

## The Family Room

By: Dr. Roy Don Whitehead

**A Twelve Step Group May Help**  
"I don't know what to do anymore," Vina said to her counselor. "His drinking is out of control, and I can't stop him. I have poured out his booze or hidden it where I thought he couldn't find it. I have taken his car keys so he can't go anywhere, but nothing works! He still manages to find alcohol somehow. What can I do?"

Living with an alcoholic is a trial. In spite of all attempts to get him to quit, he usually keeps on drinking. Instead of trying to change the alcoholic's behavior, his partner will find much better results in changing

her own behavior. This is where Al-Anon comes in.

Al-Anon is a twelve step group for those who live with alcoholics. It is one of many such groups that are based on the twelve steps of Alcoholics Anonymous. These steps have been used by thousands of people to change their behaviors and build a happier, more satisfying life. If Vina goes to Al-Anon, she will learn what she is doing to contribute to her own unhappiness, and she will learn to change those patterns of behavior that have become deeply ingrained in her life.

Here are the twelve steps that Vina

will study at Al-Anon:

1. We admitted that we were powerless over alcohol that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong

promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Many twelve step groups exist that use these principles to help their members. These include Narcotics Anonymous, Codependents Anonymous, Al-Anon, Overeaters Anonymous and Sex Addicts Anonymous. One of these may be just right for you.

Are you going through a divorce? Join me for the free community seminar "Divorce Recovery: Making It On Your Own." I will be teaching this seminar on Thursday, December 6 at 7:00 p.m. There is no charge, but you must register by calling 679-4134 or 1-877-PASTOR-8.

New Year aren't far away, and people traveling to visit friends and loved ones will be on the increase.

The Kentucky State Police would like to remind you that it is also a time to take special precautions when you take to the state's roadways. The amount of traffic on Kentucky highways is expected to increase dramatically during these holiday periods and the KSP will be increasing their patrols in an effort to reduce the number of accidents and fatalities.

The commanders of the 16 state police posts will be scheduling to maximize staffing during the peak

traffic hours. Troopers will also coordinate their enforcement strategies with local police and sheriff's offices targeting erratic drivers, speeders and safety belt and child restraint violations.

Citizens can assist law enforcement officers in keeping the state's roadways safer by reporting suspected impaired drivers by calling toll-free 1-800-222-5555. Just report the direction of travel, a description of the vehicle and the license number and the police will take it from there.

Again, we wish you a happy and safe holiday season.



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## Progressive Open House



**Christian Appalachian Project's**  
Mt. Vernon programs are having an Open House for the community on November 29<sup>th</sup>, 2001 beginning at 4:00pm and continuing until 6:00pm.

We are excited about all the changes taking place with the programs in Renfro and we want to share them with you.

Self guided tour of:  
Family Life Child and Family Development Center  
JobStart  
Adult Learning Center  
Teen Center

There will be food, fun and prizes at each facility.

For more info, call 256-5307.



Christian Appalachian Project, Inc. is a non-profit inter-faith organization dedicated to serving the people of the Appalachian area. We operate several programs to assist with the needs of our communities. We do not discriminate against anyone on the basis of ethnicity, gender, or religious background.

## Kentucky State Police Commander's Comments

November, 2001  
Lately the news has been filled with stories about anthrax and other dangerous items being sent through the mail. Kentucky State Police Commissioner Ishmon Burks urges citizens to remain calm and vigilant regarding suspicious mail. Burks stated, "It is the intent of the Kentucky State Police to be responsive to complaint wherein a credible threat exists. The mere presence of a piece of unsolicited mail does not in and of itself constitute a threat."

In an effort to provide citizens with current information, the Department for Public Health, recommends taking the following steps if an envelope is opened and appears suspicious.

**What You Should Do:**  
Unopened Letter or Letter That Appears Empty:  
1. Place envelope in a plastic bag or clear envelope.  
2. Wash hands with SOAP and WATER.

3. NOTIFY your local law enforcement.  
An Opened Envelope With Powder or Powder Spills Out Onto Surface:

1. Wipe down any potentially exposed areas with a bleach and water solution. Place one cup of bleach to a gallon of water. Keep others away.

2. WASH hands with SOAP and WATER.  
3. NOTIFY your local law enforcement agency.  
4. IF CLOTHING is heavily contaminated, don't brush vigorously. REMOVE it when possible and place in plastic bag.

5. SHOWER, SOAP and WATER as soon as possible at home. DO NOT use bleach or other disinfectant.  
6. PUT on fresh clothing.

7. Make a list of all people who had actual contact with the powder and give to your public health authorities. Instruct contacts to watch for fever or other symptoms over the next several days.

The most current information can be accessed at [www.homedland.state.ky.us/](http://www.homedland.state.ky.us/)  
Autumn has come to Kentucky once again, and the holidays are right around the corner. This time of year can be a lot of fun for parents and kids alike, if everybody remembers to play it safe.  
Thanksgiving, Christmas, and

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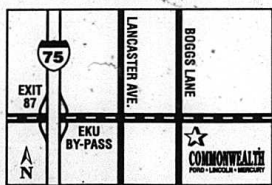
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Check Out Our Web Site ([commonwealthfm.com](http://commonwealthfm.com)) For Details of These Pre-Owned Vehicles!

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