

Holiday Time Management: Ways to Enrich Your Experience

By Hans Jackson
Rockcastle Cooperative Extension Service
Agent for Family and Consumer Sciences



Look around you—what do you see? People are rushing around getting ready for the holidays. It's all too easy to get yourself stuck in the same old stressful cycle year after year. Many of us, it seems, fail to recognize this self-destructive pattern and come to dread the holidays. Perhaps this feeling is, in part, due to a lack of conscious thought about what the holiday season really means to us. If we can take this into better able to spend time doing what we really think is important. Take time to decide what the purpose of the holiday season really is for your family. All you need to do is pause for a moment and look inside yourself. Define the holidays in any way that is meaningful to you. Create your own traditions that exemplify your values.

Next, write down your holiday goals. What do I want to accomplish this holiday season? Help those in need? Spend more time with family and friends? Teach the kids what the season is really about? Spend more or less money than last year? How many times in the past did you say "I wish I did this or that" instead of what you ended up doing. Writing down your goals will help you spend your time and money more wisely this holiday season.

Once you have your goals written down, you can then develop a plan of action. It is usually wise to pull out a calendar and write down the things that need to be done and when you plan to do them. Be sure to leave plenty of blank space, because you never know all the unexpected events that tend to pop up, you also need plenty of down time when you can relax and recharge your batteries.

If one of your goals during the holiday season is to teach your children that we are all part of a larger community and that how we spend our time reflects this thought, here are a few tips:

Most organizations need

volunteers just as much, if not more, than they need money during the holiday season. Call an organization that interests you and see what you and your family can do to help out.

*During and right after the holiday season is the most difficult time for about all individuals who are not with loved ones. Levels of depression and suicide rise alarmingly during this time. This is especially true if someone has lost a loved one or has experienced other stressful events such as a divorce or the loss of a job. If you know someone who's away from home or has no family, invite him or her over to celebrate with you during the holidays.

*The holiday season is a good time to go through your closets and the rest of your house to see what you no longer need. Make sure the items are still in good condition or good working order. Check with local charities to find the most appropriate one for the various items you would like to donate.

For more information contact the Rockcastle County Cooperative Extension Service at 256-2403. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.



Above, Homer Brown Road before the new bridge. Below is the new bridge.



Short history of Homer Brown Rd.

By Jean Brown Towery

My mother, Patty Hayes Brown, was born in 1908 on the farm in Rockcastle County where I now live. Her father, James Hayes, was the son of the owner of approximately 300 acres of land, known as the Hayes Farm. Rockcastle Creek runs at the front and side of this property. My mother and her sister walked to school up the hill (across U.S. 25 and CSX Railroad now) approximately two and a half miles from home. The school term was much shorter then, starting in July and out by Christmas to avoid winter weather.

My father, Elden Brown bought this farm from the Hayes heirs after he married my mother. He built a house there where we lived for many years. I am the oldest child, Jean Brown Towery. My two brothers are Lonnie Brown and my deceased brother, Homer Brown. My brothers and I also had to walk to school. The school we attended was the Hayes Grove one-room school. To get there, we had to walk across 8 foot log when the water was up. This school was still in use until consolidation occurred and school buses started running in the 1940s.

During the Depression, my father worked on the L&N Railroad as a welder in northern Kentucky and came home every week end. During the week, he kept his car in a garage he rented in Berea and then came home on Friday nights and went back to work on Sunday evenings.

When the water was up in the creek and he couldn't get out with a car, he would walk to Widdie and catch the northbound train there. The train numbers were 29 and 30. The southbound train was a night train, stopping only in Berea on Friday nights.

The road, now called Grace Baptist Church Road, was the county road back then. I don't remember anything but wagons and horses ever traveling that road. My dad tried to get help from the county to improve the road, but they were not connected. When my dad was unable to get help, he decided to build a bridge himself.

World War II was going strong by then and materials were expensive and hard to get. Cement and steel were particularly hard to find. Over a period of time, my dad gradually stockpiled enough cement to build the bridge, and for reinforcement inside the abutments; he used two Model A chassis. The two men who helped him build the bridge were Cecil Daley and Gobel Hayes. There was no cement mixer and everything was done by hand.

Although my dad had no formal training, and only completed the third grade, I have always believed that he had a great deal of talent and possible engineering skill to have built a hand-made bridge that stood for over sixty years and would probably have stood another sixty if a wider bridge had.

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Words of Hope

It is the holiday shopping season again. The time has come to begin searching for those special gifts to give to the ones you love. Remember the things that money can buy only last for a season. 1 Corinthians 13:13 declares, "And now these three remain: faith, hope, and love." But the greatest of these is love. Give a gift that lasts: the example of faithfulness, hope, and a loving personality.

—A message of hope from your friends at
Mt. Vernon Pentecostal Church

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Sounds of the Season

Christmas Concert - December 8th
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Refreshments served from 6:15 - 6:45 p.m.

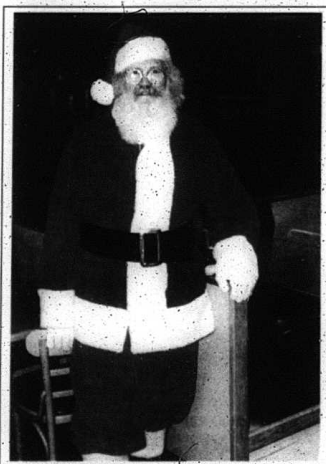


Brodhead Christmas Parade

Santa Claus is coming to Brodhead on
December 6 • 3 p.m.
All floats, ATV's, Motorcycles,
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