Childhood Days

By Mae Taylor Sometime ago I wrote about go-ing to grandpa's and grandma's, and how I can't get around very well any more. And as I have to sit more, I get more. And as I have to sit more, I get to thinking more of the past long ago. How much things have changed since I was a child and growing up. My dather sa name was Joe Cummins and my mother's name was Joe Cummins and my mother's name was Dora. My father wasn't a very strong man, he couldn't do hard work. But to this after wasn't a very strong man, he couldn't do hard work. But to this value of the work of the

when this sage grass gets brown people would burn the fields off. So my father and grandpa was burning off the field and the fire got out of hand, so they fought this fire for hours. Father was 18-year-old then and he was sick for some time over fighting the fire. He told megal about it and it coused the was assisted to the fire was a plant out in the field that was called mow what to do for it. Their was a plant out in the field that was called life ever lasting. It grew tall and bloom. Someone told doddy to get this and smoke it, so me and rhy brother; Cecil which was two years older than I, we would go and gather this weed. Mother would dry the leaves, when it got dry, five would carsh them into powder. When Daddy would take one of them spells where he couldn't get his breath, mother would put some of this powder in a small dish, light it with a match, it burned slow. Mother would put a big hours of the spell would inhale this smoke and it helped him for a while. There was 't but one would inhale this smoke and it helped him for a while. There wasn't but one

him for a while. There wasn't but one doctor in the county and his name was \$\frac{1}{2}\$ George Lawrence. He would ride a size and go to the home. He had a colored maid. Everybody called him Dock Lawrence.

As soon as my brother, Cecil got old enough, we had to help with the farm work. For mother had all she could do with the little ones and garden. We had old rail picket fences then soevery spring Cecil and I would

have to clean out the fence rows and on these old rails were lizards and I was scared to death of them. We didn't get to go to school like some children. We would have to miss days and work. Cecil and, I would pick blackberries and sell forten cents' a gallon to help buy our school books.

a gallon to help buy our school books. Daddy had a big peach orchard and apple. We would help Daddy pick peaches for people would come benches for people would come on the word buy them for 50 cents a bushel. So mother would dry peaches, also peoples and green beans. Back then peoples and green beans. Back then peoples and green beans to be some of the peoples and green beans and the peoples and green beans. Back then peoples and green beans. Back then peoples and green beans are being the people and green beans. Back then peoples and green beans are being the peoples and green beans are being the people and green beans are being the people and the people are being the people and the people are the people are being the people are bearly are being the people are being the people are being the peop go to the woods, cut small branches three or four feet long and tie them in bundles. She would make two, one for herself and one for me. That is tonates. Sie wordt maze two, one for herself and one for me: That is what we would sweep the yard with most of what we ate. Daddy and grandpa had a molasses mill so wrised cane and had molasses to sweeten with. Mother would make backberry jam with molasses, She used to make a molasses, but set to make a molasses, but in a skillet when they started boiling, she would beat eggs and pour in the molasses. Add a little unt meg if she had any. We didn't know any thing about cake mixes or packages then. Daddy put in a little-store at home. People helped him build this small building. One small grocery as most people would need, orfee, salt, exardy, gum and I can't Corfee, salt, exardy, gum and I can't omoto mas shard rounding. Other shands, of the shand of control of the control of

team of horses hooked to a wagon, and bring his samples. Then when the order came it would come to Brothead to the Depot. Then Daddy would have to go in a wagon to Brothead and get them. It took all day to go there and back. He could take me with him sometimes, there was a little restaurant there where we would eat. I think it was Mr. Frith's restaurant. I've never forgotten those chees and crackers. The cheese was cut so thin you could almost read through hij. But the cheese was a treat then. In the winter if one of us children took the croup, mother would rea to the croup, mother would dren took the croup, mother would put a shovel of hot ashes on the hearth, set a big onion in those ashes, then

ashes on top. The red hot coals on top when it got done, she would mash out the juice and put a little sulphur in it, and give it to us. She would make us tnip tea. We had it growing so in mmer, she would dry it for winter. Back then the old time preachers

walked or rode a horse to preach on Saturday evening and Sunday and maybe get a dollar. And they sure did preach the Bible. Just think what they get now on Sunday morning. Some would go early and ring the church belt to let people know it was church time. So many changes in these years. Guess! 've written enough for now! could go on and on like a story with no end.

Is it the holidays blues?

How do you know if it's just the

How do you know if it's just the holiday blues? Does it go beyond a bit of sathess during the holiday? I stathess during the holiday? I st is something more, like clinical depression?

Grief, loneliness, and stress are often intensified during the holidays and can leave you feeling sad and blue. Unrealistic expectations of a picture perfect, Norman Rockwell Christmas; over-commercialization; and the added pressures of shopping, gift giving and cooking may further accent these feelings. Even people who do not become clinically depressed can develop stress reactions during the holidays, such as head-aches, excessive dirinking, and changes in eating and sleeping pat-

Although many people experience feelings of depre holiday season, even more re to the excessive stress and anxiety once the holidays are over. The po holiday letdown can be the result of emotional disappointments experienced during the previous months as well as the physical reactions caused by excess fatigue and stress.

Clinical depression, on the other

by excess fatigue and stress.

Clinical depression, on the other hand, is more than just the holiday or post-holiday blues. The essential feature of a major depressive episode for an adult is a period of a least two weeks during which there is either depressed mood or the loss of interest or pleasure in nearly all activities. The individual must also experience at least five additional sympoms drawn from a list that includes change in appetite or weight, sleep, and psychomotor ability, decreased energy, feelings of worthlessness or excessive guilt, difficulty thinking, concentrating, or making decisions; or recurrent thoughts of death or sui-cide, plans or attempts. Significant distress or impairment in social, oc-

cupational, or other important areas of functioning is usually present as well during major depressive epi-

well during major depressive episodes.

The causes of clinical depression vary, It appears that major depressive episodes occur, generation after generation, in some families, but not always. Whether the disease is genetic or not, it is evident that individuals with major depressive disorders of the have too little or too much of certain neurochemicals.

Psychological makeup also plays a role in vulnerability to depression. People with low self-esteem, who

People with low self-esteem, who ently view themselves and the world with pessimism, or who are

consistently view themselves and the world with pessimism, or who are readily overwhelmed by stress are prone to depression.

A serious loss, chronic illness, difficult relationship, financial problem, or any unwelcome change in life patterns can also trigger a depressive episode. Very offen, a combination of genetice, psychological, and environmental factors is involved in the onset of a major depressive order. The good news is that depression can be treated. A variety of prescription medications and counseling services are available remedies today. If you or someone you know experiences something more than holiday blues, contact your doctor, cleryman, or a cousselo, Information is available at your local community mental health center.

If you think that you are experiencing holiday blues or want to add them this year, here are some tips to belie you of the control of the cont

them this year, here are some tips to

help you cope:

* Keep expectations manageable by setting realistic goals, pace yourself and organize your time.

* Realize that the holiday season

does not automatically banish rea sons for feeling sad or lonely. Allow yourself room for these feelings and

then decide what you can do to move beyond them. For example, some-times getting out of the house is help-

times getting out of the house is help-life is full of changes. Don't be disappointed if your holiday isn't exactly like the past. Each holiday season is different and can be enjoyed in a unique way. If you different ways coelebrate the holidays, create a new tradition like doing something for someone else, or volunteering.

Enjoy holiday activities that are, free, such as driving or walking around to look at holiday decorations, of window-shopping or caroling with others. Check your local news-paper or listen to the radio or telev-sion for free activities you might en-joy.

joy.

• Don't drink too much alcohol. Excessive drinking only makes you more depressed.

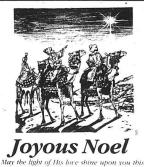
 Try your best to pay attention to nat you eat. While holiday foods are rich and yummy and you can enjoy them, try to do so in moderation.

uurday, December 21, 2000 Pg. C3
Remember to work off those extra
calories to avoid excess weight gain
that can lead to low self-esteem.
Spend time with people who are
supportive and care about you. Reach
out to make new friends or contact
someone with whom you have lost
touch. Others may be experiencing
the blues as well and appreciate your
contacting them.

· Make time for yourself. Don't

• Make time for yourself. Don't spend all of your time providing activities for your family and friends. Enjoy this time of year in your own way; be good to yourself, even if only for a few minutes.

- If you have experienced a recent loss, accept that your grief may be mensified. Allow yourself to have these feelings of loss, mourn, have a good cry. Then talk with others, establish newtraditions, and get some physical activity. Go outside and breathe some fresh air and take a look at nature or telephone someone you know.

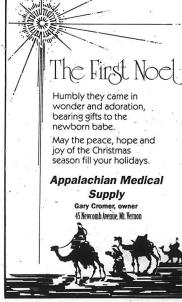


Christmas season

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