



By Dr. Roy Don Whithead

Does Crying Help?

There are two kinds of crying: productive and non-productive. Productive crying produces an improved mood. The one who cries feels some relief, as if a burden has been lifted. Non-productive crying does not help the person feel any better.

"I have been crying for three days," Jean told me, "and I don't feel any better. In fact I feel worse than I did. Usually I feel better after I cry. What is wrong?" (All characters in today's column are fictitious.)

Non-productive crying is the crying that depression produces. When a person cries but does not feel better, depression may be involved. A visit to her physician and some antidepressant medication helped Jean to feel better. "Now when I have a good cry, it helps!" she told me excitedly.

Productive crying is a precious gift. It is God's way of helping him deal with feelings, especially pain and hurt. Tears help to release the feelings that are pent up inside. Since these pent up feelings can cause depression, crying is a way to avoid becoming depressed.

Males often have a difficult time expressing hurt. This is because of what they learned as children. Phil was going through a divorce. His wife had left him for another man and had taken their two children. He could only see his children once a week, and it was killing him, but he could not cry.

As we explored the problem in counseling, he explained, "I told me that I was a sissy if I cried. I never saw my dad cry, ever, not even when his mother died. I don't understand how he could keep from it. I learned from him that I had to be strong, and being strong means not crying."

Other men have had similar experiences to Phil's. Being told that "big boys don't cry" and being called a "crybaby" teach young men to hold in those feelings of hurt. As adults they may have a difficult time letting tears flow, when actually they would feel better if they could cry.

While men are often told not to cry, the expression of anger is seen as a manly thing to do. This tendency, and the curious, and often dangerous, phenomenon whereby a male expresses his hurt by showing anger. The boy who was physically abused by his father and terribly hurt in the process may become an abuser, who deals with his hurt the only way he knows how: by becoming angry. Females may also find their tear

ducts blocked at times. Sarah had turned off all her feelings. After a childhood of physical and sexual abuse, she had no feelings. When her son died in a car wreck, she did not cry. "I don't even feel like crying," she told a friend. "Do you think there is something wrong with me?" Sarah became more and more depressed in the months following the death of her son, eventually being hospitalized after a suicide attempt.

Tear ducts serve a dual purpose: they lubricate the eyes plus they provide release from emotional pressure. I hope your tear ducts are in good working order.

As pastoral counselor Dr. Whitehead has counseled individuals and families since 1983. He helps individuals "suffering from depression and anxiety, as well as counseling couples and families who are having problems.

You may contact him at 679-4134 or 1-877-PASTOR-8.

Extension classes

A Pinwheel Ornament class will be taught by Lena Frazier-Howard. Clay Co. ECS center, at 10:00 a.m. on July 16, at the Extension Office, followed by Main Dish Mania, by Hazel Jackson at 11:30 a.m. Call 256-2403 for supply list.

July 18, 1:00 p.m., Scrapbooking & Greeting Card Rubber Stamping Basics, will be taught by Kim McFarrell. Call the Extension Office for details and to register.

A Christmas Beaded Bracelet class will be held on July 24 at 6:30 p.m. at the Extension Office. There will be a cost of \$3. Call 256-2403 to register.

Learn to weave a chair bottom or footstool using men's ties on July 25, 10:00 a.m. - 2:00 p.m. at the Extension Office. Class is limited and registration is required. Call 256-2403 for details.

A "Free Form Star Quilt" will be taught at the Extension Office on July 28, 10:00 a.m. - 2:00 p.m. (less is limited. Registration required. Call 256-2403 to register and for supply list.

On July 31, Flower Pounding and 3-D Christmas Cards will be taught at the Extension Office beginning at 9:00 a.m. Call 256-2403 for details and to register.

"Carloftis"

Cont. from Front

Carloftis was also kind enough to create and donate the table centerpiece that were auctioned off.

Those making the highest bids also received a signed copy of the latest issue of Country Garden magazine in which Carloftis is featured and had their picture made with the famed garden designer.

Carloftis is considered an expert on container gardening. He specializes in rooftop gardens, balconies and courtyards.

His designs have been featured in House Beautiful, Country Home, The New York Times, Country Living, Gardener, just to name a few.

The Patriot Arts League is made up of volunteers from Barboursville, Corbin, London and Williamsburg. The group is dedicated to sharing the arts with the people of the area.

The next Patriots Arts League sponsored event will take place Thursday, September 11. The Lexington Philharmonic will perform an outdoor concert featuring patriotic music.

"Mr. Carter"

Cont. from Front

the development of the old theatre property on Main Street in Mt. Vernon, a trailer park at Town Branch, and the development of lots in Elmwood Cemetery.

Mr. Carter was also involved in buying/selling real estate and developed subdivisions including Carter Drive, behind Town Hill Apartment, the Orlando Subdivision, Happy Acres, Evergreen Estates, Green Acres, Sunset Place, Rolling Hills and Rainbow Ridge.

He also developed the new site for Rockcastle County High School, along with other investors and developed the subdivision and commercial property where the new Northside Baptist Church is located (Faith Mountain). He also donated land for the city water tower on Faith Mountain Road.

A complete obituary appears in this week's Signal on page

"Body"

Cont. from Front

Taylor's body was identified in part by the name on a denture and she had been in the penitentiary herself, according to Lane.

Taylor's body was found by two local runners, Dr. Lee Cain and local attorney Willis G. Coffey, as they turn their weekly Sunday morning run along Hummel Road.

S.C.U.B.A.

(Super Cool Undersea Bible Adventure)

First Christian Church

160 W. Main St. • Mt. Vernon

July 21-25

Dive Times are

6:00 to 8:30 p.m.

For more information, a registration form or if you need a ride, contact Jamie Bryant at 606-256-2876 or 606-758-4554.

Join us for the SCUBA VBS Kickoff Cookout

Sunday, June 22nd at 6 p.m., at the church.

Adult Bible Classes Available

Gospel Singing

There will be a gospel singing to benefit Relay for Life on July 26 at 6 p.m.

For more information; call 256-2878 or 256-7704.

Luminary Order Form

Minimum donation of \$5 per luminary

In Memory	In Honor	Name
☐	☐	Of
☐	☐	Of
☐	☐	Of
☐	☐	Of

Your Name

Address

City/State/Zip

Phone

Please mail this form and donation to:

Relay For Life

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Mt Vernon, KY 40456

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Check

Cash

Please make checks payable to the American Cancer Society.

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'02 Ford Taurus Traction control, alloys, loaded

'00 Chev Lumina All power, 50K miles

— WAS \$10,990 NOW \$8,990 or \$148⁰⁰/mo. buys

— WAS \$8,990 NOW \$6,990 or \$105⁰⁰/mo. buys

'01 Monte Carlo Moon roof, alloys, CD, spoiler, 16K miles

'00 Neon 4 dr., auto, spoiler, 40K miles, loaded

— WAS \$13,990 NOW \$12,990 or \$230⁰⁰/mo. buys

— WAS \$7,990 NOW \$6,990 or \$105⁰⁰/mo. buys

'01 Silverado LS 4x4, 5.3 V-8, 32K miles, all the buttons, single cab, long bed

'01 Dodge Intrepid Has all features including spoiler

— WAS \$17,990 NOW \$16,990 or \$314⁰⁰/mo. buys

— WAS \$9,990 NOW \$7,990 or \$126⁰⁰/mo. buys

'00 Ford Explorer 4 dr., 4x4, deluxe interior, like new

'99 Chev Camaro All the buttons, 37K miles

— WAS \$12,990 NOW \$10,990 or \$188⁰⁰/mo. buys

— WAS \$10,990 NOW \$8,990 or \$148⁰⁰/mo. buys

'02 Olds Alero 4 dr., spoiler, alloys, all power

'00 Chev Cavalier 2 dr., auto, spoiler, 34K miles, loaded

— WAS \$11,990 NOW \$9,990 or \$167⁰⁰/mo. buys

— WAS \$8,450 NOW \$6,990 or \$105⁰⁰/mo. buys

'00 Chev S-10 X-cab, V-6, auto, 50K miles

'00 Dodge Caravan SE Sport alloys, 4 dr., V-6, all pwr, 47K miles

— WAS \$9,990 NOW \$8,990 or \$147⁰⁰/mo. buys

— WAS \$12,990 NOW \$11,990 or \$209⁰⁰/mo. buys

The 12 above units have been fully serviced & detailed & are ready for immediate delivery. Bring copy of ad for special sale! * Above payments are figured with your trade equity of \$2,000 or \$2,000 cash down with bank approval.

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