

4-H Clothing Projects

By John McQuary
Co. Ext. Agent for 4-H Youth Dev.

The 4-H Clothing Classes will again be offered after school at each of the elementary schools. At the first meeting, we will go over class schedules, supplies and materials needed. It is essential for anyone who plans to do a clothing project to be at the first meeting. The first meeting will be over at 4:30. This year the sewing projects will be conducted by local leaders and the Family & Consumer Sciences Agent. Following is the date and location of the first meeting at each school:

Tue., Feb. 20-Broadhead Elem. We'll. Feb. 21-Roundstone Elem. Thur., Feb. 22-Mt. Vernon Elem. Note: Middle School students may meet with the elementary school of their choice.

After the first meeting, the schedule will be as follows:

March 12-15-Broadhead Elementary March 19-22-Roundstone Elem. March 26-29-Mt. Vernon Elem.

These classes will be over at 5:00 p.m. You will need to provide fabric and notions for the garment. DO

NOT purchase those until after the first meeting. 4-Hers will choose their pattern at the first meeting, and we will order for a total of \$1.25. Parent will need to provide transportation home after classes at 5:00 p.m. promptly.

During the classes, your child will learn to use a sewing machine, follow a pattern and construct a simple garment. First year students may make pants, shorts or skirt with elastic waistline. Second year students may make a skirt with a waistband or a simple top. Third year students will make a simple complete outfit; fourth year students, a garment using knits, and fifth year students make a complete knit outfit using a challenging knit.

If your child wishes to participate in this 4-H project, please complete the permission form given to your child by the Extension Service and return it to their teacher by February 12, 2001.

You may call the Extension office at 256-2403 for more information.

to realize that Dad's apology wasn't enough. "He never has told Mom what really happened," she said angrily. "She still believes all he did was touch me a couple of times, and it was a lot more than that."

He has never really admitted what he did and how much he hurt me. I want him to come clean. I want him to tell the whole story."

Dad's forced apology was not enough. Jane needed for him to apologize to his crime.

Terry was in another abusive situation and he was the abuser. He had been abusive to his wife many times over the past three years. She had left him several times and gone to a shelter. Every time he called and said that he was sorry and promised her that it would never happen again.

She wanted to believe that he would change, and she would accept his assurances and return home. Each time he was good to her for a few weeks, but then the abuse would begin again.

I met with Terry and listened to his story. He spent the first twenty minutes telling me how Mary was a

failure as a wife. His complaints were mainly that she did not keep the house clean and did not want to have sex with him.

Finally, I interrupted him to explain that he was not taking responsibility for his own actions. He had been abusive but he did not want to admit it. He did not even see what he had done as abuse.

I told Terry that in order to have even a possibility of changing he would have to acknowledge it what he had done. The important thing was for Terry to be honest with himself about his abuse of Mary. If admitting to his crime would be the beginning of taking responsibility for what he had done.

Since Mary had told me much of what had happened, I knew she needed to be on that list. Nothing less than full disclosure would do, I told him.

The important thing was not that Terry tell his counselor what he had done. The important thing was for Terry to be honest with himself about his abuse of Mary. If admitting to his crime would be the beginning of taking responsibility for what he had done.

Having a Healthier Marriage in 2001

By: Hazel Jackson,
County Extension Agent for
Family and Consumer Science



Like growing a precious plant, growing a healthy marriage takes time, a supportive environment, and lots of high-quality nourishment. What better time than the beginning of a new year to reaffirm as a couple the high priority that you place on the well-being of your relationship?

In today's fast-paced world, one of the most treasured gifts we can give to one another is the gift of time paired with our undivided attention. During 2001, why not dedicate special blocks of time for having fun and nourishing your relationship just the two of you - in whatever ways you hold most dear.

Look ahead at the calendar for the coming year and block out some definite times for marriage enrichment. For example, you might want to designate the first Saturday of every month as "Marriage Enrichment Day." Your monthly commitment could be to use the whole day or, perhaps, just the

evening to feed your relationship in ways that are important to both of you. You might go hiking in the woods, attend a marriage enrichment seminar, or take in a play, a ballet performance, or a ball game.

Here's another idea. Why not plan a weekend getaway three or four times during the year for just the two of you? Let your creative juices flow and dream up outings or other adventures that will truly be memory-makers for both of you. I think twice before you decide, "We can't afford the money and time this would take."

Time and money are two of our most important resources; how well we use them tells us a lot about what we really value. Your marriage is extraordinarily important; give it the time and money it deserves!

For a free publication entitled, "Having a Vital, Healthy Marriage," call the Extension office at 256-2403.

The Family Room

By: Dr. Roy Don Whitehead

"I'm Sorry Is Not Enough" That is not good enough. Your Honor," said Jack McCord. "The defendant must elicit to his crimes."

McCord is the prosecuting attorney on "Law and Order," still one of my favorite television shows. I have learned from watching that showing what is the defendant to elicit to his crimes. The defendant must elicit to his crimes. The defendant must elicit to his crimes.

There also are times outside of court when "I'm guilty" is not enough. At these times it is important for the offender to tell exactly what he or she did.

On some occasions this is true in the counseling situations in which I am involved. Following are two examples. While these are true situations, the identities have been changed.

Tom sexually abused his daughter Jane when she was a little girl. Now that she is an adult, she has suffered from depression because of that abuse.

When she became suicidal, she was hospitalized. When Jane first talked about the abuse, her father denied everything. "She's making that up," he told his wife. "She's sick, she's lying because what she says."

At first Mom did not believe Jane either, but as Jane provided more and more information about times and places, Mom began to have her doubts about Dad's denial.

After Mom confronted him several times, he finally admitted, "OK, I sexually abused her a couple of times, but nothing much really happened."

As months went by, Jane began

The Rockcastle County Extension Service has scheduled winter production meetings. The first meeting will be held on at 7:00 p.m. on Monday, January 22, at the new Extension office. John Johns will conduct a Ration Balancing Workshop utilizing hay samples analyzed by the Department of Agriculture hay testing staff earlier in the afternoon. John will use these results to discuss feeding plans for cow/calf, replacement heifers and backgrounding operations. John will also discuss how corn gluten and soy hull by-product feeds may benefit your herd. A light meal will be provided.

NOTE: The new Extension office is located at the corner of West Main and Woodland, just off Hwy 461 at a caution light and near the Middle School.

On Thursday, January 25, the second meeting will be held at 7:00 p.m. This meeting will be at the new Extension office - also, Jimmy Henning will discuss Forage Production, i.e., growth of grasses

and legumes and their response to grazing. Jimmy will also discuss roundup-ready alfalfa and Max Q disease.

The third meeting will be held on Monday, January 29, 7:00 p.m. at the Rockcastle County Vocational School agriculture department. Randall Templeman will discuss cost-share programs to assist farmers with concentrated feeding areas as well as feed and waste handling barns.

\$50 Reward
10-11 D Silcock's Radio stolen from the home of James Hacker in Broadhead. Anyone who has information, please call collect 355-2679 or the Rockcastle Sheriff's office.

"What Is Written"

In Acts 4:12 we read, "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved." Also, in 1st Cor. 14:6 we read, "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." What these passages are saying is that Jesus is the ONLY way to God, to heaven, to redemption. The word only means exclusively, singularly, solely, uniquely, alone. There is no other way, person, or scheme of redemption whereby we can be saved. We cannot get to heaven by Judas Iscariot, Free Masons, Hinduism, Buddhism, etc. Those who have been led to believe that you can get to heaven through some other way except Christ, have been misled. If I told you that you could get to Heaven by following 1-75, this would be a lie. If I told you that if you drink a glass of orange juice once, you would not have to have by-pass surgery, this would mislead you. But people are told all kinds of things in the name of religions, would it do you any good, for me to say there are many ways unto God? No, there is only one way unto God. Are you following that way? "Can we help?"

Prophets Church of Christ
Dini McKibben-758-9116, Email: Dini.McKibben@juno.com
Web Page: <http://www.hyperaction.net/providence>
Time of Services: Sunday 10am Bible Study, Worship 10-40 & 6pm, Wednesday 7:00pm. Radio program: Sunday 8am, 1400 AM.

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Happy New Year To All!!

I am writing to all my Mt. Vernon patients to let them know what has happened in the last five years. As you may recall, I left Mt. Vernon for what I thought was a great opportunity in London, Ky. As it turned out, the Doctor had no intention of selling his practice, so I opened on my own in London, My practice is in the Canby Square Shopping Center, and it is doing very well.

Many Mt. Vernon patients still come to London for adjustments, nutritional counseling, diagnostic services such as x-ray, nerve conduction testing, videofluoroscopy and, in the near future, surface EMG which helps me diagnose soft tissue injuries from auto accidents.

Several patients have asked me to come back to Mt. Vernon. I gave it considerable thought and decided that since I live in Kenton Valley, and recently married a Rockcastle County native, that I would open an office one day a week for the convenience of all my Mt. Vernon patients.

The office is located above Attorney Bill Gregory's office, across the Courthouse. It used to be Dr. Coffey's office. I am here every Thursday from 9 a.m. till 6 p.m. The phone number is 256-1756, you can call that number at any time and reach me at this office or the London office. I forward the calls to London so it will be a local call from Mt. Vernon.

Please accept this as an invitation to renew your health through the **POWER of chiropractic.**

The Power That Made the Body Heals the Body

Let Chiropractic work miracles for you and your family.

Call Today
Thank you,
Dr. Larry R. Smith
Chiropractor

Save-A-Lot

"Mt. Vernon's Low Price Leader"

****Save up to 40% Everyday on your total grocery bill****

Extra Savings Family Pack Leg Quarters 29¢ Small Pack 35¢ lb.	Extra Savings Sliced Quarter Pork Loin 139¢ Extra Savings Boneless Chuck Roast 169¢	Extra Savings Family Pack Chuck Steak 179¢ Small Pack 139¢ lb.
Extra Savings Doritos 2/\$3 Lay's Chips 89¢	Extra Savings Sunny Delight 199¢	Extra Savings Bush's Chili Hot Beans 79¢
Produce Russett Potatoes 149¢	Produce Baby Cut Carrots 99¢	Produce Fresh Celery 69¢
		Produce Seedless White Grapes 119¢