

Hodge living his lifelong dream

Office James Scott Hodge, born in Hamilton, Ohio and raised in Mt. Vernon, has always had a love for animals. They've always been a part of his life.

After graduating from Rockcastle Co. High in 1989, Hodge mapped out a course for a career in the military. He always envisioned himself working with military police as a dog handler. It was something he had always been interested in and the one career dream that had outlasted all the rest.

Unfortunately, Uncle Sam had other plans sending him instead in a deployable unit traveling the world to Panama twice, to Saudi Arabia, Cuba and other areas. During his military stint, fate intervened in Hodge's life in a way he could not have imagined, but such a way that set a series of events in motion to bring him full circle to the place he always wanted to be.

While stationed at Fort McClellan, Hodge met and married Delane Tranthan of Jacksonville, AL.

The Hodge's opted to start their life close to her family. They bought a house in Cihoun Co.

Little did Hodge know that he took one giant step closer to the destination when he joined the Jacksonville Police Dept. six years ago.

"It was basically what I had done in the Army," explained Hodge, "it

gave me a chance to help others and make a difference in their lives."

"When Chief Thompson asked me if I wanted to work with a drug dog, I jumped at the chance. This was after all the one thing I had always wanted to do. It was what I felt most comfortable doing," he added.

On July 21st, Hodge traveled to Auburn McClellan airport to attend orientation and training. He was there for a month working at first with all the animals and then more and more with a special dog—Tigger.

Tigger, the dog placed with Hodge and approved as the community drug cleaner, was so named because when he was little he bounced around on his hind legs and tail like his namesake on Winnie the Pooh. Tigger is certified to sniff most drug products.

Tigger lives fulltime with Hodge, his wife Delane and son Bradden, now 2 1/2. They have a specially equipped car to ride in and is treated to only the best food and supplies compliments of the City of Jacksonville, AL.

"We want to make sure that he is always ready to do his job at a moment's notice," explained Hodge. "The culmination of the dream has been every bit as good as expected," he added. "It has really been interesting and I am looking forward to helping Tigger, help me stamp out drugs around town."



Officer James Scott Hodge has partnered with Tigger in the fight against drugs.

The Internet can be dangerous to your marital health. Here are some couples who are having that problem. (All characters are fictitious.)

Couple #1: "I've made a terrible mistake," Joe told me. "I started talking to this girl on the Internet, and then we met just to talk some more. I'm afraid it went a lot further than just talking. I told my wife and now she wants a divorce."

Couple #2: "All I do is surf the web," Ken said. "I'm not hurting anybody. I don't see why she gets so upset."

"I get so upset because that is ALL you do," his wife angrily remarked.

"You come home, eat supper and head straight for the computer. The kids and I would like to see you once in awhile too!"

Couple #3: "I know he is looking at pornography on the computer," Alice said sadly. "We have no sexual relationship and yet he is looking at those women. He stays up until 2:00 or 3:00 every morning and he won't even talk to me about it. He just gets defensive when I say anything."

Couple #4: "I met him in an Internet chat room," Sharon explained. "When we met in person, I thought he was great. But in the last three weeks he has hit me four times. Now I can't get rid of him!"

The Internet opens the door to a wealth of possibilities. Information that once required a trip to the library is now available online. Exploring that world can be a growing experience, and not everyone who spends time on the computer is an addict. There are however some dangers.

Internet addiction can happen on any one of several levels. First, there is the addiction to the world of web surfing and chat rooms. Both men and women have spent hours in front of the computer screen checking out

web sites, playing games or talking to other people. This addiction may have no sexual context at all. It means sitting in front of the computer screen in a trance, ignoring the real world.

While this does not involve physical contact with another person, it can be harmful to the marriage. The hours spent on the computer are hours not spent with family. Arguments ensue when the spouse who is ignored begins to speak up.

Second, there is the interaction between sexual addiction and the Internet.

While it is true that the Internet brings many wonderful things into the living room, it also brings pornography. Where once the porn addict had to go to a store and buy his material, he can now go online and find a sexual wonderland at his fingertips. Porn web sites are the most lucrative business on the Internet and run the gamut from mild to illegal.

Some of the content is free and some requires payment. For the addict their availability can make them nearly irresistible.

Third, there are Internet affairs, some of which involve meeting in person.

The sexual talk in the chat rooms or the personal diaries to a "sex cret pal" breaches the trust of the marital relationship. These online romances can be harmful to the marriage even if the two people never meet. Sometimes they do decide to meet in person, and this is not only dangerous but is a violation of the marriage.

If you recognize that you have a problem with the Internet, find a counselor who can help you unhook before your marriage is irreparably damaged.

Holiday recipes to help accommodate many on restricted dietary plans

Entertaining friends and family on restricted or specific diets can be a challenge, particularly during the holidays. Yet, as 6-7% percent of the American population has a diagnosed food allergy and 1 in 3 Americans modify their diet due to a suspected food allergy (Source: Food Allergy and Anaphylaxis Network), it's an issue many people will face this holiday season. Many of the traditional holiday staples such as wheat, gluten, nuts, dairy and eggs, are among the ingredients that people are most commonly allergic to (Source: Food and Drug Administration).

While many are skeptical that traditional holiday foods can still be delicious and enjoyable without the customary ingredients, Enjoy Life Foods' and has recipes that even people not on restricted diets will want to eat.

The recipes use some of Enjoy Life Foods' products, which are made in a dedicated gluten- and nut-free facility to prevent the risk of cross-contamination. The products are made with all-natural ingredients, and are certified kosher and vegetarian. Just as important, they taste great.

For a recipe straight from mom, try this traditional apple crisp, using Enjoy Life Foods' granola as a crust: Mama Joy's Allergen-Free Apple Pie For Crust:

- 2 cups Enjoy Life Foods cinnamon crunch granola
- 2 Tbs tapioca or rice flour
- 1 Tbs brown sugar
- 3 Tbs butter, margarine or safflower oil
- dash salt (optional)

Grind granola in food processor or blender until fine.

Add remaining crust ingredients and process until well blended.

Press crust into greased 8 or 9" pie plate. Bake in oven at 350 for 5-10 min until golden-brown.

For Filling:

- 6 cups granola smith apples, peeled, cored and sliced thinly
- 2 Tbs butter, margarine and safflower oil
- 2 Tbs brown sugar
- 1 Tbs lemon juice
- 1 1/2 Tbs instant tapioca
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp vanilla
- 1/2 cup apple juice concentrate
- 1/2 cup water

Melt butter or substitute on stovetop in sauce pan on medium heat. Add apples and sauté for 5 min. Add remaining filling ingredients and cook on medium, stirring occasionally until apples are soft and liquid has thickened. Scoop apple mixture into crust.

Option: top with whip cream, ice cream or non-dairy substitute.

For other allergen-free holiday recipes, please contact: Kelsey Nichols at Backbone Media, Kelsey@backbonemedia.net

Enjoy Life Foods' products are available at health and natural food stores across the United States, including Whole Foods on the East Coast, in the South, and Midwest. For more information, please go to www.enjoylifefoods.com <<http://www.enjoylifefoods.com>>

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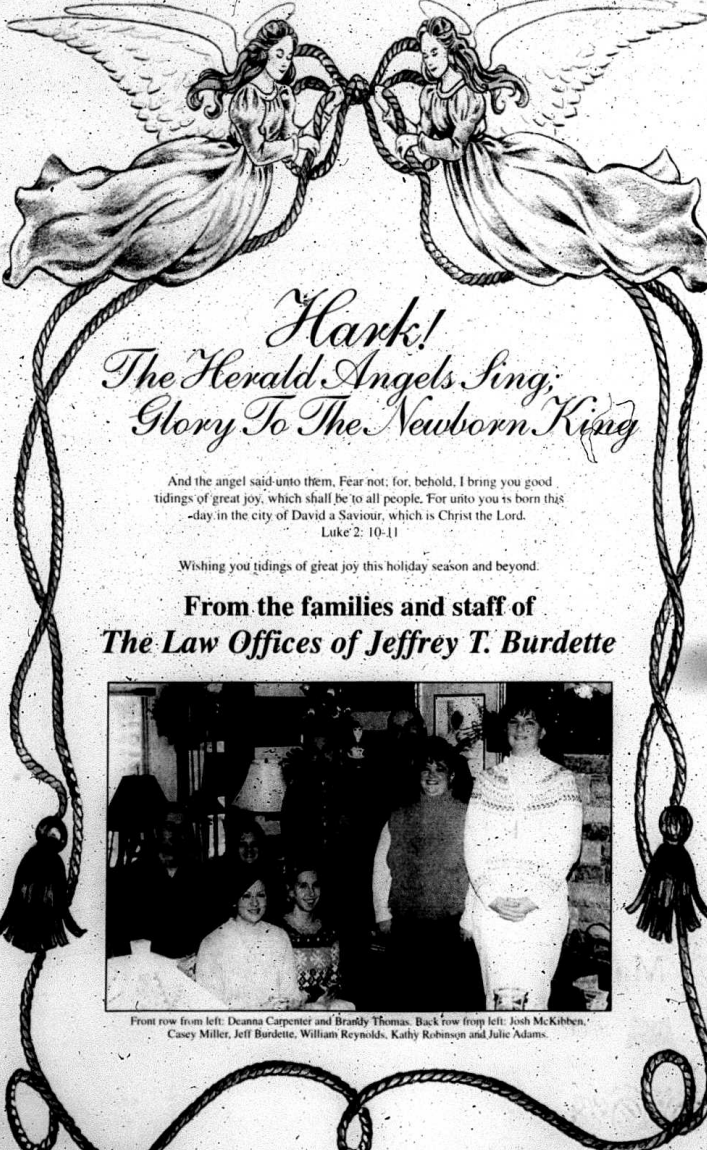
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Luke 2: 10-11

Wishing you tidings of great joy this holiday season and beyond.

From the families and staff of

The Law Offices of Jeffrey T. Burdette



Front row from left: Deanna Carpenter and Brandy Thomas. Back row from left: Josh McKibben, Casey Miller, Jeff Burdette, William Reynolds, Kathy Robinson and Julie Adams.

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