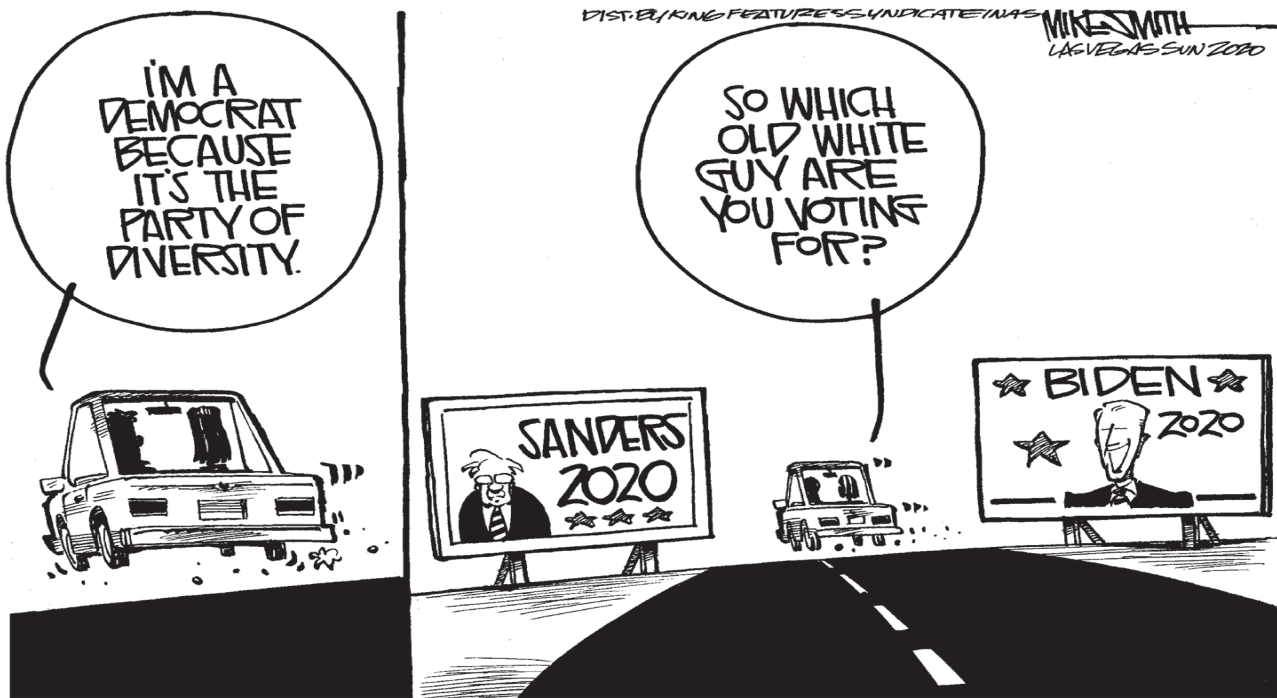


# Editorial & Opinions ENOUGH

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## A little fear is okay



By **MARY BETH SALLEE**  
Citizen Reporter  
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Last Friday night, the first case of the new coronavirus was confirmed in Lexington. The next day, I spent hours disinfecting the entire house...floors, door knobs, light switches, remotes, the whole nine yards.

I haven't, that I know of, been in contact with anyone with the virus. But worry and worst case scenarios hit me hard sometimes, especially with a young child. It all hit me way before a confirmed case in Kentucky, but that put the icing on the cake for me, so to speak.

Most of you probably think I'm being paranoid or too fearful. Perhaps I am. But then again, maybe I'm not.

Overall, I don't think we do enough to be cautious. A lot of times, I don't think lessons are learned from the past. Things aren't taken seriously enough these days.

The SARS virus outbreak that occurred in 2002-2003 was believed to have been linked to a coronavirus originating at a live animal/wet market in China. Flash forward to now, and the SARS-CoV-2 virus causing today's COVID-19 illness is also believed to have originated at a live animal/wet market in China.

If we should have learned anything in the past 17 years, it's that these live animal/wet markets should not exist. And yet, here we are – yet again – going through another outbreak.

Once again, humans are not cautious enough.

I'm not oblivious to the fact that the flu spreads like wildfire and causes death as well. I use hand sanitizer and antibacterial wipes year-round. But this new virus has only been around since December 31, 2019. There is no vaccine. We have no idea yet how much it will surge or spread.

Yes, this new illness has affected some with common cold-like symptoms, but in some cases it has also viciously attacked people's bodies, shut down their organs, and killed thousands already. That's not a common cold.

I'm not saying that we need to hide in a bunker and wear hazmat suits. But what I am saying, however, is that maybe taking this illness seriously wouldn't be such a bad idea. Let's stop with the antics of "If it's going to happen, it's going to happen," or "You can't live scared."

Instead, let's realize that history does repeat itself, as it already has. Let's realize that it's okay to avoid crowds for now. It's okay to take precautions like washing our hands and sanitizing often. It's okay to skip traveling during spring break. It's okay to take all of this seriously for once for the safety of our children and elders.

I think it might do us all some good to be a little more cautious in our day-to-day activities. A little fear in a time like this is certainly okay.

*Mary Beth Sallee resides in Hart County with her husband and son. She works as a reporter for the Hart County News-Herald.*

### Letter to the Editor

## Bernie's Apocalypse

### Praising Castro's Regime

The never Bernie movement is growing among the left throughout the nation. Many believe Bernie Sanders is the most electable candidate this November. I have a different perspective Bernie Sanders claims to be a democrat but underneath the lies and deception he is a communist sympathizer. According to the New York Post "Miami will hold an anti-communist concert in April in response to presidential candidate Bernie Sanders defense of Fidel Castro's authoritarian regime in Cuba.

### Inevitable Clarification

Bernie has dodged a bullet on how much Medicare for all would cost the US Taxpayers. According to a Yale university study, Medicare for all costs US taxpayers 47.5 trillion US dollars. In doing so will double the fiscal budget to 10 trillion according to current federal spending projections. To keep spending under control he plans to balance the federal budget shortfall of 5 trillion by proposing to raise the marginal income tax brackets on the middle class. At first glance It may sound Like he is resurrect-

ing the once great "American Dream" by giving handouts to the American public to stimulate economic growth but in reality, all of his bag of goodies would cost the American taxpayers \$60 trillion in the next 10 years. Granted that his proposals were enacted the US would then owe 26% of all the worlds credit liabilities. This would set a rough road to global financial upheaval.

### Party Division

This movement is causing division among moderate candidates. The party that once represented by JFK and FDR now broken because they no longer represent the people. There is not a good choice for the democratic nomination and no path to victory in the fall. I ask you to think before you pick your candidate for the president. If you chose Bernie Sanders you are choosing Communism and Socialism. I ask you to do "The shoe on the other foot test" ask yourself what would you do If your situation had been reversed. If your political ideologies were on the other side of the isle. Would you have voted differently?

*Jacob Chase Garmon*

## Sun tea



By **JENNIFER MOONSONG**  
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General Manager  
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My kid is a music aficionado. That's not to say his choice in music and mine are the same, but I do appreciate his love of music. If we're traveling, we're listening to music.

Last week, my cell lost service for a few brief seconds while going down the road, and instead of having the tune of his choice immediately at his fingertips, he had to wait. It took him exactly three seconds to complain.

Wow. What an impatient bunch of people we've become.

"You know how I heard almost every song I ever heard when I was your age?" I asked him.

He rolled his eyes, but he also raised his eyebrows so I knew he was listening.

"I heard them on the radio," I continued. "That's how I figured out what I liked and what I didn't. I also heard a lot of music in my own living room and on my grandma's front porch."

"What happened when you wanted to listen to a song over and over?" He asked me.

"You waited until you were 13 years old, and did chores for two weeks and then went out and bought a cassette tape. CDs were just coming into fashion, but they cost more."

After a few moments of quiet contemplation he asked, "Why didn't you just find it on YouTube or your playlist?"

"Those things didn't exist."

His eyes grew big and his face grew pale.

"Have I ever told you about sun tea?"

"No. Is it boring?"

"Listen! When I was a kid on the first really warm day towards the end of spring, about the time the yard was covered in dandelions, Mom would make sun tea."

"What's that?"

"It's tea, but it's made with the heat of the sun."

(Insert a look of deep thought and suspicion.)

"She took two big tea bags and put them in a big jar with a spout that mostly just sat in the cabinet. She'd put sugar and lemon slices and cool water in with the tea bags, and then sit it out in the sun on a rock at the edge of the yard. It had to be in full sun all day. As the day went on and the water heated up it got darker and and darker. By afternoon, we could bring it inside and pour it over ice, and it would taste just like making sweet tea on the stove, and cooling it in the fridge."

"That's so silly."

"Why?"

"That took FOREVER! You said all day!"

"That was kind of the point."

Waiting, patience, ritual.

The wait for spring is long, and well worth the wait. The moral of the story for making sun tea is that, like the first warm day of spring, it's worth waiting for; The beauty is found as much in the journey as it is in the destination. At least, it once was. I fear we've lost much of the grace that comes with patience, and in a generation or two it will be all but forgotten. It might even be forgotten.

The entire concept of ritual for the sake of ritual is also fading. So, you can imagine my relief when after a few very quiet minutes he said, "I guess I want to."

"You want to what?"

"Make sun tea."

"Great! I'll order a jar to make it in."

"When will it get here?"

"A few days."

"Ahhhhh!"

"Remember, good things are worth waiting for!"

*Jennifer Moonsong has been a journalist in South Central Kentucky for 12 years. She serves as the General Manager for the Metcalfe County and Monroe County, and is a regional features writer.*



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