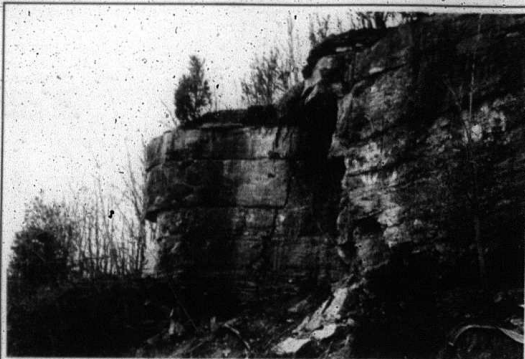




Following Monday night's rock fall which knocked out water service to customers south of the break, another section of rock fell. Service was expected to be restored Wednesday, at least temporarily. The above photo shows a large crack in a section also overhanging the highway.



The Family Room

By: Dr. Roy Don Whitehead

Why do Men and Women Cheat?

George had a problem. (All characters are fictitious.) His wife had kicked him out of the house (almost literally), and he was living in a dingy, one-bedroom apartment. His wife told him he could not come home until he got help, so he reluctantly came for counseling.

"I don't think I'm such a bad guy, and I don't think I need counseling," he told me. "I don't have any more problems than anybody else."

It took George a long time to tell me why his wife had asked him to leave. He had trouble admitting that he had done something wrong. Finally, he said, "I got friendly with this lady at work, and my wife got jealous. We were just friends, but my wife thought it was more than that."

It took another two or three sessions for George to tell the truth about his relationship to the woman at work. "We did have sex," he confessed, "but only once. I was trying to break up with her when my wife found out."

After several more sessions George gave up his denial and was willing to level with me. He confessed to four affairs over the last ten years. He began his first affair two months after his wedding.

George still tried to minimize the problem by saying, "I guess I'm just

like other men, huh? Every guy messes around on his wife once-in-awhile."

"That's not true, George," I told him. "Not every husband has had an affair. You have a problem with your sexual behavior. You may have a sexual addiction. It is possible to be addicted to sex just as one can be addicted to alcohol or nicotine."

Peter Carnes in his book *Out of the Shadows* identifies three levels of sexual addiction. Level three, the deepest, involves child molestation, incest or rape. Level two means exhibitionism, indecent phone calls and voyeurism (peeping Toms). Level one involves using pornography, visiting prostitutes or having affairs.

Carnes also points out the effects of childhood on the development of addictions. George's father had been an alcoholic who was seldom at home. George grew up in the company of his mother and two sisters. The addictive behavior of his father probably contributed to George's development of his own addiction.

"But I work hard and support my family," George explained. "I'm entitled to some good times if I want them." George used his work as a justification for the affairs. "I've worked hard and I'm entitled to this," was his motto.

As with many addicts, George had a difficult time acknowledging that he had a problem. He denied and denied until he finally attended a few meetings of Sex Addicts Anonymous, a self-help group modeled on Alcoholics Anonymous.

The men in that group confronted George about his behavior. "If you've had four affairs," they told him, "then you have a problem."

Addicts will risk almost anything to feed their addictions. Men and

women who are addicted to sex will risk family, job and reputation in seeking to satisfy their drive for sex. Sexual indiscretions by prominent people make the news regularly. The sensationalism of the stories often obscures the fact that some of these people have a sexual addiction. They need treatment.

"Santa"

(Cont. from front)

County.

For the first time in many years, Santa has asked the Mayor's permission to set up a little house in downtown Mt. Vernon. He told the Mayor that he wants to spend time prior to Christmas visiting with the youth of the county. He said to remind every one that Christmas is about the children. He also asked to be a part of any events, which might be planned prior to Christmas.

The Mayor invited Santa to take part in the annual tree lighting ceremony on the evening of November 28th. Unfortunately, Santa will not be able to make it into town for the annual event in Triangle Park. But he did advise the Mayor that his wife Mrs. Claus and some of his elves

would be in town that weekend preparing their house for his arrival and that they would be happy to take part in the tree lighting ceremony.

It seems that Santa received a wish from some of his older children of the county. They need his help to raise money to support their Senior Citizen Center in Mt. Vernon. And as a result of that wish, Santa has asked the Mayor to invite the children of the county to "An Evening with the Claus's" on Friday, December 5th. This event will take place at the Senior Citizen Center in Mt. Vernon. At this event, Santa and Mrs. Claus will serve ice cream and cookies, read stories, and allow the children to paint ornaments with his

elves. He will also draw the name of one lucky child that will get to ride with him and Mrs. Claus in the Christmas Parade.

Santa, Mrs. Claus and their elves will take part in the annual Christmas Parade on Saturday, December 6th in downtown Mt. Vernon. Santa has suggested that the city return to its roots and do a Christmas parade which reflects the past. Santa has encouraged the Mayor to invite as many organizations as possible to participate. He especially encourages all the youth clubs at the high school and middle school to prepare something for the parade and to participate as well.

The annual parade will start at 1

PM on December 6th and will form at the Mt. Vernon Elementary school at noon on that date. Anyone interested in participating in the annual Christmas Parade needs to contact Phyllis Deatherage at Mt. Vernon City Hall at 256-3437. Any soldiers who have served in the Iraq conflict is also asked to contact Phyllis.

The Mayor and members of the Kiwanis Club and Renaissance Committee will provide more information regarding Santa's arrival, his stay in Mt. Vernon, and the annual tree lighting ceremony in next week's *Mt. Vernon Signal*.

This could be a very special Christmas in Rockcastle County. Wouldn't you agree?

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