'm not crazy. These attacks are real!"

"They are very real," I agreed. "And this doesn't mean you are crazy. There are some things we can do to help." "Why me? Why now?" she wanted to know. "My life is going so well."

"Has anyone else in your family ever had these attacks?" I asked. "Now that you mention it, Mom told me she used to have something like this when she was younger," Jan remembered. "She said it went away."

"The tendency to have panic attacks does seem to run in certain families," I told Jan. "Add to that family history the stress of getting married and then there is a panic attack."

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