

The Family Room

By Dr. Don Whitehead

What is your advice to the World?

In the comic strip "B.C." there occasionally appears a little guru who sits at the top of a mountain. Other characters climb the mountain looking for words of wisdom.

What if you were that guru at the top of the mountain? What if others came to you for advice? What would be the one piece of wisdom that you would share with them? What philosophy of life could you impart to them in a brief period of time that would change their lives?

I know what I would tell them. My one piece of advice that would improve their lives would be very simple: FLOSS. You heard me correctly, I said "floss."

No, I am not a dentist nor am I being paid by a dentist. I am not a shill for the dental floss industry. I think that, when you stop to consider it, this piece of advice makes all kinds of sense.

"Brush Arbor"

(Cont. from B1)

were friendlier and life seemed so much simpler."

After spending hundreds of thousands of dollars of his own money on the project, Hayes has set up a non-profit foundation and hopes to qualify for grants and other funding. He solicits a \$2.50 donation from visitors.

"I'm sure there are a lot of times when my family thought I was crazy to do this, but I think it is just so important to preserve what we can of our pioneer heritage," says Hayes, who is married and has five grown children.

"I have gotten more in touch with myself and my own heritage," said Hayes, a descendant of Kentucky frontiersman Simon Kenton. "Lying here at night, watching the firelight flicker around the room and listening to the sounds of nature not only takes me back to the wonderful days of my childhood, it also allows me the time to just appreciate the simple pleasures of life."

Brush Arbor is located on Hummell road just a few tenths of a mile from Renfro Valley.

I began flossing my teeth late in life. Two things made me start. One was a particularly thorough cleaning by my dental hygienist. I must have said "Ouch" four hundred times during that cleaning. When the dentist came in, I mentioned that this was the most painful cleaning I had ever

experienced, thoroughly expecting him to chastise the woman for her rough treatment of his valuable patient (me). Instead all he said was, "If you would floss regularly, the cleanings wouldn't hurt." At that moment, I decided flossing sounded like a very good idea.

The second event that began my regular use of a dental floss was my discovery of a new kind of floss called Glide. My teeth are very difficult to floss. The floss hangs up and breaks and I end up with little pieces of floss stuck between my teeth. I am worse off when I finish than when I began. But, not since I discovered

Glide. This stuff's amazing! It does not break, but slips easily between my teeth, which are much too close together. Glide makes flossing a breeze.

It takes less than a minute to floss our teeth, yet many of us do not take that time. We offer many excuses. Some floss only occasionally. Others who floss regularly, skip the teeth that are difficult to reach. (One local dentist, when asked, "Do I have to floss my teeth?" replied, "No, Floss only the ones you want to keep.")

What does flossing have to do with improving the quality of life? First, you get to keep your teeth longer. For those of us who grew up with no fluoride in the water nor the toothpaste, we need all the help we can get. I plan to end my life with my natural teeth intact. Second, flossing means that we are taking the time to take care of ourselves. Taking that one minute means that we will stop what we are doing long enough to do something beneficial for ourselves. For many of us, this is quite an accomplishment. We may labor long and hard in the service of others, but take little time for ourselves. Who knows what might happen if we began to take good care of ourselves? We might begin to exercise! To eat well! To get enough sleep! To have regular physical, dental and eye exams! To stop abusing our bodies with alcohol and other drugs! To spend quality and quantity time with our

children and spouses! To take time to enjoy life! To cultivate the spiritual comfort of our lives! The possibilities, as they say, are endless. Could all of this happen just because we take the time to floss? Yes, it could. Flossing is just the tip of the iceberg when it comes to taking care of ourselves, but we have to start somewhere. How about it? Will you floss tonight? If you climb my mountain, I will recommend it.

e-mail us

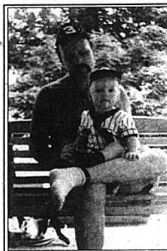
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Scott and Sherri Bullock are proud to announce the birth of their first child, Brandon Lee Bullock born at Pattie A. Clay Hospital on August 27, 2000. He weighed 7 lbs. 4 ozs. and was 20 1/8 inches long. Proud grandparents are Margie Dees and the late Lee Kirby and Danny and Betty Bullock.



Hi, I'm Sarah. I would like to tell everyone about my little sister. Her name is MaKayla Labree. She was born August 24, 2000 at Lake Cumberland Regional Hospital. She weighed 8 lbs. 5 ozs. and was 19 1/2 inches long. Our parents are Stacy and Becky Singleton. Our grandparents are Gary and Hazel Herbert and A.L. and Lois Singleton, all of Orlando.



Happy Birthday Mikie
Daddy Loves You
Love - Daddy



Rodney Gene Thacker will celebrate his first birthday September 30th. Rodney is the son of Randall and Stacie Thacker of Scaffold Cane. He is the grandson of Patty Ferguson and the late Jim Ferguson of Mt. Vernon and Thelma Thacker and the late Ronald Gene Thacker of Scaffold Cane.



Happy 18th Birthday Joann
Love, Guess Who!

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