

Commentary



Attitude and the self-image

Have you ever wondered why some people have a negative, pessimistic attitude about most things while others are generally positive and up-beat? Based on many years of work in the field of human resources, it's my personal belief that the answer to this dilemma, while very simple, is not understood by the majority of people.

The reason one person is positive and up-beat while another is negative and pessimistic, is because our overall attitude and our outlook on life is a reflection of our self-image. In other words, what's "taking place" inside shows up on the outside. Because this discovery was made in the last 50 years, many people did not learn about it in school or later in life, as they were not taught it.

Almost by chance, a plastic surgeon, Dr. Maxwell Matz, discovered the connection between self-image and later wrote about it in his book, titled "Psychosomatics" which has sold in excess of fifteen million copies. As Dr. Matz worked with his patients to change their physical appearances with the aid of plastic surgery, he began to notice a definite, marked change in their attitude and their willingness to tackle jobs and assume risks that would have been considered impossible before.

Further research revealed that an outward physical change was also accompanied by an inner emotional change. Thus the conclusion was reached the self-image is the mental picture we hold of ourselves and this mental picture relates to both the "outer" and "inner" person and it literally controls our lives. In fact the discovery of the self-image has been called the most important psychological discovery of the twentieth century.

A large crowd attended the wedding of Mr. and Mrs. Mark Etcheberry and Mrs. Jeff Mattox and Jonathan were among others of our community that attended the NCHS basketball district game held in Cynthiaia on Thursday evening.

Memorial services at the Saltview Cemetery will be held on Sunday June 3 at 2 p.m. Rev. John Smith will be the speaker. Everyone is invited to attend.

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Viewpoint



Open Forum

Cancer survivors network available

More than 8 million Americans are living with cancer, and 1.2 million more are expected to receive a new cancer diagnosis this year. Right here in Kentucky, 21,000 people are diagnosed each year with this disease.

The American Cancer Society has launched the first of its kind virtual community to link cancer survivors and caregivers to one another. The Cancer Survivors Network, created by and for survivors, is free and accessible 24 hours a day, seven days a week.

Users can access the network by phone by calling 1-877-333-4673 (HOPE) or on the internet by linking through the American Cancer Society's home page, www.cancer.org.

Cancer Survivors Network participants can hear or read discussions from people with similar backgrounds and cancer experiences. They can also participate in webcasts, build their own home pages, and search suggested books, articles, web sites and support groups.

The Cancer Survivors Network is just one of many services the American Cancer Society provides to those touched by cancer. By calling 1-800-ACS-2345 or logging on to www.cancer.org, individuals can access unlimited cancer and accessible 24 hours a day, seven days a week.

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Mayor Ronnie Clark
Council Members Doug Garrett, Tommy Vaughn, Sandy Ritchie, Betty Barton, Charlie Fay, Frankie Hughes

SCHOOL BOARD MEMBERS

- Annette Flora, Charles Ring, Donna Mattox, Mona Vice, Sherry Upcraft

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County Attorney Damon Bromagen
Sheriff & Deputy Charles Ring, Clyde Miller

- Nicholas County Fire Chief & Emergency Management Director Mark Hughes
Magistrate Billy Dixon
Magistrate Daryl Stacy

- Magistrate Avery Thornsburt
Magistrate Jeff Rodolph
Magistrate Steve Hamilton

- Magistrate Steve Hamilton
Magistrate Jeff Rodolph
Magistrate Avery Thornsburt
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Carter man fatally shot after feud

By KIM HAMILTON News Editor
An Olive Hill man was shot and killed, apparently by another Olive Hill man, on Thursday, May 24, according to police.

Kentucky State police said the death of Bobby Ray Gilbert, 56, of Rose Country Road, was reportedly the culmination of a long feud between he and Charles Logan, 37, who was arrested and charged with Gilbert's murder, and lodged in the Carter County jail.

Logan was also charged with attempted murder for allegedly trying to shoot Kenny Crockett, 53, of Grayson, but his gun was apparently jammed. Crockett had accompanied Gilbert to a veteran's MIA/POA ceremony in Bath County the day before, on Wednesday evening, police said.

The shooting occurred about 8:30 a.m. the day after the ceremony, on Smith Road, about two miles west of Olive Hill.

Police said Gilbert and Logan apparently got into an argument at the ceremony, and had been involved in an ongoing dispute for at least a year.

Kentucky Afield

By Lee McCallahan
A new strategy for stream fisheries is being tested by 17 major reservoirs, management efforts from fisheries personnel of the Kentucky Department of Fish and Wildlife Resources (KDFWR) historically have been directed toward these resources.

Kentucky also possesses more running water than any state other than Alaska. With the upcoming hiring of a full-time stream biologist and the new agency Watershed Management Initiative, the flowing streams of Kentucky will get management attention similar to our reservoirs.

The Watershed Management Initiative is an admission of world neglect of our stream resources," said Tod Crowell, assistant director of fisheries for the KDFWR. "We never had the money or the personnel to do this work before."

"There is no where in the state of Kentucky that you can't drive 15 minutes to a stream that has a fishable population," Crowell continued. "We've concentrated our efforts on 17 major reservoirs, and we barely know what's there in terms of stream. We could have 17 or 18 'Elkhorn Creeks' out there."

The stream biologist will be responsible for protecting and restoring these streams and using data gleaned from the Watershed Management Initiative. The stream biologist's duties are mainly going to be stream restoration work," said Benny Kinman, fisheries project coordinator for the KDFWR. "This person will be the point person for the agency on streams."

The Kentucky Watershed Management Initiative is a cooperative effort of the KDFWR, the Kentucky Division of Water and 21 other resource agencies to improve stream water quality.

May is the most busy boaters' time of their lives. However, it is easy to forget that their boating license expires on April 28. If you have not registered your boat for 2001, do so before hitting the water. Remember to affix your registration sticker on your boat and to carry a copy of your registration with you on board.

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Records

Nicholas District 05/23/01
Mark A. Vice et al vs. Paul D. George Jr., motion heard on Wednesday.
Firstar Finance

MSU orientation programs for students, parents set

To assist incoming freshmen, transfer students and their parents in learning more about the campus, Morehead State University will hold five Student Orientation, Advising and Registration (SOAR) programs this summer.

The day-long sessions, which will follow the same format, will be held on June 8, 15 and 16, and on July 13 and 14. "SOAR is an important part of the college experience," said Joel Pace, associate director of admissions. "It provides students with a great opportunity to begin their university career at Morehead State."

The activities will start with registration at 9 a.m. in the Adron Doran University Center. Campus tours will be available beginning at the same time, continuing until 10:30 a.m., and offered again after academic advising is completed.

Following SOAR registration, students will have the opportunity to view photographs taken for their identification cards. With their parents, they may visit "stajays" from various academic departments, student organizations, housing, financial aid as well as the Morehead State University Tourist Information Center.

Transfer students will attend an orientation session with Loretta Lykins, MSU registrar, at 9:30 a.m.-3p. ADUC.

University personnel will welcome all participants at 10:30 a.m. in Button Auditorium. Among those scheduled to deliver greetings are Myron Doan, dean of students; Mike Minor, MSU president for student life; Lora Pace, coordinator of retention; and Madonna Weather, director of student development.

Students will then visit the academic departments for advising and parents will have

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we must see ourselves as successful and begin to act this way before it will ever come to pass. There is, however, a real pitfall that we must take steps to avoid. In recent years many schools have developed courses to help students develop a healthy self-image. While the intent is great, many times the methods have been found wanting. It takes more than telling a student or any human being that he or she is a good person with real value because a healthy self-image is not based merely on words but on solid achievement. Our subconscious mind can tell the difference between praise and performance. To say to another way, nothing truly worthwhile is ever easy. Since our rewards in life are determined by the quality and quantity of service we provide to others, it's important to understand that our value to society is determined by what we are able to do for ourselves. We can change our life for the better by changing our self-image, which is simply the way we see ourselves, both physically and emotionally, that is to say, from both the outside and the inside. It also becomes easier to help other people when we understand the reasons behind their negative attitudes. It's a wonderful thing to help a person change his or her self-image and begin to see the winner God created them to be. In reality, the more we help others, the more we help ourselves.
EDITOR'S NOTE: Jim Davidson is a motivational speaker and syndicated columnist. You may contact him at 2732 Drive, Conasa, AR 72032.
... Samuel Johnson ...