

An encouraging word:

A Time for Change

By Howard Coop



The Season of Lent, associated with the lengthening of the days and the coming of spring, has begun. This period of forty days, not counting Sundays, precedes Easter, and it is a period of preparation for that special day that is observed in one way or another by Christians in all cultures around the world.

The observance of Lent is an ancient tradition in the Christian church. It dates back almost to the beginning of the Christian era. References to the observance of Lent have been found that date as far back as the middle of the second century A.D., and by the middle of the third century A.D., observance of the season of Lent had become a regular custom in some parts of the Christian community.

Across the years, the major focus of the observance of this special season has changed little. The primary emphasis has been, and continues to be, upon self-denial, self-examination, penitence, and renewal as means of attaining spiritual development and better discipleship for the Christian.

For some, the season is associated with self-denial that involves giving up some thing that is liked or desired for the specific period and no longer. Therefore, there is the possibility of over-indulgence before the period

when self-denial begins. So, "fat Tuesday" has become a common name for the day before Ash Wednesday, the day when Lent begins.

For others in the Christian community, the observance of Lent is different; it involves more than giving up some particular thing for a specific period of time. Lent is a time for introspection and self-examination when one looks inwardly and determines what permanent changes---things deleted or things added---can be made that will lead to a better, richer, and fuller life.

Traditions, regardless of age, can have meaningful significance for life. Under certain conditions, they can change things in a damatic way. Lent, if taken seriously by an individual, can be one of those meaningful and life-changing traditions.

"Points East"

(Cont. from A2)

sedge clumps along with dead iron weed, horse weed, goldenrod, and queen of the meadow stalks. We carried or dragged fallen tree limbs and coffee sacks full of dead leaves from the woods surrounding our place. Hedgerow clippings and dead rose canes saved from the year before also made the burn pile as did old sweet corn stalks, tomato vines and other residue from

last year's gardens.

We started out with a thick layer of dried grass and leaves, then a layer of the hedge clippings, corn stalks and rose canes, then the smaller limbs and finally the serious wood until the pile was about five feet tall and more than covered the entire bed.

Dad lit the end of a weed stalk and touched it to the grass in several places. At first there was a thick, billowing column of white smoke, so dense that, on more than one occasion, nearby neighbors came running to see if our house was on fire. In a matter of seconds the smoke turned into a fire with flames shooting high into the air and red hot sparks fell back to the ground.

After the pile had burned down a ways, all the remaining tree limbs were tossed onto it, creating yet another column of darker smoke and a shower of air borne embers.

The bed of ashes would be left to smolder overnight and after supper the next day we would work the soil and ashes up with various digging tools until it was flat and soft and smooth as silk.

Mom's peas would already be up but as far as she was concerned, serious gardening actually commenced when the big rock lettuce bed was finally sowed. Mom thought the fun had just begun but I thought, back then, that it was pretty much over.

"Memories"

(Cont. from A2)

soothing about listening to it, regardless of the type of song or story that may be told.

I enjoy such music immensely, and frankly, I cannot help but wonder if it somehow reflects the angelic choruses of the heavenlies. There is just something in me that suspects that it does.

(You can reach me at themtnman@att.net or you can drop me a line at P.O. Box 927 - Stanton, KY 40380. I appreciate your comments and suggestions. You can also receive information about my new book.)

"I See It"

(Cont. from A2)

feeding their drug habits.

As all these events transpired in their lives, a lot of people in our society slowly began to isolate them out of fear that they might influence their children or because they believe that drug users would steal from anyone whenever they had the opportunity.

I have to admit that I understand our society's beliefs. We hear about break-ins all the time and it's not unusual to hear about someone's teen "getting in with the wrong crowd" and becoming hooked on drugs themselves.

But I also realize that it's the drug user's clouded judgment that commits these crimes and not the actual "person" themselves. By saying this I am not advocating that drug users should be let off the hook for the crimes they have committed. If a person commits a crime then I believe they should serve the time.

However, I am challenging our society to look below the surface of someone that is suffering from drug abuse. I am challenging everyone to look for the person we all used to know before they became addicted to drugs because I believe this person still exists and their actual personality and character still remains deep inside them.

I also believe that their inner person often looks for an escape from their drug abuse. They may try to quit using drugs on their own but overtime all the withdrawal symptoms causes them to turn back to their drugs because their body has developed a psychological dependence on them.

Because of these reasons, many drug users feel powerless and believe they

have lost total control of their lives. They may quit using drugs for a while and want to return to their normal life but simply can't handle the withdrawal.

It breaks my heart to know that there are drug addicts in jail, rehab or on probation who feel hopeless as they want to quit using drugs but can't. For those that are successful at quitting drugs, many of them go on to feel ridiculed as the majority of our society rejects them even though they are able to break away from their old drug habits.

Although you may feel like everyone is against you, I am here to tell you that is not the case at all. I want you to understand that while some people in the county may have given up on you and chosen to isolate you, there is another group in the county that is earnestly praying for you and wanting to see you break the chains of your drug addiction.

More importantly, there is an Almighty God that loves and cares for you just the same as he loves and cares for those who don't abuse drugs.

As human beings, we're all the same to God regardless of our past as we have all sinned and made mistakes, causing us all to fall short of the glory of God.

But just as drugs transformed your life, God wants to retransform your life and can offer you something far greater than any drug has to offer.

God gave us his son Jesus Christ, who died on the cross as payment for our sins. By believing in Him we can have the free gift of eternal life and have all our sins washed away. By accepting Jesus Christ as your Lord and Savior, all newly saved Christians are born again and become a child of God.

But even after trusting in Him, I am sure many of you are afraid of returning to your old drug habits. You may have tried several times

to quit using drugs in the past to only find yourself using them again within days, months or years down the road.

I hate to tell you but the odds are not in your favor if you try to quit using drugs on your own. However, if you pray to God and ask him for strength to help remove your desire to use drugs, I can assure you that the odds will suddenly turn in your favor.

Also, remember that when you don't have a personal relationship God, it is

easy to fall back and start using drugs again. Always strive to have a personal relationship with God by reading the Bible and praying for him to speak to you as you read His Word. By developing this relationship with God, He will transform your life and give you the strength you need to resist all your temptations.

So when you start feeling like there is no hope in your life, remind yourself that there is always hope when you trust and follow God.



**CUMBERLAND
FOOT & ANKLE
CENTERS**
OF KENTUCKY
1-800-FOOT-DOC
www.MyHappyFoot.com

Suffering From Foot or Ankle Pain?

Call today
for an
appointment
with
**Dr. Jamie
Settles
Carter**



DIAGNOSIS & TREATMENT OF:

Diabetic Foot Care, Ingrown & Discolored Toenails,
Heel Pain, Corns & Calluses, Bunions
& Hammertoes,
Fractures & Sprains, Nerve Problems
(burning and tingling feet), Wound Care.

ALSO OFFERING:

Full Service Diabetic/Therapeutic Shoe Program
and Custom Made Insoles

929 N. Main St.
London, KY 40741
(606) 862-0956
(606) 864-0488

1007 Cumberland Falls Hwy.
Corbin, KY 40701
(606) 258-8637
(606) 258-8640

Monday - Friday 8 a.m. to 5 p.m.

Our Readers Write

Cox Hardware was last link for me...

Dear Editor,

It was with a sad heart that I learned of the closing of Cox Hardware. That was the last link for me for businesses that were around when I was a young man.

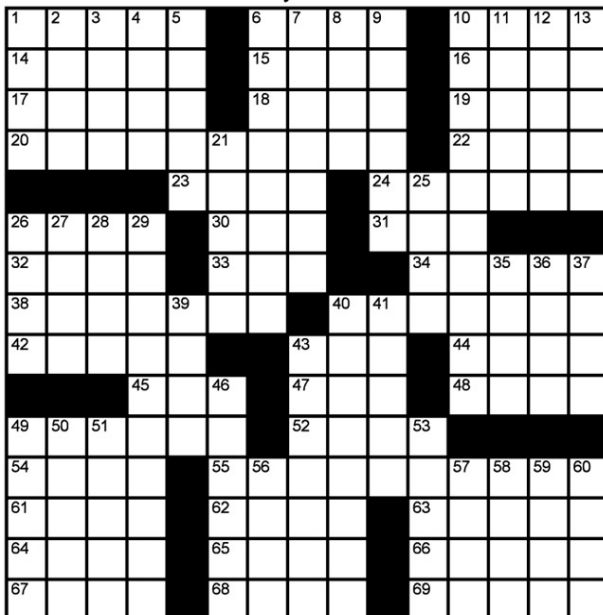
In the 1950's and 60's there were more businesses and jobs in the county than now. What's the difference? We were more diversified and tolerant in our political views then. As Rockcastle moved farther and farther to the Republican right it has absolutely strangled the eco-

nomic life out of the county. Livingston and Brodhead are already ghost towns with Mt. Vernon on the way unless we wise up. Opportunity only knocks so many times. But because of conservative thinking and fear we have not answered the door. Maybe Rockcastle should think of the future for its children and try a different coarse. The conservative road its now on is leading to more of the same; stagnation and ruin. You have to invest in the future not stick your head in the sand.

John Allen
Manchester, KY

Kentucky Crossword # 575

www.kentuckycrosswords.com



©Copyright 2013 Vicki A Benga. All Rights Reserved. [KY575]

ACROSS

1. Agreements
6. Flight data, briefly
10. Boat trailer?
14. Kentucky's first governor, ___ Shelby
15. Actress Kudrow
16. Hero type
17. Busch Gardens locale
18. Carve in stone
19. Benchmark
20. Eastern Kentucky's region
22. Canadian tribe
23. Voting "no"
24. Consider again
26. Big first for a baby
30. Conclusion of some games
31. Did lunch
32. Conclusion
33. Captain's journal
34. Grammar topic
38. He began "Birds of America" in Kentucky
40. Kentucky county, original home of KFC
42. Start of a refrain
43. "Didn't I tell you?"
44. Sicilian rumbler
45. KET's network
47. Goose egg
48. Doesn't keep
49. Yellow fruit
52. Awestruck
54. Aid and ___
55. Kentucky Black

Patch War

1. Kind of bread
2. "Hurry!"
3. Jessamine Co. site, ___ Nelson
4. Spanish appetizer
5. Milan's La ___
6. Kentucky's gubernatorial one is in odd number years
7. Tenth part offering
8. Fungal spore sacs
9. Much of Niger
10. Clark County's seat
11. Cherish
12. Menifee Co. community, or "M*A*S*H" setting
13. Owen County Lake, ___ Davis
21. ___-American
25. Small handbag
26. "Go away!"

DOWN

21. Hit the road
28. Icelandic epic
29. Kentucky governor, 1995-2003
35. Choir voice
36. Lady's man
37. Young hawk
39. Newborn
40. Fishing tourney officials
41. Serf
43. Caught
46. Most reasonable
49. Noodles
50. Perpendicular to the keel
51. Cent
53. Kentucky county, home to Flingsville and Dry Ridge
56. It comes to mind
57. Hip bones
58. Small freshwater fish
59. List abbr.
60. Cincinnati nine

SOLUTION TO KY574
ACROSS
1. AGREEMENTS
6. FLIGHT DATA
10. BOAT TRAILER
14. KENTUCKY'S FIRST GOVERNOR
15. ACTRESS KUDROW
16. HERO TYPE
17. BUSCH GARDENS
18. CARVE IN STONE
19. BENCHMARK
20. EASTERN KENTUCKY'S REGION
22. CANADIAN TRIBE
23. VOTING "NO"
24. CONSIDER AGAIN
26. BIG FIRST FOR A BABY
30. CONCLUSION OF SOME GAMES
31. DID LUNCH
32. CONCLUSION
33. CAPTAIN'S JOURNAL
34. GRAMMAR TOPIC
38. HE BEGAN "BIRDS OF AMERICA" IN KENTUCKY
40. KENTUCKY COUNTY
42. START OF A REFRAIN
43. "DIDN'T I TELL YOU?"
44. SICILIAN RUMBLER
45. KET'S NETWORK
47. GOOSE EGG
48. DOESN'T KEEP
49. YELLOW FRUIT
52. AWESTRUCK
54. AID AND
55. KENTUCKY BLACK



MPG. INGENUITY
CHEVROLET CRUZE ECO EPA-EST. 42 MPG HWY¹

FIND NEW ROADS[®]

IMPRESSIVE MPG. INCREDIBLE DEALS. DRIVE HOME A CHEVY TODAY.

Get Top Dollar For Your Vehicle At Our Trade In Marketplace

'13 CHEVY SONIC SEDAN

#6413
MSRP \$14,995



SALE **\$14,515**

'13 CHEVY CRUZE LS SEDAN

#6292
MSRP \$19,020



SALE **\$17,135**

'13 CHEVY MALIBU LT SEDAN

#6455
MSRP \$23,995



SALE **\$21,299**

'13 CHEVY IMPALA LT SEDAN

#6380
MSRP \$28,210



SALE **\$22,593**

'13 CHEVY EQUINOX LS FWD

#6268
MSRP \$24,580



SALE **\$23,449**

'13 CHEVY CAMARO LT COUPE

#6446
MSRP \$29,990



SALE **\$27,996**

'13 CHEVY SILVERADO 1500 EXT. CAB

#6449, LT, 4X4
MSRP \$38,025



SALE **\$31,881**

'13 CHEVY SUBURBAN

#6237, LTZ, 4X4
MSRP \$65,930



SALE **\$60,577**

All prices plus tax and license. ¹Select vehicles only. Not all customers will qualify. ²Based on EPA estimates. Visit fuelconomy.gov for details.

JACK BURFORD

On the Bypass in Richmond
859-623-3350 or 1-800-336-8583

www.jackburford.com

