The Family Room

By: Dr. Roy Don Whitehead

Real Men Face Real Depression (Part 2)

"My daily routine was shot. I didn't have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work.

The day would go by and I didn't know where it went. I wanted to get back to normal. I just wanted to be myself again." - Jimmy Brown, Firefighter

"I lost interest with the kids and doing things that we used to do. They'd ask their mother, 'Why is Daddy not getting up and not wanting to do anything with us? Did we do anything?' They didn't do anything to me. I just didn't want to do anything." - Rene Ruballo, Police Officer

"It starts slowly and the only person you're talking to is yourself. You're lost. It's dark. The pain is twenty-four seven. You just want it to end. I'd drink and I tried to numb my head, but you have to deal with it. It doesn't just go away." Patrick McCathern, First Sergeant, U.S. Air Force, Retired

(The above quotes are from the National Institute of Mental Health's web site.)

While both men and women get depressed, there are some differences in the symptoms they report. Men are more likely to be angry and/or apathetic.

Nothing interests Dad, even things he used to enjoy doing. Family squabbles occur more frequently because he is depressed. If he is abusive, the abuse will escalate in intensity and frequency.

Men are also more likely than women to self-medicate their depression with alcohol or drugs. By the time he seeks help, he may be addicted to alcohol or cocaine or whatever is his drug of choice. At this point he has two problems to solve: depression and addiction.

There are three types of depression: major depression, dysthymia and bipolar disorder. Major depression occurs in 7 percent of men and 12 percent of women.

To diagnose your own depression, ask yourself if you are feeling: sad or empty; irritable or angry, guilty or worthless, pessimistic or hopeless; tired or slowed down; restless or agitated; like no one cares about you; or like life is not worth living.

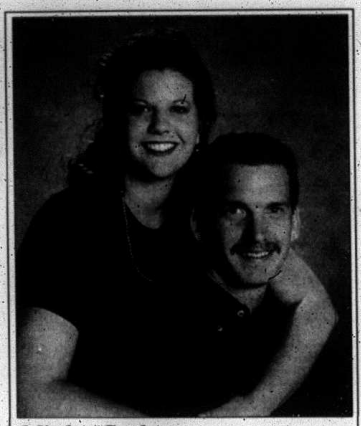
You may also: sleep more or less than usual; eat more or less than usual; have persistent headaches, stomachaches or chronic pain; have trouble concentrating, remembering things or making decisions; lose interest in work or hobbies; or lose interest in sex.

Dysthymia is mild chronic depression. While the symptoms are not disabling, they can continue for years and interfere with happiness and enjoyment of life. Persons with dysthymia may also experience episodes of major depression.

Bipolar disorder (or manic-depressive illness) causes mood changes from depressed to manic. When in the manic mood, the person may be overactive, over-talkative and have a great deal of energy. He may make unwise decisions during this time, such as unwise business decisions, romantic sprees or unsafe sex. He does not recognize normal human limits to what he can do, for example; he attempts to go without sleep for seventy-two hours and expects to function normally.

Any of these illnesses is a cause for concern. All are treatable based on what we know about their causes. A visit to the doctor or counselor is the best way to begin getting better.

Dr. Don Whitehead is a pastoral counselor who has been helping men and women deal with depression for seventeen years. You may reach him at 679-4136 or 1-877-PASTOR-8.



Mink - Cash

Ginger Mink and Curtis Cash, together with their parents, wish to announce their forthcoming marriage. Ginger is the daughter of Tommy H. and Lora Lee Mink of Mt. Vernon. Curtis is the son of Charlie and Claudinnia Cash of Brodhead.

The event will be held May 31st at 1 p.m. at the Brindle Ridge Baptist Church. No formal invitations are being sent. All family and friends are invited to attend.

Church News

Revival at Corinth Holiness

Bro. Cecil Himes will be holding revival services, Thursday and Friday, May 22 and 23 at Corinth Holiness Church on Crooked Creek at 7 o'clock nightly. Bro. Elthur Hale from Richmond, Indiana will be here on Sat. night, May 24 at 7 p.m.- Everyone welcome.

Homecoming at New Hope

There will be a New Hope Community Homecoming Saturday, May 24th at New Hope Church picnic shelter. Bring a dish and come join us.8

Ladies Retreat 2003

Bride of Christ Ministries with The singing Byrds will hold a Ladies Retreat 2003 at the Red Barn Theater in Renfro Valley May 30 and 31. Special Guest will be Dr. Carolina Curtis.

Friday, May 30, serevices will be at 11 a.m and 7 p.m. and Saturday at 10 a.m. and 2 p.m: Lunch will follow the Friday morning service. For additional retreat or motel information, call 859-854-5900 or 859-854-6582.

Gospel Singing

There will be a Gospel Singing at Sand Springs Baptist Church Saturday, May 31 at 6 p.m. Featured will be the Gospel Harmony and Bro. James Adkins, all from LaFollette, Tennessee. Everyone welcome.

Benefit Singing

There will be a Benefit Singing for the Vester McGuire family at Brush Creek Holiness Church on Saturday, May 24, beginning at 7 p.m. Featured will be Behind the Cross. All other singers and the public are invited and welcome.

Upcoming Reunions

The Masons' Day

The Masons' Day will be held at the Flat Rock Baptist Church Fellowship Center at 1004 Maple Grove Road at Orlando all day on Saturday, May 24, 2003.

To all Masons:

The Masons have set a date for a Family Celebration Day with an all day dinner. You will be the celebrity and you might want to bring something good to eat. If you do, bring it on.

The children of William "Bill" Mason and Amelia Barrett Mason were all born in Orlando, Ky. So, if you are a descendant of Henry R. Mason, Myrtle Mason Burnett, George M. Mason, Hazel Mason Clark, Lena Mason Peters, Walter Lee Mason, Charlie Mason, Lillie Mason Halcomb or Floyd Mason, you are one of us.

We have two quotations for you. Ford Brothers say, "Mark Your Calendar," and our dad, George Mason's saying was, "Whosoever will, let them come." If you want to be a Mason for a day, come on.

So, Franklin D. Mason, Mary Ann Mason Vanzant, Leon Mason and George Mason, Jr. say "Mark Your Calendars," and "Whosoever will, let them come."

Please write to: Mason's Day, PO Box 683, Mt. Vernon, Ky. 40456 and let us know if you plan to be here.

God Bless you and yours and God Bless the Masons' Day with your being here.

Ambres Reunion

The Ambres Family Reunion will be held Sunday, June 1st at the home of Roxie Childress on Scaffold Cane Road. We will eat about 1 p.m. Come and bring a covered dish. All family and friends invited.

Kirby Reunion

The Kirby Family invites all family and friends to the home of Loretta Thomas in Orlando for the Third Annual Family and Friends Get Together on May 25th (barring bad weather). The celebration will begin at noon and will last all day. There will be plenty of food, including BBQ pork and fried turkey. If you can, please bring your favorite covered dish for everyone to enjoy. There will be plenty of music, bring your instruments and join the fun! Please help make this year's get together the biggest yet.

Barnett-Thomas Family Reunion

The children and grandchildren of the late Conrad and Mary Barnett Thomas would like to invite you to come and be with us for a family pot-luck dinner.

It will be held at the Christian Life Shelter, located about 2 miles north of Renfro Valley on North Hwy. 25 on May 25, 2003, 10 a.m. to ?? Please bring any family photos (especially oldet ones) to share and help compile a family scrapbook.

Hope to see you there for food, family and fun.

For more information, call Ethel Ornduff, 606-843-7388 or 843-6353.

Alexander Reunion

The 8th annual Alexander Reunion will be held May 25, 2003. All descendants and friends of Alford Alexander, Eliza Kirby Alexander or Lucy Hamilton Alexander Deborde are welcome.

The reunion will be held on Hwy. 1326 at the Rockcastle County Saddle Club Clubhouse. Bring a covered dish and your family for a day of family fellowship and fun.

Hope to see everyone there. If you have questions, you can contact Jewell Davidson, 256-2693 or Ann Carey, 931-277-3753.

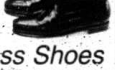
Lear Reunion

The Lear Reunion will be held Sunday, May 25th at Doug and Billie Sue Lear's home in Brodhead.

All friends and relatives are invied.

Everyone bring a dish. Dinner around 1 p.m.

Stepping Out For Spring...



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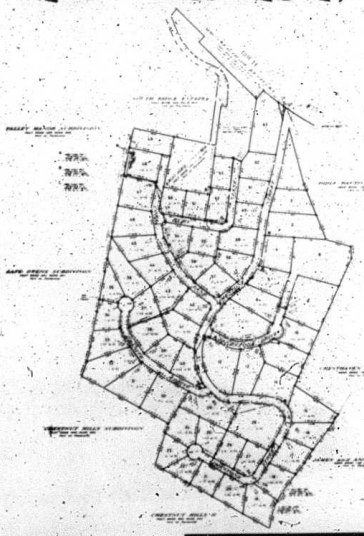

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* Paved Streets
* Great Views
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Paved Streets

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