

The Family Room

By: Dr. Roy Don Whitehead

Affirm Yourself

Do you talk to yourself? Most of us do. The problem for many of us is that we do not make positive statements to ourselves. Check yourself sometime and monitor the conversation that is going on in your head.

Sometimes this conversation will not be contributing anything positive to your life. Often you will not even be aware that this conversation is going on.

The negative words we say about ourselves vary from person to person, but there are certain similarities. "You will never amount to anything," "You are stupid," and "no one wants to be your friend" are examples of the messages we give to ourselves. Usually these messages have been a part of our lives for a long time.

Take a moment now and put down your newspaper. Close your eyes and listen to the thoughts going through your mind. What do you say to yourself as you look to the future? Do you regard yourself positively or negatively? The first step toward changing those negative thoughts is to be aware of them.

You have heard the old line, "If you can't say something nice, don't say anything at all." We apply that mostly to our dealings with other people.

I suggest that it is time to apply this to ourselves as well. If you can't say something nice about yourself, don't say anything at all.

Better still, replace those negative thoughts with affirmations. An affirmation is a positive statement that you make to affirm yourself and your life goals. It is especially useful when you are trying to change.

Here are some sample affirmations that I know have helped

people change:

"I am happier, healthier and trimmer each and every day of my life." (for someone trying to shed some pounds); "I enjoy breathing fresh, clean air into my lungs" (used when quitting smoking); and "I am a more positive person in all parts of my life."

You can write your own affirmations. There are only three rules in the creation of your affirmation: keep it simple, make it positive and use present tense. It must be simple so that you can remember it easily. Do not use negative words. Rather than saying "I do not want chocolate anymore," use the thought "I am eating what is good for my body." And use present tense. Do not describe a change that you hope will happen in the future. Describe that change as if it has already begun, because it has! You might say "I am thankful that I now speak positively about other people."

My current affirmation is "I am open to all that the world is giving me."

I am using that to help me deal with my negative worries about the future. "I find that when I can relax and not worry so much, my needs are filled."

You would think I would have learned that by this point in my life, but I am still working on it.

Take time now and write an affirmation for yourself. Over the next weeks say it repeatedly to yourself. Anytime you hear those negative thoughts begin, replace them with your affirmation.

Write or type your affirmation twenty-five times a day. When I first

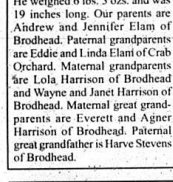
heard this suggestion, I thought it was a foolish requirement. Trust me it is not. This is a part of reprogramming the computer that is your mind.



Emily Anne Mink is pleased to announce the birth of her sister, Melanie Lynn Mink. Melanie was born on April 11, 2001 and weighed 7 lbs. and was 20 1/8 inches long. Their proud parents are Jeff and Tracy Mink. Grandparents are Garner Mink, Nina Cromer and Kenneth and Irma Jean Taylor.



Hi! My name is William Tyler Scott Elam. I would like to announce the birth of my baby brother, James Tanner Edward Elam. He was born May 9, 2001 at Ephraim McDowell Regional Medical Center in Danville, Ky. He weighed 6 lbs. 3 ozs. and was 19 inches long. Our parents are Andrew and Jennifer Elam of Brodhead. Paternal grandparents are Eddie and Linda Elam of Crab Orchard. Maternal grandparents are Lola Harrison of Brodhead and Wayne and Janet Harrison of Brodhead. Maternal great grandparents are Everett and Agner Harrison of Brodhead. Paternal great grandfather is Harve Stevens of Brodhead.



Happy Birthday Dustin from Dad, Mom & Amy Aunt Judy and Robbie and Angie We love you! Happy Birthday Dustin! Love, B.C.



Hey, Jeannetta! Those were the good ol' days!



Do you know the big 50 birthday girl? D.R. now D.C. formerly from Buffalo Hollow, now lives at Scaffold Cane. Happy Belated Birthday May 12, 2001.



Tammy Blackburn, daughter of Aline Blackburn and the late Ronnie Johnson celebrated her 18th birthday May 10, 2001 at home with all her family and friends.



Happy Birthday Dustin from Dad, Mom & Amy Aunt Judy and Robbie and Angie We love you! Happy Birthday Dustin! Love, B.C.

"Court News"

(Cont. from B-2)

30 days/concurrent/serve 24/credit 24 time served.

Sara R. Lewis: Speeding, paid \$75.85 costs and requested state traffic-school.

Ricky D. Madden: Assault, 4th degree, 12 months in jail to serve 9 days/credit 9 days time served/balance conditionally discharged two years; Simple assault, 12 months in jail to serve 9 days/concurrent/balance conditionally discharged.

Angela D. Morris: Contempt of court, one days in jail/credit one day time served.

Billy J. O'Banion: Speeding, license suspended for failure to appear. Brandy N. Owens: Speeding, paid \$19 fine and costs.

Gina R. Payne: No insurance, \$500 fine and costs and 30 days in jail/conditionally discharged one year/suspend \$258 of fine now insured; Failure to wear seatbelt \$25 fine; No insurance, \$500 fine and costs, 30 days in jail/conditionally discharged one year/\$400 of fine suspended.

Michael R. Schoone: Speeding, paid \$116.00 total fine and costs.

Tina Denise Sowder: Operating motor vehicle under influence alcohol/drugs, \$20 fine and costs, \$150

service fee, \$10 VCI, 4 days in jail/credit time served/30 day operators license suspension.

Steve Edward Tompkins: Criminal mischief and other charges, bench warrant issued for failure to appear.

James Weaver, Jr.: License not in possession, \$50 fine, No Ky. Reg. Plates, \$25 fine; License not in possession, \$50 fine and costs; Speeding, \$24 fine.

John F. Wilson: Operating motor vehicle under influence drugs and other charges, bench warrant issued for failure to appear.

Stephen C. Cotton: Speeding, \$126 fine and costs.

Debra Lynn Hurlard: Alcohol intoxication, \$25 fine and costs.

Steven W. Remsey: Defective equipment, \$20 fine and costs.

Laura A. Spears: Alcohol intoxication, bench warrant issued for failure to appear.

Joshua D. Benge: Operating motor vehicle under influence drugs, \$200 fine and costs, \$250 service fee, \$10 vci, 30 days in jail to serve 2/balance probated one year/30 day operator license suspension.

Jennifer Dooley: Contempt of court, 10 days/credit 4 days time served.

John C. York: Public intoxication, 30 days in jail/conditionally discharged one year.

Project Graduation Raffle Winners

John Deere Lawn Mower - Tommy Hargis of Somerset Home Interior Animal Print - Pat Martin of Mt. Vernon Longaberger Basket - Jamie Bryant of Brodhead

Now Open For Lunch Wed - Sat in Renfro Valley Village



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Rockcastle Community Bulletin Board

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TOPS

(Take off Pounds Sensibly)

Are you tired of those winter pounds? Need a jump start on starting to lose? CATCH THE TOPS SPIRIT. Brodhead TOPS troop #476 would like to invite you to an open house on May 10th at 7 p.m., meeting in the basement of Brodhead Christian Church. Men, women, teens and children are all invited to attend. Call 758-8721 for information.

Kiwanis Club

The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn Restaurant. All visitors are welcome.

Conway TOPS

TOPS (Take off pounds sensibly). For more info, call 256-3633, 256-9448 or 1-800-932-TOPS. TOPS meets every Thursday at 6:30 p.m. at BRVFD.

JobStart

Want to earn great prizes while learning new skills and increasing your chance of getting a great job? JobStart is the place for you. For more info, call Jennifer at 256-9612 or fax us at 256-8232. E-mail jobstart@kjh.net.

Narcotics Anonymous

Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Thursday at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more info, call 256-9263.

Flea Market Tables

Every Thursday and Friday, rain or shine. LEAP will have tables for \$5.00 a day for rent April thru Sept. Come on down to LEAP office down at Calloway on US 25 South.

Al-Anon

Al-Anon meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2149.

Cookbooks

Quail Homesteaders Club is selling cookbooks for \$10. See any member of stop by Young's Pharmacy, Citizens Bank of Brodhead or Extension Office in Mt. Vernon.

Children's Hairbows

Making Children's Hairbows will be taught at the Extension Office on May 24, 6:30 p.m. Please call the office at 256-2403 to register.

VA Rep

VA Rep. Bill Livesey, will be at the VFW Post every third Sunday of the month from 1 to 3 p.m.

Bookmobile Schedule

Mon., May 21st: Calloway, Red Hill, Livingston, Lamer.

Tues., May 22nd: Pine Hill, Maple Grove, Orlando, Climax, Three Links, Burr.

Wed., May 23rd: Spiro, Level Green, Willalla.

Republican Party

Republican Party will meet second Monday of every month at Kastle Inn Restaurant at 6 p.m. until further notice.

New Library Hours

Starting Monday, June 11th the Rockcastle County Public Library will be open new hours to better serve the needs of the community: Monday, 10 a.m. to 7 p.m.; Tuesday, 10 a.m. to 7 p.m.; Wednesday, 10 a.m. to 5 p.m.; Thursday, 10 a.m. to 7 p.m.; Friday, 10 a.m. to 5 p.m. and Saturday, 10 a.m. to 4 p.m.

Fish Fry

Cartersville Ruritan Fish Fry, all you can eat, May 19th. Adults \$6, children, \$3. Cartersville Ruritan Park, Harmons Lick Rd., 1/4 mile off Hwy. 954, 4 to 8 p.m. Everyone welcome.

Pancake Breakfast

Livingston Homecoming Fund Raider. Pancake breakfast, Saturday, May 26th starting at 8 a.m. to 11 a.m. Adults \$5, children under 12 \$2.50. 3 pancakes with syrup and butter, choice coffee or juice and choice of 2 sausage or 2 bacon.

Portrait Fundraiser

Mt. Vernon Fire and Rescue Dept. will be holding a portrait fundraiser. Anyone who contributes \$10 or more will receive an 8x10 portrait. Pictures taken June 8th thru 11th at the fire house. Will be going door-to-door for contributions. Thank you for your continued support.

Morning Glory

The Mt. Vernon Morning Glory Extension Homemakers Club will meet at the Extension Office May 21, 10 a.m. Everyone welcome.

Open House

Open House will be held at the Rockcastle Co. Extension Service on May 18th from 3 to 6 p.m. Please stop by to tour the new facility.



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