

The Family Room

By Dr. Don Whitehead

Too Much Television Can Make One Depressed

I have the sinking suspicion that watching too much television can make one depressed. This decision is not based on a research study or on the opinion of someone else. This comes from personal experience. Let me tell you what happened.

"Law and Order" is my favorite television show. In fact, it is the only show that I diligently try to fit into my schedule. It is in reruns each night at 7:00, and I usually manage to see it. It also comes on again at 11:00, but on weekdays that is past my bedtime.

The police/courtroom drama is well-written and well-acted. Jerry Orbach, Sam Waterston, Jill Hennessy, Steven Hill and the others are fine actors. The show also handles sensitive themes such as abortion, euthanasia, AIDS and suicide in a mature fashion.

One member of my family has well over 200 episodes on tape. A month ago I decided to delve into this taped treasure trove and began to work my way through the tapes. With no commercials I could watch a one-hour show in forty-five minutes. I had already seen some of the episodes and could fast forward past those. I could concentrate my atten-

tion on those I had not seen before. I managed to watch one or two shows a day for almost a month. One rainy Saturday with nothing else to do, I watched five episodes.

At the end of that day, I noticed some changes in myself. I was irritable with my family. I was worrying more than usual, and I just did not feel like doing anything. I was lethargic and had no energy. I had a bad case of "the blues."

For me these are the early warning signs of depression. Depression runs in my family so I have learned to watch for it. I have had it before and usually my wife or I can recognize it in the early stages.

Though I knew I was depressed, at first I could not figure out what was causing it. Nothing bad had happened. No one had died; there had been no financial disaster and everyone was healthy. Why was I feeling this way?

It was then that I began to suspect that my television viewing habits had something to do with causing the depression. "Law and Order" is about homicides - murder. Though not much violence is actually shown, violence is lurking in the background of every show. Children are sometimes the victims of the violence. One particu-

larly memorable episode began with the police and attorneys viewing the carrying out of the death penalty on a man they helped to convict. While the show is a good one, too much exposure to this level of violence was making me depressed.

The other factor may have been simply the amount of time I was spending in front of the television. TV is a "mind-numbing" experience,

putting us into a vegetative trance during which we do little movement or creative thinking. I think this also contributed to my depression. I stopped watching the show last week and since that time I have felt better.

Can I prove that watching too much television made me depressed? No, that is just one man's opinion. Television, however, is a powerful medium, and I think I overdid it.

Fairview News

By Mrs. Hubert Chasteen

Hi everyone. This morning, May 1st, is beautiful, sunny and warm. It is so good to be alive.

Just hope everyone had a nice Easter.

We had a wonderful attendance at the Fairview Baptist Church, Sunday, April 30th. Bro. David Aker conducted the morning service and Bro. Lloyd Jordon on Sunday evening.

Our Sunday School was 144 for which we are thankful.

Wedding anniversaries this past month were Hallie Alexander and her late husband, Eugene's was April 18th; Buddy and Doris Gabbard's, April 20th and Hubert's and mine was April 25th. We thank God for our many years together.

There is several sick folks in and around our community that are in need of prayers from good devoted Christians.

Visiting Mr. and Mrs. Tip Rappert, recently have been Mr. and Mrs. Conley Saylor and Mrs. Myrtle Wilson. Myrtle also visited her aunt Edith Mullins of Snider.

My sister, Ruth Ostliff of Berea is

improving very nicely following a few weeks stay in hospital recently. Her relatives from time to time visit from Ohio, Indiana and Michigan.

Ruth is a wonderful lady and we all, relatives and friends love her dearly. Dorothy Lambert and friend, Mary Lou Reynolds of Augusta, Georgia, have spent the last few days with her relatives here. They attended church at Fairview Sunday morning, April 23rd. The Lambert family has meant so much to this community as long as I can remember. We thank God for them.

Our Easter guests in our home and more recent guests have been Phyllis (Ostliff) of Michigan and her daughter-in-law and infant son of Indiana; Charles Noland of Independence; all five of our children and husbands and wives; Oscar Alexander and Henry Chasteen and son, Charlie Chasteen, all of Berea. We are always glad to have company. We love people and like to talk. I thank God for our family, relatives and many friends. But to have friends we have to show ourselves to be friendly.

Remember Church and Sunday School. God bless you all.



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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division 1 Civil Action No. 99-CI-00313

United Companies Lending Corporation

Plaintiff

v.

Rosemary Baker,
Chuck Baker and
United Credit Card Bank, N.A. Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on April 17, 2000, for the purpose of satisfying the judgment against the defendants in the amount of TWENTY NINE THOUSAND EIGHT HUNDRED SIXTY DOLLARS AND 23/100 (\$29,860.32), plus interest, costs and attorney fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, May 19, 2000

Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

Beginning at a stake on the south side of Walnut Street in being N.E. corner owned by J.M. Baker, thence Southward with said Baker's line 170 feet to the land owned by John Pope, thence nearly east with Pope's line 50 feet to a stake which is a corner owned by Wm. Stout, thence northward 170 feet with said Stout line to stake in the south side of Smith's Street; thence with Smith's Street nearly west, 50 feet to the beginning.

Being the same real property which Chuck Baker and Rosemary Baker obtained by deed dated February 4, 1997, of record in Deed Book 164, page 519 in the Office of the Rockcastle County Clerk.

The property shall be sold on the following terms and conditions:

1. The real property shall be sold for cash or on a credit of thirty (30) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid ad valorem taxes of record at the time of entry of judgment shall be paid out of the proceeds of sale.
4. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of sale.
5. The purchaser shall pay the 2000 local, county and state property taxes.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner
Rockcastle Circuit Court

"Delinquent Tax List"

(Cont. from B5)

POYNTER RAY & JESSICA	\$202.70
POYNTER WENDELL & BEVERLY	\$19.38
PRICE LISA	\$31.96
PRICE RICKY L & LISA K	\$318.55
PRICE SCOTT	\$36.47
PROCTOR BARRY & SHEILA	\$229.68
PROCTOR DOUGLAS & LINDA	\$315.87
PRUITT ROBERT & SHIRLEY	\$175.80
PYLES RAYMOND E & CARRIE B	\$139.81
RADER PAUL & JANICE	\$108.25
RADER RONNIE	\$49.94
RAIDER RONALD & SHIRLEY	\$418.38
RAIDER RONALD & SHIRLEY	\$45.78
RAPER DELORA	\$58.66
RANNEY CARILLA KAREN	\$184.73
RASH RONNIE KEITH	\$94.87
RAYBURN JACKIE	\$48.95
REAMS KENNETH	\$58.92
REAMS ROGER & NORMA	\$391.43
REINBINDER RICHARD AND	\$48.95
REED ALLEN VALUHAN	\$97.43
REED DAWN & ALICE JEAN	\$274.68
REED SHAWN & ALICE	\$184.73
RENFRO JAMES & JOHN COTTRELL	\$983.67
RENFRO JAMES & JOHN COTTRELL	\$679.80
RENNER THOMAS & JUANITA	\$183.86
RENNER VERNON & CHRISTINE	\$113.75
RENNER VICKIE	\$178.15
REYNOLDS DELBERT & VICKIE	\$61.42
KICE LEIGHANN	\$287.22
RICHARDS JEFF	\$76.98
RICHARDSON HUME & ANN	\$24.86
ROBERTS JAMES & HAZEL	\$22.97
ROBERTS JENNIFER	\$18.51
ROBERTSON DONALD	\$22.97
ROBERTSON WILLIAM	\$18.51
ROBINSON DENNIS & TAVA SUE	\$319.55
ROBINSON JANIE R	\$319.55
ROBINSON WILLNER & KATHERINE	\$342.02
ROCKCASTLE SPRINGS INC	\$94.87
ROGERS JAMES E	\$49.11
ROGERS LORETTA WEBB	\$283.31
ROME SHERRI	\$7.70
RUCKER OSCAR JR & PATRICIA	\$478.34
RUCKER OSCAR SR	\$232.10
SAGRAVES HARRY	\$166.77
SATTERFIELD PATRICIA A	\$135.33
SAWYER DAVID III & JENNIFER	\$365.28
SECURITY LEASING INC	\$231.61
SELLERS VICKI	\$231.61
SETTLES WESLEY	\$18.51
SHAFER BOBBY JOE	\$117.37
SINGLETON DILLY R	\$183.86
SINGLETON BOBBY	\$139.81
SINGLETON HOMER	\$32.69
SLOMORE CATHY & BRIAN	\$148.78
SLORE KATHY	\$274.68
SMITH BARBARA J	\$297.09
SMITH HARDIE	\$33.81
SMITH MICHAEL R	\$178.74
SMITH SCOTT & REBECCA	\$113.80
SMITH WILLIE	\$32.69
SOMMA EMMA	\$139.81
SOMMER GARY	\$298.57
SOMMER ROGER D & CATHY	\$58.92
SOMMER ULYSIS & BETTY	\$319.55
SPARKS FRANK & JOYCE	\$12.18
SPARKS FRANK & JOYCE	\$27.50
SPARKS JOYCE	\$135.81
SPAVES CLISTA	\$13.99
SPOONHORE GLENN	\$9.51
SPRINGER SHARDA DURHAM	\$54.46
STACY STANLEY & KATHERINE	\$24.12
STALLWORTH CARLEE AND	\$49.94
STALLWORTH CHARLES & MARY	\$176.83
STAMM JAMES & CHRISTINE	\$76.98
STAMPER WALLACE & MINNIE	\$98.40
STAMPER WALLACE L	\$157.78
STANLEY PEGGY	\$18.51
STEELE TED	\$298.57
STEEPHS JACKIE DARRELL &	\$184.73
STIEPP ROGER L & REGINA	\$246.75
STEVENS DANNY &	\$31.96
STEWART BOYD	\$18.51
STURGLILL EDDIE	\$22.97
STURGLILL JOE	\$175.74
TANKERSLEY LINDA	\$162.29
TAYLOR BOBBY	\$64.17
TAYLOR MELVIN L	\$238.16
TEAGUE MARK ALLEN	\$139.81
THOMAS RANDY D & JESSICA	\$67.91
TOOTHMAN STEVE & KATHLEEN	\$37.34
TYREE SANDRA	\$261.15
UFFMAN ROBERT C & SHERRI	\$425.28
UFFMAN ROBERT SR	\$147.10
VANHOOK WAYNE	\$41.92
VANWINKLE EWIS	\$49.94
VANWINKLE TIM &	\$59.77
VANWINKLE TIMOTHY & CYNTHIA	\$49.94
WAGERS MELISSA M	\$48.95
WALKER ROBERT E &	\$287.22
WARF'S AUTO SALES	\$18.18
WARREN ALEX	\$85.87
WEAVER DARLENE	\$184.73
WHITT MIKE	\$15.78
WHITTENBURG LEE	\$85.87
WILKINSON JOHANN	\$13.99
WILLIAMS HARRIET E &	\$199.11
WILSON EARL	\$18.51
WILSON EARL & PAMELA DAVIDSON	\$58.92
WILSON EARL & PAMELA DAVIDSON	\$256.64
WILSON THERESA & MICHAEL	\$382.43
WINSTEAD JIMMY LEE	\$364.47
WINSTEAD PATRICK	\$162.29
WOODALL DEBRA	\$67.91
WOODALL EVELYN	\$148.78
WORKER DELORIS	\$85.87
WRIGHT MARTIN & TANNY L	\$454.34
WYNN WILLIAM H & EVA CAROL	\$35.38
YORK JENNIFER	\$175.74
YORK SHARON & JENNIFER	\$499.48
ZAFK BARBARA	\$139.81
ZAFK CHARLIE S & CHRISTINE	\$323.27



Modern Woodmen of America, a fraternal life insurance society, donated books to the Mt. Vernon Elementary School library as part of the fraternal benefit program. Modern Woodmen member Jamie Corneilus presented the books to librarian Sharon Lovell. District Representative Peggy Baker said, "The book donation is one of the fraternal programs of Modern Woodmen of America, emphasizing education and the enjoyment of reading."

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Glider Rockers by Towne Square

Just received, Good Selection of Recliners, Living Room Suites and a Truckload of Mattresses for this sale!!

Thank You!

We would like to thank our customers for their patronage these past 6 years and invite everyone to come visit us during this sale.

Our policy has always been and continues to be not to have "Trick Advertising." With that in mind, if you are comparing prices on this same brand and item,

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