

# Grandma's Story



**Times Remembered Betty A. Young**  
BYYoung505@Windstream.Net

When I was just a small child I loved hearing my Grandmother talk about preparing people for burial. Back then of course people were not embalmed. Usually the neighbors and friends washed the body and prepared the person for the wake and burial. People used to sit up with the dead. At night, members of the family sat up with the deceased. I don't really understand the custom. It's been said Irish immigrants brought the practice from Ireland. It was believed spirits entered the house if someone was not there to keep them away.

When someone died in the mountains, the church bell was "toll'd" once for each year of the person's life. The tolling was not the usual ding-dong done for church services. It was instead one strong tap and then a long pause. Most everyone in the community stopped what they were doing to count the number of times the bell was toll'd. With no telephone service, tolling of the bell was the only means of communication. If someone was known to be critically ill whose age corresponded with the number of times the bell toll'd, it was a safe bet as to who had died. Someone always went to the home or grave site to confirm it, however. Everyone in the community cooked food and visited the bereaved.

Grandma's story, regarding sitting up with the dead, goes like this: She actually had a neighbor woman whose backbone was bent

at a 90 degree angle. When she died they laid her feet down, her head would come up. After much frustration, they made some rubber straps with hooks on both ends. They were finally able to complete the job.

The body was brought back home, and the coffin was left open. But no one knew about the strap that was holding her in place. Grandma along with some of her brothers were commissioned to sit up that night with the body. About nine o'clock one of her brothers said, "We been sitting up for several hours, and if you folks are going to sit up, I believe I will go to bed." With that he left. By ten o'clock another relative said, "If you two are going to sit up, I believe I will go to bed." And he left.

Soon a really bad storm came up with much lightning and thunder. Granny's brother said, "Ethel if you are going to sit up I believe I'll go to bed." And he left.

Granny said the storm got worse by the minute. Finally a crack of thunder came and lightening lit up the room; then all the lamps went out. ....it was really dark. That rubber strap came loose, and the lady came rising up out of the coffin. Granny said she rose up out of that funeral home chair and threw down her hand held fan and rushed over to the coffin and said, "Aunt Flo, if you are going to sit up, I believe I'll go to bed."

As you know our customs have changed tremendously in the last hundred years, but were they for the best? Now funeral homes get rich preparing the body and it's a state law that you have to be embalmed if you are going to be buried in a public cemetery. Soon as your loved one dies they come and snatch them up and embalm them, you never get to see them or dress them for burial. It's like they don't belong to their family anymore.

Personally, I don't like it I want to spend as much time with my loved ones that I can before burial. Customs have become too cold and proper. Funeral directors are millionaires and are in control of loved ones.

like the noon day sun!" Confident living, for the Christian, really has a very simple formula: first commit and then trust.

Commit, on one hand, means that we are "to completely and unreservedly rely in and on Him." He is not only our Savior but the Lord of our lives. Trust, on the other hand, means that we have a live and vibrant expectation that He alone is capable of leading, guiding, guarding and directing each step in our lives. We look in His Word to find His way. Committing and trusting in Him alone allows us to move from self-help to God-help.

And the result will be obvious to us and others. We will radiate the righteousness of God by living a life that reflects His beauty and holiness. There is also the "integrity" element in our lives. Whatever we do will be born of the Holy Spirit because of our "right-living."

PS-081 Sept. 30, 2015  
Visit us at SowerMinistries.Org

**Jimmie L. Johnson, DMD, PSC**  
**Family Dentistry**  
87 Wildwood Place (off Court St.)  
Irvine, Kentucky  
**(606) 723-3213**



**Chelsea K. Bicknell**  
Estill County Extension Agent for Family and Consumer Sciences

There's no denying that what we do today will affect our future, and nowhere is this as true as it is in issues regarding aging. The way you take care of yourself through the years, both physically and mentally, will impact the natural process of aging. No one knows this better than centenarians, people who are 100 years old and older. Centenarian studies demonstrate that life does not diminish with aging. In fact, 100-year-olds are teaching us that the acceptance of aging can be positive, joyful and exciting. They demonstrate that aging brings new experiences, knowledge, wisdom and a greater ability to engineer a positive approach to the aging process. Many centenarians contribute their longevity to the following:

**Positive Attitude**  
• A positive attitude affects overall happiness, health and well-being. A positive attitude can also help you better manage life's transitions and challenges.

**Eating Smart And Healthy**  
• Eating right can help prevent illness and chronic disease. It can also provide you with more energy so that

# 12 Keys to Embracing Aging

you can be alert and a better decision-maker. Eating healthy includes a well-balanced diet and a healthy relationship with food.

**Physical Activity**  
• Regular exercise is associated with decreased death and/or disability from diseases such as heart disease, diabetes, arthritis and cancer. It is also associated with positive psychological benefits such as improved quality of life. The most important thing to remember about exercise is to do it. Make exercise a habit.

**Brain Activity**  
• A healthy brain is crucial to survival, growth and everyday successes. Similar to the rest of the body, the brain needs exercise and maintenance in order to optimize and protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition and sleep.

**Social Activity**  
• Engaged people are often healthier, happier, less depressed and demonstrate enhanced brain vitality. Social activity also improves academic performance, inspires a positive attitude, enhances self-esteem, connects you to family and peers and reduces the risk of illnesses and disease.

**Tuning In To The Times**  
• Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem solving and decision making. Staying on top of the latest technology and keeping up with the news also enhances brain stimulation and helps broaden social opportunities and networks.

**Safety**  
• Practicing safety is im-

portant because it helps keep you out of harm's way. From locking doors to learning how to swim, it is important to be safe in the various realms of life including home, transportation, health, recreation and emergency preparedness.

**Know Your Health Numbers**

• Certain health numbers can save and extend your life. These numbers are associated with cholesterol, blood pressure, triglycerides, blood sugar, body mass index (BMI) and waist circumference. A lifestyle including regular visits to a health care provider, proper nutrition and physical activity promotes these numbers and contribute to healthy aging throughout the lifespan.

**Stress Management**

• Appropriate stress is healthy and useful; however, when stress overwhelms you, it can become distress, causing anxiety, tension, irritability and a number of health problems. Learning what causes stress and how to manage it in positive ways helps you to cope and live a more balanced, healthy life.

**Financial Affairs**

• Good financial management is important whether you earn minimum wage or are a millionaire. The first step to healthy financial management is to balance income with expenses. With a money management and spending plan in place, you are more likely to meet your financial goals.

**Sleep**

• Sleep has a major impact on overall health and quality of life, including the way we look, feel and perform on a daily basis. Our bodies need sleep to repair muscles, consolidate memories and regu-

late hormones and appetite. When you sleep well, you wake up feeling refreshed and alert for daily activities. Sleep prepares you to concentrate, make decisions and fully engage in school, work and social activities.

**Taking Time For You**

• In today's busy world, you juggle multiple priorities and responsibilities. You make time for others before making time for yourself. Taking time for yourself is to take care of you, which makes you a better family member, friend, co-worker, caregiver or leader. If it is just for 10 minutes a day, a time out is good for your mind, body and soul.

**Conclusion**

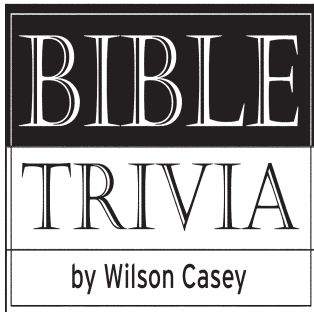
Since there is no magic potion to stop the aging process, it is important to take care of your body, mind and spirit throughout your whole life. These 12 keys, and many additional healthy behavior practices, encourage optimal aging throughout the lifespan. To learn more about healthy aging, come join us at the East Central Kentucky Fair on Aging this Tuesday, October 6th 2015 at West Irvine Intermediate School, Irvine, KY. The event lasts from 8am to Noon and is free and open to anyone! There will be speaker sessions beginning at 8:30, 9:30, and 10:30 and an exhibit hall open the whole time with information about the many community resources available to you. If you call 723-4557 and pre-register by Friday, October 2nd you will also receive a free lunch. Hope to see you there!

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

## BODY FITNESS CLASSES

The **BODY FITNESS EXERCISE CLASSES** led by Sister Loretta Spotila, RN will begin on Monday, October 12th! These classes use gentle exercise and movement and are designed to build strength and flexibility.

Classes will be held in the Gym of the Central Office Building on Main Street. Parking available in the rear of the building. Class times are Monday & Wednesday from 9:30 a.m. to 10:30 a.m. For more information, call 723-8505.



1. Is the book of Jeremiah in the Old or New Testament or neither?
2. The Ethiopian eunuch that Philip met in Acts 8:26-27 was under what queen? Azubah, Candace, Nehushta, Vashti
3. At whose well did Jesus meet the Samaritan

woman? Joshua's, Jonah's, Jacob's, Judas'

4. From Revelation 21, how many gates does the New Jerusalem have? 1, 4, 12, 16

5. Who was king during Zechariah's time of prophecy? David, Daniel, Darius, Saul

6. How long did Aaron's followers mourn him? 3 days, 13 days, 30 days, 3 months

Answers on bottom of Page 13

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from Touch-PointPress.com

**Book for Sale**  
**60 Page Historical Book about Tipton Ridge, Fitchburg, Cob Hill, Furnace, and surrounding communities from the 1890s.**  
For more information, Call Madalene Wasson  
**(606) 726-9705**

## Things That Are Wrong by BOB CASEY, preacher

Cornerstone Church of Christ  
Bond Street at Camp Avenue in West Irvine

With being in the building business for many years, while at the same time trying to preach the gospel, I learned some principles related to measuring.

I learned that there was among the tools of builders a thing called a measuring tape, or yardstick. So after 40 years of building I became aware of the importance of making a correct measure. One time there was this man who laid a foundation for us but when we began to place the flooring upon it, there were things that went wrong. So when we went back to the point of beginning, he had strayed from the measured mark three inches. Now this might not seem to some to be too bad of a thing, but had we went ahead and tried to build upon a crooked foundation that house would have never been right.

Now I have written all this to prove a spiritual point. Do we as Christians have a measuring device that will tell us what things are right, and what is wrong? Paul wrote in **II Corinthians 10:13**, "But we will not boast of things, without our measure, but according to the measure to of the rule which God hath distributed to us, a measure to reach unto you." He goes on to say we don't stretch ourselves beyond our measures, also saying, we don't boast of things without our measure. Here he is relating this to the preaching of the gospel.

Another thing I learned was that no matter the length or the manufacturer they all end the same, concerning measuring tape, and they read the same all the time. I have noticed that God's word is the same every time we read it. Now men have tried to use the Bible wrongly putting in words not approved of God, and also trying to stretch it farther than it allows. But all the efforts of men will not be allowed by Christ at the judgment.

In **Luke 6:47-49**, here our Lord warns against the attempt of building an unsaved foundation. Also in **I Corinthians 3:11-13**, Paul wrote, "For other foundation can no man lay that that which is laid, which is Jesus Christ." **II Timothy 2:19**, "Nevertheless the foundation of God standeth sure. The Lord knoweth them that are his."

So if your spiritual foundation is not measured and built upon the rock of Ages it will fail in the end. **Psalms 127:1**, "Except the Lord build the house, they labor in vain that build it."

So we ask ourselves, is my spiritual house built upon the right kind of foundation? Can my life pass the examination using the Bible, the measuring tape of God and Christ? Well, if not, you may be honestly and sincerely building upon a false foundation. Why not pick up the Bible, the divine measuring tape, and read, check yourself out. In closing, someone said unto me one day while building, "When you measure anything, the best rule is to do it three times, and then cut only once." I have found that it covers a lot of mistakes. So read your Bible to check your selves out. **II Corinthians 13:5** read carefully, "Examine yourselves, whether ye be in the faith. Prove your own selves, know ye not your selves, how that Jesus Christ is in you, Except ye be reprobrates or rejects."

Sincerely, Bob Casey,