

The Family Room

By Dr. Don Whitehead

There Is Some Quick Help for Mild Depression

I did not feel well last weekend. Physically, my body was fighting off a cold, and emotionally I felt sad and depressed. After sitting around feeling blue for a few hours, I decided to look of ways to feel better.

The first thing I did was to begin a project that I had wanted to do for some time. I pulled out some old computer disks and began to copy files off them onto my new computer. It took some effort to get up and moving, because a large part of me would just as soon have vegetated on the couch for the afternoon. I began to feel better as I got involved in the project.

As the afternoon wore on, I had

done all I could do on that project and still was not feeling up to par. I decided to go to a movie. While watching the movie, I was able to lose myself for two hours in a land on the far side of the world. Going to the movie gave me the change of scenery I needed. Other excursions can accomplish the same thing. Baseball games, parks and swimming pools are good places to visit when depressed.

This got me to thinking about other cures for "the blues." Exercise often helps. During exercise the brain releases chemicals called "endorphins." These are nature's way of providing a natural high. Endorphins elevate mood without the need for drugs. A long, brisk walk can be a good anti-

dote to mild depression.

Engaging someone else in conversation can also fight the blues. Whether I talk about my bad day or about another subject entirely, sharing my thoughts with another almost guarantees that I will feel better. Visiting with positive-thinking friends can change my outlook from negative to positive.

Some methods for fighting mild depression do not work well. One of these is eating. Those with a food addiction are inclined to eat when depressed. Sitting on the couch munching junk food and watching TV is almost guaranteed to make the depression worse. Also, getting on the scales after an eating binge and covering a weight gain, almost guarantees that the person will be even more depressed!

Any addition is not a good way to deal with depression. Alcohol is a depressant and will make the depression worse. Shop-aholics who spend

a lot of money when depressed may feel better for a little while, but when the Visa bill comes in, they are even more depressed. Watching television for hours on end can also make one more depressed.

Being active rather than passive is the best way to deal with the mild depression of a bad day. Sitting around waiting for the blues to go away usually does not work. Beginning to do something is the way to fight those feelings.

There are occasions when nothing seems to help. If neither exercise nor a change of scenery gets rid of the depression, then it is time to look for some help. Depression that lingers and that will not go away with self-treatment needs professional help. Doctors and counselors are trained to treat such depression with counseling and/or medication. Do not despair! There is hope. Take control of your life today, and fight that depression.

The Mt. Vernon Signal Thursday, May 25, 2000 Pg. B5

For more information pertaining

to CRP contact the local FSA office.

Pasture Recovery

Program (PRP) Signup

The Pasture Recovery Program signup period ended on Friday, April 14, 2000 and required a request for funds report. Regulations for PRP have not yet been published in the Federal Register and payments are not to be issued until funding is available. For this reason, PRP has been

extended until further notice. If you failed to sign up for this program in the first go round please come to the FSA office and sign up now. We have no idea when sign up will end.

Office Closure

The FSA office will be CLOSED Monday, May 28th in observance of Memorial Day. The office will reopen for normal business, Tuesday, May 30th, at 7:30 a.m.

Poplar Grove Flower Shop NOW OPEN

Memorial Flowers - Large Assortment Reasonable Prices

Open from 9 to 7 Mon. - Sat. • Sun. 1 to 6

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Agricultural News

By: Warden Alexander, FSA Director

Tobacco Leasing

July 3rd is the final deadline to sign tobacco leases. Producers are reminded leases filed and/or on file in the county office must have all signatures (transferring and receiving farm) by the deadline to be approved. Leases with all signatures not obtained by the deadline shall be disapproved. If someone is growing your tobacco quota on a farm other than the farm the quota is established to remember, you MUST sign a lease in the county office by the deadline of July 3rd.

Farm Acreage Reports

Farm acreage reports of crops are now being taken for the current year. When all crops are planted, producers are encouraged to report all acreages of crops for history, disaster programs and land deficiency programs. The final reporting date for all crops, except small grains and tobacco, is July 15th. Producers failing to file by the final reporting date will be charged a late fee.

Small Grains

Producers growing small grains (wheat) must report their acreage by May 31, 2000. If crop acreage is not filed timely and producer applies for a Loan Deficiency Payment, then a charge of \$26.50 will be applied for a late fee.

Farm Changes

Producers who have purchased or sold land need to contact the local FSA office for proper reconstitution

of farms. Farms enrolled with PFC have until the deadline of June 1st to file for reconstitutions of farms. Farms not enrolled with PFC have until the deadline of July 1st. Remember to bring your deed and/or to notify the new owner to do so. Also notify this office of any and/or all address changes. REMEMBER, our records are only as current as producers inform our office.

Conservation Reserve

Program's Continuous Signup

Agricultural Secretary Dan Glickman has announced that landowners can receive more money for participation in the Conservation Reserve Program continuous signup. The new financial incentives—totaling up to \$350 million in the next three years—include signing bonuses and more money for installing and maintaining conservation practices.

Under the regular CRP program, the continuous signup program allows producers to enroll eligible highly environmentally sensitive land at any time, without waiting for a sign-up period or competing against other offers. Conservation practices protect streams and rivers by keeping sediment and nutrients from entering the water, providing cleaner drinking water, enhancing recreation and improving wildlife habitats.

Calvary Baptist Temple

Welcomes You

Timothy J. Perry, Pastor

6041 N. U.S. Hwy. 25, East Bernstadt, 606-843-9661

Radio: WCHM 93.0 AM

Ministry: Sun. 9:30 a.m. - 10:30 a.m.

WTHL 90.5 FM

Sun. 2 p.m.

DEAF

Sunday Worship Wed. Worship

10 a.m. 11 a.m. - 7 p.m. 7 p.m.

OUR PURPOSE:

Expose Sin - Expand the Kingdom - Edify the

Saint - Evangelize the Sinner - Exalt the Savior

OUR POSITION:

Old-Fashioned - Independent - Fundamental -

Mission Minded - Bible Preaching (KJV 1611)

"It is Written"

This weekend with the national holiday called Memorial Day, a time when people remember loved ones who have gone on and to remember those who have fallen in battle. This Sunday and every Sunday will be a time when Christians remember the one who died for them so long ago on Calvary. *And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them until midnight.* Ac 20:7 Jesus said *"This do in remembrance of me."* Lk 22:19, which he instituted the Lord's Supper, and his people will do as he asked. The 2 emblems in the Lord's Supper should bring to mind the tremendous sacrifice that Jesus made for our sins. As we eat the bread, we remember the body of Christ, which was given for us. And as we drink the cup, we remember the blood of the covenant, which was shed for the remission of our sins. But this supper also proclaims the Lord's death to the world, and looks forward to his coming again. *"For as often as ye eat this bread, and drink this cup, ye show the Lord's death till he come."* 1 Cor 11:26

Providence church of Christ

Dan McKibben - 758-9116, e-mail - Dan McKibben@Junio.com

Homepage: www.brethren.net/providence

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7pm Wednesday 7:30pm, Radio program, Sunday Kam, 1460 AM

Broadhead Vol. Fire Dept. & Ladies Auxiliary Country Breakfast

Saturday, May 27th 7 a.m. to 11 a.m. at the Firehouse

Menu: Scrambled eggs, Fried Lakes, Biscuits, Gravy, Fried Apples

Sauces: Bacon or Country Ham, Juice, Milk or Coffee

Sausage or Bacon Breakfast - \$4 • Country Ham Breakfast - \$5

Eat in or Carry Out - We Deliver within Broadhead city limits

All proceeds go to BVFD

ABSOLUTE Auction

of Ms. Bernice Griffin's

House & Lot & Personal Property Saturday, June 3, 2000 at 10 a.m.

155 Lovell Lane, Mt. Vernon

Location:

Turn off U.S. 25 Richmond Street at the Dixie Boone Hotel Property onto Lovell Lane. Proceed approximately 2/10 of a mile to the auction site. Auction signs are posted.

Since Mrs. Griffin is now residing at Sower Nursing Home and is no longer able to care for her property, we have been authorized by her sister, Mrs. Agnes Carroll, to sell it at absolute auction.

This house is a one story vinyl siding home on a concrete foundation with new roof. It offers living room, kitchen/dining combination, 3 bedrooms, bath and utility with washer/dryer hookup. Interior walls are paneled with ceiling tile overhead. This home features electric baseboard heat, 2 window unit air conditioners, wall to wall carpet and storm doors and windows.

There is also a carport, front porch with wrought iron railing and storage building.

The lot measures approximately 55x110.

Personal Property to be sold includes: Recliner • 2 Magnavox color tv's • TV stand • set of maple end tables • 2 matching lamps • odd maple end table • magazine stand • Magnavox tape deck & transmitter • record cabinet • several 33 records • electric Singer sewing machine • living room sofa • platform rocker • Karosene Heater • 4 piece bedroom suite • Petite Victoria Style Chair • vanity lamps • green platform rocker • 2 half beds • 2 sets of matching chests of drawers and dressers • Electrolux vacuum cleaner w/ power nozzle • Small Dirt Devil vacuum cleaner • small Hoover vacuum cleaner w/ power nozzle • Aluminum step ladder • spindleback chair • China Cabinet w/ square glass front • kitchen table w/ 4 chairs • Toppan refrigerator • GE electric range • Epperson microwave • sewing cabinet • vanity lamp • Sears upright deep freezer • Hotpoint dryer • white • Westinghouse heavy duty washer • white • Dishes • Cooking utensils • Linens • Wall Mirror • Prittis • Glider • Metal Loveseat

Auctioneer's Note: If you're looking for a compact, well-located home in town, then look no further. Make plans to attend this absolute auction on Saturday, June 3rd at 10 a.m.

Terms: 20% down day of sale, balance in 30 days.

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

FORD BROTHERS, INC.

AUCTIONEERS-REALTORS

REALTOR AUCTIONEER
SAM FORD
DANIEL FORD
JOY BARNES
DEAN FORD
JEFF BUNKER
AUCTIONEER
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JULY 24-25-26-27-28-29
AUGUST 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31

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1 EMERGENCY SERVICES

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2 QUICK CARE SERVICES

Weekdays until 11:00pm, Weekends until midnight

Available at Lake Cumberland Regional Hospital, Quick Care is located right next to the Emergency Room entrance. This service is for any injury or illness that might need urgent treatment. Plus, if you're unsure of the severity of your condition we can quickly meet you down the hall for Emergency Treatment.

3 AFTER HOURS CARE

Weekdays until 10:00pm, Weekends until 9:00pm

Extended office hours at Lake Cumberland Medical Associates provides traditional family medical care seven days a week. This convenient service is available to all patients in the Lake Cumberland region when you need to see a family practice physician after your doctor's office has closed.

LAKE CUMBERLAND REGIONAL HOSPITAL
Heartbeat of Our Community

303 Langdon Street, Somerset, Kentucky (606) 679-7441