



Does Crying Help?

There are two kinds of crying: productive and non-productive. Productive crying produces an improved mood. The one who cries feels some relief, as if a burden has been lifted. Non-productive crying does not help the person feel any better.

"I have been crying for three days," Jean told me, "and I don't feel any better. In fact I feel worse than I did. Usually I feel better after I cry. What is wrong?" (All characters are fictitious.)

Non-productive crying is the crying that depression produces. When a person cries but does not feel better, depression may be involved. A visit to her physician and some antidepressant medication helped Jean to feel better. "Now when I have a good cry, it helps!" she told me excitedly.

Productive crying is a precious gift. It is God's way of helping humans deal with feelings, especially pain and hurt. Tears help to release the feelings that are pent up inside. Since these pent up feelings can cause depression, crying is a way to avoid becoming depressed.

Males often have a difficult time expressing their feelings. This is because of what they learned as children. Phil was going through a divorce. His wife had left him for another man and had taken their two children. He could only see his children once a week, and it was killing him, but he could not cry.

As we explored the problem in counseling, he explained, "Dad told me that I was aissy if I cried. I never saw my dad cry, even not even when his mother died. I don't understand how he could keep from it. I learned from him that I had to be strong, and being strong means not crying."

Other men have had similar experiences to Phil's. Being told that "big boys don't cry" and being called a "crybaby" teach young men to hold in those feelings of hurt. As adults they may have a difficult time letting those flows, when actually they would feel better if they could cry.

While men are often told not to cry, the expression of anger is seen as a manly thing to do. This sometimes causes the curious, and often dangerous, phenomenon whereby a male expresses his hurt by showing anger. The boy who was physically abused by his father and terribly hurt in the process may become an abuser, who deals with his hurt the only way he knows how -- by becoming angry.

Females may also find their tear ducts blocked at times. Natalie's father was dying of cancer. She was the oldest of three sisters and the one to whom everyone else in the family looked for strength. "I wish I could cry," she told her counselor, "but the tears won't come. I have to hold myself together for mom and my sisters. They cry a lot but I can't let myself."

Sarah had turned off all her feelings. After a childhood of physical and sexual abuse, she had no feelings. When her son died in a car wreck, she did not cry. "I don't even feel like crying," she told a friend. "Do you think there is something wrong with me?"

Sarah became more and more depressed in the months following the death of her son, eventually being hospitalized after a suicide attempt. Tear ducts serve a dual purpose: they lubricate the eyes plus they provide release from emotional pressure. I hope your tear ducts are in good working order.

Agricultural News

By: Warden Alexander, FSA Director

Burley Tobacco Lease Date

April 2nd is the first date producers shall execute a lease for the 2001 quotas. Leasing will end on July 1, 2001. Any producer wishing to post their name to the Tobacco Lease Ingr Lease Out Listing may do so now. You do not need to wait until April 2nd. If you are unable to come to the office you may notify the office staff to post the listing by calling 606-256-2525.

Burley Tobacco Acreage Reports

New legislation requires all farms with an effective quota greater than zero to report acreage planted to burley, including zero acres.

Farms with an effective burley quota that will not plant burley or lease quotas from the farm MUST report a zero acreage for burley tobacco, or the farm will be subject to quotas forfeiture for the applicable burley marketing quotas next established for the farm, unless the State Committee and the County Committee determine that the reduction is not applicable.

Burley Tobacco Designation Announced

Jeffery S. Hall, State Executive Director of the Kentucky Farm Service Agency, has announced that Burley tobacco farmers will be required to report to FSA the pounds and specific warehouse, receiving station or dealer where they intend to market their tobacco this season. The initial designation period will begin

Legislative Program Changes in the Burley Tobacco Program
The Agricultural Risk Protection Act of 2000 (ARPA) enacted on June 20, 2000, and the Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2001 (the 2001 Act) enacted on October 28, 2000, changed the provisions of the burley tobacco program.

ARPA amended the Agricultural Adjustment Act, 1938 (1938 Act) to limit the total amount of undermarkings that can be "carried over" as quota additions to farms nationwide, in total to 10 percent of the national basic quotas for the preceding year.

ARPA added a requirement that owners of farms for which a burley tobacco quota is established must report acreage planted to burley tobacco annually including instances in which the acres planted are zero acres.

The 2001 ACT directs the Secretary to make direct payments to eligible persons on farms for which the quantity of quotas is eligible tobacco allotted to the farm was reduced from 1999 crop year to the 2000 crop year without regard to

planted or considered planted credit for the 2000 crop year. Payments are to be made under the same amounts that otherwise applied to other payments. Signup dates and provisions will be provided at a later date.

ARPA limits the pounds of quota to be transferred to the lessee farm not to exceed the difference obtained by subtracting the effective farm marketing quota before the filing of the transfer agreement for the lessee farm from the total pounds of tobacco on hand and/or in the process of being produced, from the farm in the current year. The total quantity of tobacco that can be leased or transferred to a farm during any crop year may not exceed the quantity which equals 15 percent of the effective quotas on the farm before any lease or transfers filed after July 1 of the crop year.

GRAZED 2001 Wheat, Barley, Oats

The Agricultural Risk Protection Act of 2000 (ARPA) enacted on June 20, 2000 and the Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2001 (the 2001 Act) enacted on October 28, 2000 provides for GRAZE-OUT payments instead of Loan Deficiency Payments

(LDP's), for the 2001 crop year only, to eligible producers who elect to use acreage planted to wheat, barley, or oats, for the grazing by livestock and agree to forgo any other harvesting of the commodity on such acreage during the 2001 year.

GRAZE-OUT is available to producers who are otherwise eligible for marketing assistance loans and LDP's according to regulations to 8-L.P. graze 2001 crop acreage planted to wheat, barley or oats, do not harvest the same crop on the same acreage.

Applications for GRAZE-OUT begin on the first day of mechanical harvest, May 14th, as determined by COC and ends on August 31, 2001. Producers may file an application for GRAZE-OUT anytime during this application period.

Regulations for GRAZE-OUT are available on the PSD home page at <http://www.fsa.usda.gov/dap/psd>.

can be located by number, program area or agency name.

Forms can be completed on-line and printed or downloaded to users PC along with the data entered.

A frequently asked questions (FAQ) section to provide immediate assistance with common inquiries.

Help links to provide navigational and web site use assistance.

Links to the service center Of, face Information Profile (OIP) where customers can locate of face addresses and telephone numbers and get directions to service centers.

Links to other useful web sites.

Technical assistance will be available Monday through Friday from 5:00 a.m. to midnight (mountain time) and from 7:30 a.m. to 4:30 p.m. (mountain time) on Saturdays and Sunday at 1-800-457-3642.

Dates to Remember

• CDP (Crop Disaster Program) began January 18th.

• Crop Reporting: Small Grains (WHEAT) by May 31st.

• Tobacco Leasing: April 2nd through July 1st.

• Crop Reporting: required for ALL burley tobacco farms by July 1st.

• Enrolling CAB's released from CRP: April 2, 2001 for CRP-Ts that expired in FY2000.

• Enrolling farm into FFC after reconstitution: 30 calendar days after FSA 476 notice.

• Requesting farm constitution: June 1, 2001.

• Designating payment shares on FFC and meeting signature requirements: August 1, 2001.

Faith Harvest Fellowship

Mount Vernon, KY

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with us.

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April 15th at
Our Lady of Mt. Vernon Sanctuary
10:15 A.M.

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HEALTHY KIDS FAIR

ROCKCASTLE COUNTY MIDDLE SCHOOL

Saturday, April 21
10:00 a.m. - 1:00 p.m.

Services Provided By:

Rockcastle County Schools
Christian Appalachian Project
Rockcastle County Hospital
Rockcastle County Health Department
Kentucky River foothills Headstart
Kentucky State Police

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