



The Family Room

By: Dr. Roy Don Whitehead

Emotional Dependency

Is Not Love
 "I am miserable without Joe," Jane told me. (All characters are fictitious.) "Since he left, I can't eat or sleep. I think about him all the time. It is all I can do to take care of my kids. I guess I really do love him if I miss him so much."

Norm told a similar story when his wife left. "I can't live without her," he told his counselor. "You have got to help me get her back. I love her so much I don't see a life without her. Can you help me? Why you talk to her? I've got to have her back."

Both Jane and Norm are making a common mistake. They are equating emotional dependency with love. They both believe that because they need someone therefore they love that person. This is not true.

Popular music, television and movies contribute to this myth that emotional dependency is the same as love. One of the worse offenders is that old country song by George Jones entitled "He Stopped Loving Her Today." It tells the story of a man whose girlfriend left him more than twenty years ago, but he still lives in the past, hoping that she will return. He stopped loving only when "they placed a wreath upon his door," and "carried him away." Some would see that as a shining example of true love. Instead, it is a prime example of emotional dependency carried to the extreme.

Abusive males are often emotionally dependent on the women they abuse. This may seem odd, but it is at the root of their abuse. They abuse and degrade the women in order to beat down their self-esteem and put so much fear into them that they will

not leave. Abusive males whose wives have left can be some of the most pitiful creatures one has ever seen. Strong, powerful men break down and sob. They go from person begging anyone to help them talk her into returning. "I love her so much," they say. "I can't live without her."

Yet strong relationships are not built on need but on choice. It is better for two people to be together because they choose to be rather than because they have to be. "I need her so much that I can't live without her" is not love, it is emotional dependency. "I love her and choose to spend the rest of my life with her" is love.

One way to distinguish love from emotional dependency is to ask "whose interest does the lover put first?" Love is always concerned with what is best for the loved one. Love wants what is best for the loved one or her.

Emotional dependency is not concerned about the needs of the other. The emotionally dependent person always put his needs first. "I want her with me no matter what" means he wants her with him even if being with him is detrimental to her health and happiness.

The emotionally dependent person is so caught up in her own needs that she cannot see the needs of her partner. The dependent one uses the word "I" very often. "I need him; I miss him" and "I can't live without him" are some of her favorite sayings.

The cure for emotional dependency is to develop strong self-esteem. Knowing that he can make it without her allows him to go on with his life when she leaves. Certainly he will be sad and will grieve, but it will not mean the end of his life. His life is more than her.

Being emotionally independent is not easy. Most relationships include some degree of emotional dependency. The healthiest relationships are those where each partner maintains some degree of emotional independence and where the two of them choose to be together rather than being locked together by intense dependency.



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Agricultural News

By: Warden Alexander, FSA Director

County Committee (COC)

Election
 The Farm Service Agency (FSA) election is being held November 24th through December 4th for the area of LAA#2, Community B. This area is the southeast section of Rockcastle County bound by Pulaski and Laurel County. Highway boundaries are Highway 70, Highway 150 and 25.

All farm owners, operators, tenants and shareholders of legal voting age can vote if they are eligible to take part in any FSA program. If you feel you are eligible to vote and did not receive a ballot, please contact the office.

Eligible voters may vote for one (1) candidate by placing an "X" in front of the candidate's name for which you wish to vote, signing the ballot and returning to the FSA office postmarked by December 4th.

If for some reason cannot read the names on the ballot this is the order in which they appear:

Tammy White Corbett
 Barry Hurst
 Eddie Paul Noe
 Darrell Wayne Whitaker

Voting in the county committee election is your voice in USDA programs. Get involved today and make a difference- VOTE!

No person shall be denied the right to vote because of race, color, national origin, sex, religion, age, disability, political beliefs or marital or family status.

REMEMBER: VOTE FOR ONLY ONE (1) CANDIDATE. BALLOTS CASTING VOTES FOR MORE THAN ONE CANDIDATE WILL BE DISQUALIFIED.

Marketing Cards
 The Farm Service Agency (FSA) is now mailing marketing cards for producers whose paper work is in order. If you do not receive your marketing card within the next week and have NOT contracted your tobacco-then you need to contact the FSA office and complete the needed paperwork for the marketing card to be issued. Land operators are reminded to inform tenants of farms their paperwork must be completed prior to the issuance of the marketing cards.

Producers who have contracted their tobacco for marketing need to come to the office to pick up the MQ 76 C Pilot marketing card. These cards shall be issued to land operators upon request.

Disaster Leasing on Burley Tobacco

Farmers who have suffered at least a 20% loss of burley tobacco were to have filed for disaster credit (FSA-574) to determine disaster leasing eligibility prior to harvest. If you have houseburned tobacco and have not requested disaster credit prior to harvest you may file a request under the late file provisions. Producers filing the FSA-574 shall provide a deposit to cover the cost of a farm visit.

Producers must show evidence that reasonable and customary efforts were used to produce the crop. Evidence may include payment receipts for production cost; such as fertilizer, seed and/or chemicals used for the current year's burley tobacco crop.

The disaster lease provision was implemented to provide relief to producers that suffer a disaster loss and are unable to produce and market the farm's effective quota. To be eligible

for a disaster lease and transfer, the transferring farm must have:

1. A crop acreage report on file with FSA.
2. Planned an acreage sufficient to produce the farm's current year effective quota.
3. Made a reasonable and customary effort to produce the effective farm marketing quota.

4. Suffered more than a 20 percent crop loss.
5. Met all price support eligibility requirements.

Farms that fail to report losses before harvest will be a required spot check.

Office Closure

The USDA Service Center will be closed on Thursday, November 23rd in observance of Thanksgiving Day.

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THE ROCKCASTLE KIWANIS CLUB WILL BE HOSTING

"CHRISTMAS IN THE PARK"

**DECEMBER 1ST
 6:30 p.m.**

THE CHRISTMAS SEASON WILL BE USHERED IN WITH THE TURNING ON OF LIGHTS BY MAYOR KAREN KING

JOIN WITH THE KIWANIS CLUB AND FRIENDS IN THE TRIANGLE PARK ON MAIN STREET IN MT. VERNON

THE CLUB IS ASKING THAT YOU BRING CANNED FOOD TO PLAGE UNDER THE TREE TO HELP THOSE IN NEED DURING THIS SPECIAL SEASON



Sat., Dec. 9, 2000 at 2 p.m.

All participants are asked to meet at Mt. Vernon Elementary at 1 p.m. The parade is being coordinated at City Hall. So we can plan the line up, we need for all participants to please contact Phyllis Deatherage at 606-256-3437, at least two weeks before the parade, if possible. The theme for this year's parade is

"Helping Hands in the Spirit of Christmas"

Nativity scenes (on a float or walking) would go well with the theme. The most creative float will be recognized as the first place winner. There will also be second and third place recognition. There will be no prizes awarded, only recognition.

Entry fee for parade participation is one can of food. In the spirit of the holidays, Mt. Vernon City Hall is going to sponsor a Community Food Drive. The drive will begin Friday, December 1st and end the day of the parade, Saturday, December 9. All local and county businesses and merchants are asked to participate by setting out a container marked food drive on it. All donations will be picked up and distributed by the First Baptist Church Food and Clothing Mission, located in Mt. Vernon on Church Street. The food will be given to families within our community for Christmas dinners or as needed. Protein items are desperately needed such as peanut butter, tuna, pinto beans, etc. All non-perishable items will be accepted. Cash donations will be accepted at First Baptist Church. You can drop off the donation or mail it to: Food and Clothing Mission Food/First Baptist Church, West Main Street, Mt. Vernon, Ky. 40456. If you have any questions, please call Phyllis Deatherage at City Hall/256-3437 or Kim Singleton at 256-1219.

Everyone please attend our Annual Parade and bring some food with you for the Food Drive. Boxes will be set up from Dec. 1st until Dec. 9th at Hiatt's 5810, City Hall, Young's Pharmacy, Mt. Vernon Florist and at other businesses in the community.

