

OPINIONS

IN A DARK HOLE

Dear Readers,
I watched an episode of the "Manns" last week and it dealt with 'conquering fears.' David Mann, who confessed having a fear of enclosed places, was locked in a casket that was measured for his size and weight; there was no room for error. Two small holes were drilled in the top of the box to accommodate breathing. He had to remain in this dark place for one minute. It was difficult and he was three quarters of the way there, when his son, David Junior, decided to place a white

mouse, another of David Senior's fears, into the box, through one of the breathing holes. Suffice it to say, the competition was now over; that dark place became a nightmare.
Last Saturday, upon completion personal devotions, I was led to telephone a friend, whom I have not seen in several months and who lives abroad. After a brief chit chat of 'catch ups and niceties,' she confessed that she was delighted to hear from me and proceeded to tell me about the last few months of her life.

Ask Dr. Pam

with Dr. Pamula Mills



She described her life as being in a dark hole with very few, if any, images about forward mobility. She talked about not wanting to talk to anyone, not answering her phone, canceling dates with friends, little desire to go to work or church, avoiding her friends, staying in bed all day, feeling down and

moody, refusing to open windows to allow light to flow into the house and declaring that her life seemed hopeless.
She took a long pause and then continued by saying that she decided that she needed to see a professional and had made an appointment to do just that. I was relieved by the last disclosure and encouraged her to do the same. Her decision to seek professional help was strengthened when she realized that I did not judge her, leading her to acknowledge that this was the reason she avoided her friends.

We spoke for several minutes more, I prayed with her, she thanked me for calling and we hung up.
I realized that my friend was extremely depressed and cherished the few minutes we shared. More importantly, her resistance to reach out to local friends for the fear of being judged or ridiculed, was a sad reality. This was particularly concerning for her, as she is a believer and felt that others may have clichéd her to death (no pun intended), with spiritual
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Fruit Loops Obl Box.....	\$9.99	Pedigree Dog Food 55 lb.....	\$27.99

SPECIALS END MAY 3rd, 2017

Dr. Charles Johnson,
ENT Specialist from Columbus Medical Centre (Nassau)

will hold ENT clinic in Freeport, Grand Bahama every other Thursday.

For dates, appointments and all inquiries, contact Nurse Albertha Hudson at 477-9878 or 352-6200

Announcement

Customers of Rolle's Furniture - Eight Mile Rock are requested to make payments on their accounts at Rolle's Furniture - Freeport, located on ground floor of the John Rolle 3 storey building #9 West Atlantic Drive.
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350 to 400 sq. ft. =	"9,000 BTU
400 to 450 sq. ft. =	"10,000 BTU
450 to 550 sq. ft. =	"12,000 BTU
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LENNOX MINI SPLIT AC UNIT PRICE LIST	SIZE	BONDED	DUTY PAID
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