



Times Remembered

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I have a heavy heart with concerns this morning; I know almost everyone does during these trying times. We are dealing with a pandemic now with the spreading of the COVID-19 crisis.

My kids and grandchildren are who I'm concerned about during this COVID-19. They came up yesterday and sat on the deck 20 feet from us; we were sitting on the steps on far end of the deck. We could have used a megaphone! But I enjoyed just seeing them; it had been almost three weeks. Love them so much, and I thank God for my family every day. Children and grandchildren are gifts from God.

I have prayers and concerns for the patients, doctors, nurses, X-ray Technicians, first responders and all the people involved in the medical field. We don't have masks, proper PPE, (Personal Protective Equipment) for personnel on the front lines. There is a shortage of masks, respiratory equipment and ventilators. We haven't been able to do as much testing for the virus as other countries, and they have fewer cases. But we finally are doing more testing but it's a slow process.

Concerns

At first we are going to see more cases but if supposedly identified early and cases will not be as severe and not overwhelm the medical staff and hospitals. Several companies have volunteered to start making ventilators. I know Ford Company has said they would; others also have volunteered.

Our governor, Andy Beshear, has been great with encouraging people, and proclaiming that the great state of Kentucky will get through this with everyone working together. He has kept the public informed every day of the number of cases and where they are located, and what he has to do to reduce the impact! He's doing an incredible job!

As of today (Monday) at 8 p.m. all non-essential business are asked to close; Retail stores like clothing, furniture and shoe stores, car sales, except for repair parts. We already had churches, restaurants and bars closed except for carry out.

Closed are hair and nail salons, gyms, children's day care, adult day care, also no congregating in parks playing basketball, and no congregating in grocery stores. Folks, this is serious business... people are dying, hundreds a day in Italy because they did not take heed to warnings. The sooner we comply, the faster we can be back to normal. We must remember to maintain a distance of at least 6 feet away from others.

The 2019 coronavirus can be spread from person to person through close contact with someone who has the virus; that means, being within 6 ft. of them. Symptoms are similar to a typical

upper respiratory virus, including cough and fever.

Though most people who contract the virus will recover on their own, people with a weakened immune system, (the elderly, asthma, heart problems and autoimmune diseases), and with underlying medical conditions could be at risk for more serious infection. Severe cases can lead to pneumonia, difficulty breathing and DEATH.

There is no vaccine at the present time for the virus, the best way is to practice good flu and cold hygiene.

*Wash your hands with soap and water for at least 20 seconds; or use an alcohol-based hand sanitizer.

*Cover your mouth and nose with a Kleenex or sleeve when sneezing.

*No hand shaking

*Don't touch your nose or mouth with dirty hands

*Stay home when you are sick

If we follow these things... hopefully, we can have fewer cases and not deaths. As of today we have 3 deaths in Kentucky and 103 cases. In the U.S. we have 459 deaths and 35,179 cases in the U.S.

We aren't supposed to people driven by fear, we are to be people of faith. We should not be in habitual anxiety

God doesn't want us to live in fear. God has given us sound minds, don't worry, but use common sense.

Trust in the Lord with all your heart with all thine heart; and lean not unto thine own understanding. In all thy ways knowledge him, and he shall direct thy paths. Proverbs 5-6 (KJV). AMEN!

With a little practice, you can easily lift 100-pound potato sacks



America's Heartland
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A senior citizen was kind enough to share what seems to be an outstanding workout regimen that I thought I should pass on to you. After all, it is important to keep in shape as we grow older.

Here is what the senior citizen said:

"I stand in the kitchen with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

"After a few weeks, I move up to 10-pound potato sacks, then 50-pound potato sacks and finally I get to where I can lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute.

"Next, I start putting a few potatoes in the sacks."

The folks from South

Fork Baptist Church got a great workout here while back, helping in a roofing project for 79-year-old Ben McNear. Everyone finished up with sore muscles but with a great sense of accomplishment.

It's amazing just how willing people are to come alongside folks in need. A northern Kentucky man who wanted to remain anonymous donated all the shingles for the project. A team of roofers from up there came and put them on. Volunteers from South Fork carted away the old roofing materials and cleaned up around Ben's house. It was a great day in which everyone involved practiced what the Bible describes as pure and undefiled religion, caring for those most in need.

What we witnessed that day was an awesome act of love. The Bible tells us the importance of extending charity. Consider these words from 1 Corinthians 13:

"Though I speak with the tongues of men and of angels and have not charity, I am become as a tinkling cymbal. And though I have the gift of prophecy and understand all mysteries and have all knowledge; and though I have all

faith so that I could remove mountains and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned and have not charity, it profiteth nothing. Charity suffereth long and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things. Charity never fails."

It was so moving to see the truth of those verses play out among a group of people who came together to help a fellow man. That group showed that charity has not failed in America's heartland. In these parts, good neighbors stand ready to help those in need.

Instead of a potato sack exercise regimen, these kind folks performed an exercise in kindness. And it's an exercise I won't soon forget.

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Four local students at UK attain the fall dean's list

A record number of students made the University of Kentucky Dean's List for the fall 2019 semester. The 7,648 students were recognized for their outstanding academic performance. The previous record of 7,393 was reached in fall 2018.

To make a Dean's List in one of the UK colleges, a student must earn a grade point

average of 3.6 or higher and must have earned 12 credits or more in that semester, excluding credits earned in pass-fail classes. Some UK colleges require a 3.5 GPA to make the Dean's List.

Four students from Estill County were included in the Fall 2019 Dean's List. They are: William Patrick Burkhart, an Agriculture and

Medical Biotechnology major; Susana Gutierrez-Leiva, a neuroscience major; Eric Ryan Prewitt, a Mechanical Engineering major; and Paul Hunter Walters, a Pre-Bio-system Engineering major.

The full Dean's List can be accessed by visiting www.uky.edu/PR/News/DeansList/.

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