



The Family Room

By: Dr. Roy Don Whitehead

Depression Is Still a Problem for Many

More is known by scientists and researchers about depression than ever before. With all the medical advances, one would believe that fewer and fewer people suffer from depression. Right? Unfortunately, that is not true.

I am teaching a class on Monday, November 12, from 7:00 to 9:00 p.m. At that time I will give you all the latest information about depression. The class is open to anyone who is interested and will be held at the Center for Rural Development in Somerset. To register call me at 679-4134 or toll free at 1-877-PASTOR-8. The cost is \$20.

According to a recent article in U.S. News and World Report, depression has almost doubled since World War II. This is not just because of

more awareness but because of more stress, fewer community and family ties, and nutritional deficiencies. Depression is on track to becoming the world's second most disabling disease by 2020. (Heart disease is number one.) In the United States depression afflicts eighteen million people at any given time, and one in five Americans will suffer from depression at some time in his or her life.

Depression is not merely feeling "down" or "blue." Depression is a serious illness that can bring down even a strong person. One researcher suggests calling it "hypo-thalamopituitary-adrenal axis dysfunction," to emphasize how serious the disease is.

A full-blown depression can render the victim dysfunctional. Having no energy or motivation, the suf-

ferer prefers to stay at home or even in bed.

The insomnia, lack of appetite and anxiety can bring life to a grinding halt. Guilt, hopelessness, poor memory, lack of concentration and anger are other results of the malady. A depressed person is thirty-five times more likely to commit suicide than another individual. One doctor suggests that if a person wants to know how it feels to be depressed, that person should combine the anguish of deep grief with the bodily sensations of three days without sleep.

There is not simply one kind of depression, but many. The traditional picture of the depressed person as crying, hopeless and unable to work is true for some. Other depressions leave the victim sleeping all the time and eating anything in sight. She

may even appear hyper to friends or family.

Depression is not caused by sad life events or cured by good ones. While something bad may trigger the depression (a divorce for instance), only someone whose brain is susceptible to the disease will become de-

pressed.

Depression is too complicated to be explained by only one cause, but researchers do know that depression is partly caused by a chemical imbalance in the brain. This chemical problem, which has nothing to do with being crazy or weak, can be inherited.

One of the most exciting treatments for depression is the antidepressant medication that has come along in the last few years. Prozac, introduced in 1988, was seen by some as the "magic bullet" that would cure all depression.

While Prozac has helped many people, it does not work for all depression victims and can have some unpleasant side effects, including sexual dysfunction. Medications with fewer unpleasant side effects have been introduced in recent years and sixteen new ones are in the planning stages. As a counselor I have seen the benefits of these medications when used along with counseling in the treatment of depression.

The next twenty years should bring even more exciting developments in the treatment of this most misery-making of ailments.



Octavia Sexton, an eastern Kentucky storyteller, educator and humorist from Rockcastle County will be one of two storytellers featured on KET's Mixed Media program October 28, 12:00 (noon) and again on October 30, 8:00 p.m. Octavia is a full time performing artist and travels nationwide presenting storytelling programs/workshops in schools, colleges, elder hostels, festivals, churches and on radio and television. She tells many of the stories she learned from her grandparents, Isaac and Cleo Bowman, who lived in the Brush Creek area of the county. She also presents a living history personification of the pioneer woman, Jenny Wiley. Octavia is a Kentucky Arts council roster artist, and is included in the Kentucky Artists on Tour directory. She is a Berea College graduate and was a health educator in Mt. Vernon for ten years. She has two audio recordings: The Jack Tales and KY Haint Tales and is a published author of numerous short stories. One of her stories, "Lazy Jack" was published in the prestigious National Women's Studies Association Journal. Octavia is a member of the Adventures In Storytelling Association, KY council of the Arts, National Order of E.A.R.S. and the National Storytelling Network. She resides in Orlando, with her family, 5 pet sheep, 2 pet pigs and a variety of other noble animals, all of which she says, "are the stuff wonderful stories are spun from."

Gardening & Landscaping Tips

By: Max Phelps

Naturalistic Landscaping

In any natural setting of native plants, unbordered by mankind, there is a great canopy layer of big trees. Under these are small trees and shrubs. Then the garden plants such as perennial flowers and grass clumps. Lastly there's the carpet layer, may be mulch, but often more desirable are ground cover plants; things that cover and creep in masses.

The idea or concept we are covering is really about looking in nature and attempting to duplicate that "forest edge" look. Another term for this is layering.

Large trees create the skyline. These should be trees that do well in the area in which you live. Native plants you can be sure will grow. Massed planting of other carefully selected trees may work fine too.

Plants such as dogwoods, laurel, rhododendrons, buckthorn, hemlock and many others are understory plants. They do better partly shaded than in

full open.

Perennials both native and not, might include hosta, ferns, hellebores, wild ginger, bleeding hearts, columbine and so many more. Plus grasses. (And we don't mean the kind you have to mow weekly!)

Completing this snapshot of paradise is a ground cover layer. Perhaps bulbs in clumps, wintercreeper, ivy, vinca, creeping jenny, ajuga, moss, even liriope or daylilies in mass plantings can serve as carpeting function. Leaf mulch, pine straw, pine bark, wood chips, ground hardwood bark mulch, and many other materials can facilitate a naturalistic look and serve as carpeting.

Apply these ideas to a copper or place in your yard. Or go all out! Create a native paradise in place of a yard.

The only thing more natural than this type landscaping is building a custom home in the woods and removing only what has to go to make room for the house.

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LEADING THE WAY...

Brenda Mullins likes a clean house. As a matter of fact, she helps keep Rockcastle Hospital and Respiratory Care Center as clean as if it were her own home. And, in a way, it is. Brenda has been a part of the RHRCC team for 29 years.

She and her staff are part of the reason for the hospital's home-like atmosphere. Their sense of teamwork and pride in a job well done are just some of the reasons they enjoy their work. As for benefits, Brenda says the hospital offers many, including being close to home.

"I like working in Environmental Services because I can see what I've accomplished every day."

— Brenda Mullins,

REH



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