

Free prescription drugs available to help treat stress

The Family Health Research Council has just published a new booklet, "Coping With Stress." The booklet gives information on how and where to get free and low cost prescription drugs to treat stress and related problems. It also includes information on how to lower stress levels that can lead to other illnesses, simply by making lifestyle changes.

Stress is an epidemic in American life. In nationwide polls 89% of Americans reported that they often experience high levels of stress, especially around the holidays. 59% claimed that they feel great stress at least once a week. Sometimes, stress gets so bad that people "burn out" — that is, they either lose the ability to function or function in an impaired manner.

There are over 70 programs from major drug manufacturers that provide free or low cost medication.

These programs are rarely, if ever publicized," says Allen Nichols, a researcher at The Family Health Research Council. "We've included a complete listing of all the drugs that are available to treat stress related illnesses that can be obtained for free or low cost by certain qualified groups directly from the manufacturer. The patient assistance programs listed in the booklet help individuals to get the treatment they need when they can't afford to pay for the medication themselves."

Consumers can receive a copy of the booklet by sending \$5 to cover the cost, printing, postage and handling to: Fulfillment Center East, Coping With Stress, P.O. Box 3176, Elmira, NY 14905-3176. For additional information, visit the Council's web site at: www.FamilyHealthResearch.org

Poet's Corner

It's Christmas Time Once More

By William Jerry Ayers

It's Christmas time once more,

When the hearts of both the young

and old are aglow.

Holly wreaths, and everyone's favorite

kind of that would make

any heart glad.

Presents bought with love for children

also mom and dad.

Two had Christmas comes around but

once each year.

For it's when loved ones come from

far and near.

To bring gifts of love and wishes for

"Peace on Earth."

And most of all to help celebrate

baby Jesus' birth.

So to You and all those who hold so

dear.

From The Ayers Family

Merry Christmas and

Happy New Year

The Greatest Christmas

By William Jerry Ayers

For this Christmas story we must

go back a few years.

A father punished his little seven-

year-old daughter for wasting a roll

of silver Christmas wrapping paper.

Money was very tight and he be-

came real mad when his daughter

tried to wrap a box to put under the

small Christmas tree.

On Christmas morning the little

girl brought the same little silver box

to her dad and said, "This gift is for

you daddy, with love."

He was embarrassed by his over-

reaction the day before, but his anger

lasted only a short time later, and it is

he yelled at her "Don't you know

when you give someone a present

there's supposed to be something in-

side the box?"

On Christmas morning the little

girl looked up at him

with tears in her eyes and said, "Oh

daddy, it's not empty, I blew kisses

into the silver box. All for you,

daddy."

The father was crushed. He put his

arms around his little daughter and

then he begged her forgiveness.

An accident took the life of the

child only a short time later, and it is

it told that the man kept the little silver

box by his bed and whenever he feels

very discouraged, he would take out

an imaginary kiss and remember the

great love of the child who put it

there.

For this was his greatest Christ-

mas gift of all.

And in a very real sense, each of us

humans, have been given a little sil-

ver box filled with unconditional Love

and Kisses from our children, friends,

our family or GOD. There is no more

precious possessions anyone could

give.

Merry Christmas and a Happy

Loved Filled New Year.

Don't Be Scrooge This Christmas

By William Jerry Ayers

Smile and the world smiles with you.

Frown and you will always go it

alone.

For a nice, cheerful Christmas grin,

Will always get you in.

Where the frowner is never known.

Growl, and the New Year will be

decey.

Laugh, and the road is bright.

For a warm welcome smile,

Brings loads of sunshine, while

A frown shuts out the light.

Sing, and the world sings with you.

Grumble and things always go wrong.

While at Christmas time,

You are out of holiday rhyme

With the busy, hustling throng.

Gripe, and there's trouble brewing

Whistle and life is happy and gay

And the New Year is in tune

Like a bright sunny day in June

Don't be a scrooge on Christmas day.

Frowns never get anyone anywhere.

Wear a big smile, show people your

care.

Friends, enjoy life each and every

day.

And keep sadness and frowns far

away.

Let Christmas be merry and the New

Year be happy.

"A Little Christmas Cheer"

By William Jerry Ayers

Craig...The girl I went to the

Christmas party with was a real suc-

cide blonde.

Barry...What do you mean suicide

blond??

Craig...Died by her own hands.

Mr. Cheer...For Christmas I got a

book called "Man, the Master of His

Home."

Pat...Is it any good?

Mr. Cheer...I don't know, my wife

won't let me read it.

Joyce...What do you mean your

date was like a Christmas tie?

Nita...Loud and useless.

This is the one who must keep their hair in place. Each time they come to a stop light they get their comb out and start. First, they comb it this way, then that...no, not that's not right, maybe if they use the brush, that's it. The light has just turned green for the third time and off they go once more. You sigh and think that's the end of that, but it's not.

For after this driver has gone a few blocks with their windows open, the wind has blown their hair and so it starts all over again. And you know

something funny, every now and then you'll see a woman driver doing the same thing.

So please be careful driving over the holidays my friends and be on the lookout for these and other "Holiday Highway Heavies". And if you happen to be driving through Crab Orchard and you drive on Walnut Street, please don't drive it like it's the Indy 500 like so many other drivers do.

Just drive nice and slow for the life you save might be "mine".

Courtroom is no place to honor heroes

By Ray G. Smith

Even as we commemorate the 1941 entrance of America into World War II this month, a few malcontents are keeping this country from saying a long-overdue thank you to the World War II generation. On November 11, even as Americans gathered to break ground for the much-anticipated National World War II Memorial on The Mall on our nation's Capitol, some ungrateful people made plans to disrupt work on the project. They sued to delay construction well after seven years of thought and planning for the memorial.

The decision-making process encompassed 18 public hearings over the last five years - more than enough time for a good decision on the design and location. Opponents of the site and design were heard at every step. The process was fair. It's ungrateful to ask the courts to undo what a fair, open and lengthy process has determined - that there is no better place than The Mall to honor the generations that preserved our freedom.

When completed, the memorial will be a lasting tribute to an entire generation, which drew strength from the very same values that inspired the colonial citizen-soldiers. The cause of democracy prevailed as a result of the unflinching courage of 16 million World War II GIs - 400,000 of whom gave their lives in military service.

The American Legion and its affiliated organizations - The American Legion Auxiliary and the Sons

of the American Legion - donated about \$4 million for the National World War II Memorial. The American people exceeded the fund-raising goal by a long shot, which demonstrates the people support the design as well as the Rainbow Pool site on The Mall.

The memorial's design and location are appropriately first-rate. Not only will it permanently recognize the entire World War II generation that saved the world from tyranny, but it will also be a reminder of one generation's exemplary devotion to principles of freedom, justice and equality.

By its completion date, this memorial will have taken more than twice as long to create as it took U.S. and allied forces to win the Second World War II. It will have taken from 1993 to 2013. That is, of course, if the project is not mired in courtroom battles.

We have taken too long to memorialize our fallen World War II heroes and we have certainly waited far too long to say "thank you" to the men and women of "Our Greatest Generation."

Millions of our World War II heroes have already passed on, and we lose more each day. It's time for protesters to leave the courtroom and to join hands and hearts with the millions of their fellow Americans to pay homage while we still can. Let's emblazon our gratitude with a thank you note in stone.

Email the Signal at mvsignal@sun-spot.com

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3rd Place
Sue Sowder

Photos of winning homes will appear in next week's Signal.

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