#### **Holiday Depression** is Not Uncommon

By: Hazel Jackson inty Extension Agent fo mily and Consumer Scien



Traditionally the holiday eason is associated with times of good cheer and friendly feelings. The reality, however, is often something else-depression. In fact, depression is mather common both during and after the long winter holiday season. Depression is an emotional state in which the sufferer feels sad, lonely by negative thinking, and often involving physical symptoms such as fatigue and headaches.

There are lots of reasons for depression during the holiday season, but one common factor is that we depressed the summer of the common factor is that we had hend to the common factor is that we had hend to be common factor in the properties of the holidays. There's a buildup that may last a month and a half, and then, boom, it's over. In addition to the quick ending, the long holiday season may not pan out to be all that we had anticipated. Keep your expectations positive but realistic; which is the proposition of the properties of the proposition of the proposition of the proposition

presents received.

Alcohol consumption goes up
dura the holidays, compounding
the problem. When people who are
already depressed consume too much
alcohol, which in essence is a
depressant drug, their problems can
putitish:

multiply.

Anyone is susceptible to holiday

depression, regardless of age, sex, or background. Generally, it most greatly affects those people who feel they have a lack of countrol over their and they feel powerless and without anyone to turn to or confide in, depression sets in. These are usuall anyone to turn to or confide in, depression sets in. These are usually individuals without a strong social network, be it family or friends. This doesn't mean you need a lot of friends, but you do need someone who will be there for you. Or combat holiday depression is by participating in activities with other people. Visit a nursing, home; go lo a holiday service at a church, synagogue or temple; play in the snow with your temple; play in the snow with your temple; play in the snow with your voortie little person or sing Christmas carols—if s a lot harder to comething worth-wile with people you enjoy.

Don't feed depression by dwelling

he depressed when you're doing something worthwhile with people you enjoy.

Don't feed depression by dwelling on it, but do listen respectfully to your depressed feelings and see if they have an important message for they have an important message for the part of the properties of

## My Boloney **Thanksgiving**

By Carolyn Bertram
Our family never celebrated
Thanksgiving as such. That is not to
say we weren't thankful.
I remember spending many
Thanksgivings in the barn stripping
tobacco. I assumed every other kid
from school was doing the same thing
and most of them probably were.
By the end of the day, I wasn't too
hankful to be out of school. It was
hard work stripping "tips!"
But the time passed quickly. We
usually brought the radio and Dad
would sing along with every song he

But the time passed quickly. We susually brought the radio and Dad would sing along with every song he knew, and hummed or whistled the ories he didn't know. On thanks, they make the control of the con

# Mate"

Somehow, out of all The Twist and Turns our lives could have taken, and out of all the chances we might have missed, it almost seems like we were giving a meant-to-be moment, to meet, to get to know one another, and to set the stage for a special togetherness.

When I am with you, I know that I am in the presence of someone who makes my life more complete than I ever dreamed it could be. I turn to you makes my life more complete than I ever dreamed incould be. I turn to you for trust, and you give it openly. I look to you for inspiration, for answers and for encouragement, and not only do you never let me down-thoughts on places where my decreased the control of the contro

We would like to announce

the births of our twin baby girls.
Brenna Shay McGuire, 1 lb. 8
ozs., and Brittney Shay McGuire,
1 lb. 12 ozs., were born on
November 15, 2000 at 4:19 a.m. Brittney is currently doing well in the NICU unit at the University of Kentucky Hospital. Sadly,

of Kenucky Hospial. Sadly, Brenna passed away just a few hours aften birth. She will be loved and missed by her parents, Greg and Alicia McGuire, sister Brooke and brother Bryan. Her short life touched the hearts and lives of so many. She will be blessed by many including grandparents, aunts, uncles, and friends

We would like to thank every for all of your prayers and sup-port through this very difficult



Look who's celebrating his birthday on November 24th. Still looking good and young! Happy Birthday Dad We love you -Hope you have the best birthday and many more From all your kids, Sue, Gene Evans and both grandkids -

Dustin and Justin

Boloney was a treat back then from our everyday meals. I've heard Mom say many times we should be thankful for our boloney sandwiches. That's why on Thanksgiving Day or Turkey Day to most, I think of it fondly as Boloney Day.

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The Mountain Laurel, The Wayne County Outlook in 1991, The Pulaski Week in 1995 and in the 1995 anthologycalled The Good Land, by Reiman Publications.

## LEAP News

Christmas Assistance of Food kets and Toys through LEAP, come in between the hours of 9-Monday and Tuesday, November 27th and 28th and fill out the neces-We were always poor, but I didn't arch and 28th and III out the necessary forms. We are working withough I did get tired of "beans and atters." Mon kept it hearable by fising different desserts every day, even the local agencies, so that they may only receive through one agency. Also, no applications will be taken over the phone. They must be will may be a complete the control of the control of the control of the control of a sistance to LEAP.

> "Essays" (Cont. from A-6)

ocundaries that were intended to en-circle its definition. The freedom that our forefathers sought was not a pur-suit of self-indulgence, but a means in which trangulity could be ensured. People are willing to lay down their lives in order to secure the right to have the freedom of worshipping their God in peace, and to voice their own

Americans today relish in the free-son many take great advantage of all the opportunity that freedom allows us, but do we also think back and picture in our minds the lives that have been sacrificed for this liberry? Of course not. One essential factor of freedom has, been forgotters: Free-dom was not, and is not free. Every freedom that we enjoy has a price that must be paid by someone. This society insoits. This society insoits used in the price of the value of the price of the price of the see the duty of choosing ruth. Per hapsour culture has turned malleable, always being careful not to offend, Almost every group considers its self Americans today relish in the tree-

always being careful not to offend, Almost every group considers its self. Almost every group considers its self to be a victim and feels as if special privileges should come as compen-sation, I don't think that the founders of this country or the great genera-tions jot the past had this attitude. Those great leaders saw the price of freedom and were willing to make the sacrifice needed to obtain and protect it. What place does truth play in the American's lives today? Are politicians the example of how we as citizens should be? The duty of choos-ing truth seems to have become an idealistic concept from the days of ing truth seems to have become an idealistic concept from the days of old that faded into the past. This complacency is taking the easy way out. The days of tough grit and integrity seem to be a relic of 'the old days.' I wonder what the men and women who made this nations og creat would think about our condition to-

What has freedom turned into, a license to do as we please without accountability? What are we free from, ourselves, our responsibility and duty toward God, family, neighbor and country? It seems that a portion of society feets that a woman has the freedom? Who pays the price for this freedom, the mother or the child; is that freedom? Who pays the price for this freedom, the mother or the child what does the right to privacy as written in the Second Amendment have to do with eliminating a baby's life anyway? Perhaps freedom have to do with eliminating a baby's life anyway? Perhaps freedom of convenience.

If a fund could give to its people. I am free to those whom I will serve, my Creator enryself. Obtaining freedom from sin had a price too. It was auit by the Son of God on the cross of Calvary. His death freed me from sin and I am eternally erateful for this

Calvary, His death freed me from sin and I am eternally grateful for this gift. As I consider the humble example that Jesus Christ set, and how He laid aside his freedom for mankind's sake, I try to understand and apply His sacrificial grace in my definition of this word. I see how careful discernment, truth and wisdom need to be applied to freedom Whichever freedom, physical or spiritual, one must always remember it needs to be treated with care, thank-fulness, and grateful, humble hearts

#### Extension Homemaker News

Blood Drive

A blood drive will be held on Decem-ber 12th from 1 to 6 p.m. at the Ex-

Basket Classes

Basket classes will be taught at the Extension Office on December 7, 8, and 9. Class size is limited. Call 256-2403 for details.

Sewing Polar Fleece

Sewing Folar Freece
December 11th, 9:30 - 1:00, a class
on Sewing Polar Fleece will be taught
at the Extension Office. The class is
free! Participants need to bring their
own supplies. Call 256-2403 for details.

The Signal office will be closed November 23rd and 24th for Thanksgiving Holiday



er 11th at Benham Schoolhouse Inn in Harlan C nets on November 1 tit at beennam Schoolmobe in in Iraaria County In attendance was from left, front row: Lydia McLemore, Millie Eator and Hazel Jackson. Back row from left: Brenda Powell, Noreitta Thomp son, and Carmon Coldiron. For more information on Extension Home makers, call the Extension Office at 256-2403.

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\*Friday, November 24 • 8:30 a.m. - 8:00 p.m. \*Saturday, November 25 • 8:30 a.m. - 6:00 p.m.

HAPPENING ONLY AT ONE PLACE: TOYOTA OF SOMERSET 1-800-859-8761 (606)679-1601