

The Family Room

By: Dr. Roy Don Whitehead

When I told Judy that she was addicted, she was surprised to say the least. (All characters are fictitious.) "I've never taken a drink or smoked dope in my life!" she protested. "I don't drink coffee or smoke cigarettes."

"What do you mean I am addicted?"

"You are addicted to relationships," I explained to her. "You think you can't function unless you are in a relationship with a man. When you get out of one relationship, you move quickly into another. What is the longest you've ever gone without having a boyfriend?"

"About six weeks, I guess," Judy replied. "For a woman who's over 30, that's not very long, is it?"

Judy is not the only person who suffers from relationship addiction. Here are some clues to let you know if you might be addicted to relationships:

1. Waiting, hoping, longing for another person to change; show up, call, invite me, answer my letter, etc.

2. Doing anything to please the other person and/or to keep the relationship, such as losing weight, spending extra money, dressing seductively.

3. Doing anything with another person that takes me out of my integrity with myself, such as having sex when I don't want to, giving up friends and/or activities, giving in to the other to end an argument even when I know I'm right.

4. Wanting to be special, believing that our relationship is different or unique.

5. Saying "I don't care" or "I don't

have an opinion" or "It doesn't matter" when asked about my preference. These are times I quit thinking for myself.

6. Being with someone when I don't want to be or being with a person longer than I want to be or when it is no longer fun. Not admitting the relationship is over when it is.

7. Letting another take responsibility for me. Abdicating my responsibility for myself.

8. Wanting to be taken care of. Counting on another to take care of my needs. "I want my mommy."

9. Wanting to be like another person.

10. Being afraid I will miss something if I don't go along with what another person wants to do.

11. Putting another up on a pedestal, thinking he or she can do no wrong.

12. Saying "no" when I mean "yes," or vice versa.

13. Believing I can help another person "see the light" and become less violent, learn to trust, stop drinking, etc.

14. Using another person to control my addictions or undesirable behavior.

15. Believing that if we really love each other, we can work it out, if we just try hard enough and long enough.

16. Continuing to try to "connect" with someone with whom I simply cannot connect.

17. Trying to figure out what is going on in a relationship, feeling confused.

For Judy this list helped her see that she had a relationship addiction. Does it tell you anything about you?



Mt. Vernon Lions Club president David DeBoard, left and newest Lions Club member Steve Still (top photo) finished off selling raffle tickets for a 52 inch T.V. at the basketball game between RCHS and OBL. At half-time of the game, Vice District Gov. Cledith Thacker assisted cheerleader Mercedes Burdette in drawing the winning ticket (bottom photo).



Give your stove a rest this holiday season

Did Thanksgiving leave you burned out on cooking? Can't fathom the idea of slaving over a hot stove to make a big meal once again in just a few weeks?

"Once Thanksgiving is over, people want nothing more than to take a break from cooking for a while," says Julie Rodwell, contributing editor of THE COMPLETE BOOK OF RAW FOOD (Hatherleigh Press, \$25.00). "Unfortunately, this can mean they focus less on balanced meals and eat more unhealthy snacks and tempting holiday treats." To fight this cooking fatigue, Rodwell and the book's editor, Lori Baird, suggest trying a new trend this holiday season: raw food.

"The holiday season, when people cook for a crowd, is the one time of year when we realize how small our ovens are," says Baird. "Incorporating more foods that don't need cooking or baking can make the season a lot less stressful." In addition, focusing more on healthy, natural ingredients can be a great way to counteract holiday temptation. "There are many healthy recipes out there that replicate the flavor and satisfaction you get from foods that may not be so good for you," explains Rodwell.

Raw foodists, who believe that heating foods above 115 degrees kills essential nutrients, are great at making healthier versions of traditional dishes. Though they eat a fully vegetarian and dairy-free diet, the book's

chefs have found delicious ways to replicate many traditional favorites, such as broccoli with cheddar sauce, lasagna, and apple pie—all without cooking or baking.

The recipe below, for example, is a raw gourmet version of a tasty, but relatively unhealthy, treat: strawberry shortcake. "People who aren't raw foodists—or even vegetarians—should find this recipe a great complement to a holiday meal," says Baird. "The best part is, it takes literally five minutes to make—and it doesn't tie up a valuable space in your oven!"

Five Minute Raw Berry Shortcake
By Sergei and Valya Boutenko
Serves 8
(Excerpted from THE COMPLETE BOOK OF RAW FOOD)

Ingredients:
For the Crust:
2 cups almonds
1/2 cup honey
For the topping:
1 cup walnuts
1/4 cup honey
2 tablespoons fresh coconut butter (optional)
sliced strawberries for garnish
Directions:

To make the crust, blend the almonds and honey until finely chopped. Spoon into a serving dish and pack down well. To make the topping, blend the walnuts and fresh coconut butter (if using) until smooth. Decorate with sliced strawberries.

The Winner...



The winner of the 52 inch big screen T.V. was Faye Rucker. DeBoard and Still are shown presenting Ms. Rucker with her new TV. Pres. DeBoard would like to say thank you to who purchased tickets for the T.V. All proceeds will go to RCHS band members for band camp.

"From Long Ago"

(Cont. from A6)

Crawfordsville, Ind. after a two weeks stay. "The little daughter of Wm. Owens is very sick at this issue." "There will be services at Providence Sunday conducted by Rev. John Elder." Elder and Owens will teach a singing school at Rose Hill. David Elder will have a telephone put in his home soon. Johnson and Burk are doing a splendid business with their sawmill. Earnie Herrin has returned home from Berea. "Most of the farmers will soon be uttering the

gee haw in turning the sod, and will soon, if the weather permits, plant corn." "Wheat crops are looking fine in this section." "Old Aunt Margaret Reynolds still remains very feeble." P. O. Griffin is on the mend. "A. E. Proctor will be found smiling behind the counter at J. M. Reynolds store." David Proctor will take charge of an exchange office soon. "E. A. Todd still remains a candidate for matrimony." Sam Proctor spent Sunday at Level Green. John Stringer Jr. has given up his lucrative position and will probably go into the mercantile business. "J. W. Proctor, the hustling merchant is doing a splendid business."

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City of Mt. Vernon Mayor Clarice Kirby and staff would like to thank the following persons, business groups, etc. for candy donations to the Renaissance Kentucky program and for making the 2003 City of Mt. Vernon "Christmas Reflections" parade a success:

United Nations Military Group Marshals Amber Elin, Dallas Rigby and Veteran Floyd Baker; Mitchell and Sandra Prater from Country Sams Furniture for furnishing Santa a workshop building, rocking chairs, and also delivering the workshop and setting it up free of charge; Bugler Harold Burdette for playing "Taps" during the parade to honor the military; Chris Kirby and Mary Ann Childress for the parade lineup; Willetta Owens, A. Check Advance, Alberta Lawless, Aletha Flowers, all four-wheelers, motorcycles, all horseback riders, all parents of the youth participating in the parade and entertainment, Amber Thacker, Beth Pulliam, Bible Baptist Church's Choir, Big Hill Holiness Church, Billy and Shirley Cummins, Bob Bradley, Bradley's Barber Shop, Brandon Falin, Brindle Ridge Fire Dept., Broadhead Fire Dept., Brooms by Chris Robbins, Buddy Cox, Lawrence Bullock, Calvary Apostolic Lighthouse Church, Carquest, Central Baptist Church, Christopher Bishop, Cigdy Noe, Citizens Bank, City Hall staff, City of Mt. Vernon Water Dept., City of Mt. Vernon Police Dept., Police Chief Jerry Jackson, sewer and water plant staff, Community Trust Bank, Connie Graham, Connie Hunt Peterson, Tonya Cook, Corey Craig, Courtney Alexander, Cox Funeral Home, Cub Scout Pack 263, D&S Computers, Daisy Troop 276, Daisy Troop MVES, Dale and Laverne Winstead, David Brummett Renfro Valley EC Director of Special Events, David Lindsay, David Owens, David Rose, Don and Sue Long in the "Prowler" vehicle, Donna Hopkins Ky. Tech Rockcastle Director, Donna Statton, Donnie Singleton, Dowell and Martin Funeral Home, Elizabeth Sealf, Erika Kirby, Fast Pace Computer Printing, First Baptist Church, First Christian Church, Fred and Thelma Mullins, Gaylen Settles, Gertha and Gary Mink, Greg Daugherty RCHS Band Dir., Health Occupation Students of America, Heritage Crafts, Holly Brown, HOSA Director Rhonda Childers, Howard Haddix, Jack Bradley, James and Dee Ann Miller for candy donation and speaker system, Jacob Stewart's family, Jenny Burdette, RCHS Marching Band, RCHS ROTC Color Guard, RCHS ROTC members, RCHS ROTC Sgt. Major Graves, RCHS ROTC Sgt. Major Taylor, Rebecca Renner, Renaissance Ky. Committee, Renfro Valley Ent. Center, Renfro Valley Hall of Fame, Richmond Street Eycare, Robbie Lawson, Rockcastle Co. Detention Ctr. and workcrew, Rockcastle Co. Dev. Board, Rockcastle Kiwanis Club, Rockcastle Library, Rockcastle Middle School, Rockcastle Sheriff's Dept., Rockcastle Young Republicans, Roxanne Hammond, RTEC, Rural Fire Dept., Spandy Whitaker, Senior Citizens staff and volunteers, Shawn Burdette, Sheila McQuary, Sheriff Darrell Don, Sherry Mowbray, Singleton and Associates, Skaggs Creek Baptist Church, Smokey the Bear, Sonya Parker, Sparks Flowers and Moore, Spencer Childress, Susan Laws, Teresa Vanzant, Terry Renner, Tim Young, Travis Burton, Trina Bustle and ECU Leadership Trng. Group, Troy Hamel, VICA opening/closing team, Vicky Chasteen, Wayne Combs, William Hines, Young's Pharmacy.

If anyone was left out on this list, we apologize. We thank each and every person who participated in the City of Mt. Vernon's parade and Holiday Events.

Merry CHRISTMAS and Happy New Year from Touch of Class Hair Design



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May the spirit of God be with you through the holidays



With thoughts of thanks and appreciation for your loyal support.

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