

The Family Room

By: Dr. Roy Don Whitehead

Learning to Live with Stress
Stress is the pressure one feels from the impact of day-to-day living. Everyone feels it. If a person did not feel stress that would mean he was dead, so stress is not necessarily a bad thing.

Even happy events cause stress. Nothing is more joyous than the birth of a healthy baby, yet talk to any new parent, and they will tell you about the stress involved. Nine months of pregnancy, the sleepless nights when the baby comes home and all the other changes make the couple feel as if they are living in a pressure cooker.

A wedding is a most joyous occasion, yet it is also filled with stress. For couples who have been married several years, building a house can provide similar pressure.

An unhappy childhood or a failed marriage can cause stress many years after the original event. Survivors of childhood abuse often have to deal with depression as adults. The depression is caused by the pain left from childhood.

Any change or loss causes stress. A move, a job change, a divorce or a death, all make the living of a normal life more difficult.

There are some proven methods for dealing with the stresses of life.

One of these is exercise. The simplest and least expensive form of exercise is walking. All that is needed is a pair of walking shoes.

A walk in the evening after work can be a tremendous stress reliever. The worries of the day move aside as the walking relieves stress. Joining a partner for a walk may provide just the incentive needed to begin an exercise program and stick to it. (See below.)

Another helpful stress relieving technique is deep breathing. For some this requires learning to breathe in a new way. Shallow or chest breathing is not relaxing. In fact it causes more stress. In deep breathing the stomach expands on the in-hale (because the diaphragm expands

to pull in more air) and contracts on the exhale (because the diaphragm contracts to push the air out of the

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Members of the RCHS flute section "perform for the world" during Walt Disney's Magic Music Days. Pictured are Stephanie Proctor and Mourine Ramsey.

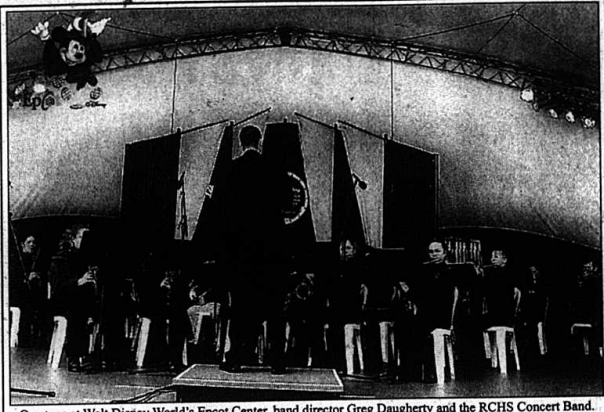


Field Commander Jonathan Baldwin and Colorguard Captain Charli Felner give their salute as they prepare to perform for The American All-Star Music Festival in Orlando.

National Day of Prayer Thursday, May 1

The Rockcastle Ministerial Association will be observing the National Day of Prayer on Thursday, May 1, 2003. They would like to invite everyone to meet at the courthouse at noon for a time of prayer and spiritual encouragement.

County Judge Executive Buzz Carlotis will be the speaker.



On stage at Walt Disney World's Epcot Center, band director Greg Daugherty and the RCHS Concert Band.

"RCHS Band"

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tunities for band programs from across the United States and several other countries. Bands must qualify through Disney's extensive audition process and then, with the help of Disney's own lighting and sound technicians, bands are provided an opportunity for a professional level performance in one of the four Disney Parks.

In addition to their performance, the RCHS band members were treated as "cast members" for a day. This included a tour of part of Epcot's back lot in which cast members dress and prepare for performances throughout the day. RCHS band students were also guided by one of Disney's own professional musicians and given background information on the life of Disney's performers as well as career opportunities available for musicians through Disney's Entertainment Division.

The RCHS Band's superior-rated performance was one which raised the bar for their level of achievement and will be remembered throughout their lives.

The RCHS Colorguard competed in the American All-Star Music Festival in Orlando as well. The group

gave an outstanding performance and was the only indoor guard from Kentucky to compete in the division that weekend. The group took second place in their division with a superior rating and was treated to a one-on-one clinic after their performance with one of the professional level adjudicators from the panel. During the clinic, RCHS Colorguard members were given performance advice

and tips on technical performance as well.

In addition to their performance and educational opportunities, RCHS Band students were treated to a visit to each of the four Walt Disney Parks, including Magic Kingdom, MGM Studios, Animal Kingdom and Epcot Center as well as a day at Universal Studios' Island of Adventure theme park.



RCHS Colorguard Captain Casey Ramsey looks on as she performs for audience members and judges of the American All-Star Music Festival held at Cypress Creek High School in Orlando, Florida.

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