

Obituaries

Luther James Strode

Luther James Strode, 92, of Monroe County, Kentucky, passed away on Tuesday, March 24, 2020, at Macon County General Hospital. He was born on November 9, 1927, the son of late Arthur James and Mattie (Pitcock) Strode. He married the late Ada (Dulworth) in 1948. Luther served his country proudly through the Army in World War II. He retired from Operations of Engineering at Tri-County Electric after 37 years, and was a member of the Masonic Lodge 753 for 65 years, and was a member of The First Baptist Church of Tompkinsville. In the words of Luther himself, "He was a good man." Luther was more than proud of his family and loved life more than itself. He is survived by one son, Jerry (Anita) Strode of Lafayette, Tennessee; one daughter, Sue (Dexter) Marcum of Albany, Kentucky; one son in law, Verner Wilson, one brother, Joe Strode, of Tennessee; five grandchildren, Luther (Heidi) Johnson, Chris (Janet) Strode, Melissa (Marc) Burnette, Amanda (Stacy) Wilson, Micah (Jared) Bennett; nine great-grandchildren, two step-great-grandchildren, and one great-great-grandchild also survive.

In addition to his parents and spouse, he was preceded in death by one daughter, Bonnie Wilson, and several brothers and sisters.

A private funeral service will be held on Saturday, March 28, 2020, at Anderson-Bartley Funeral Home in Tompkinsville, Kentucky with private burial in Monroe County Memorial Lawn. Tony Day will officiate the service.

Friends and family may share your messages of condolence, and express sympathy with the family of Luther James Strode at www.andersonbartleyfuneralhome.com.

In lieu of flowers, memorials are sug-

gested to the American Cancer Society and can be made at the funeral home or mail to American Cancer Society, 952 Fairview Avenue Suite 4, Bowling Green, KY 42101.

Anderson-Bartley Funeral Home is both honored and privileged to be entrusted with the care of Mr. Strode.

Ricky Shockley

Ricky Shockley, 64, of Fountain Run, KY, passed away Sunday, March 22, 2020 at the Medical Center @ Bowling Green, KY. Ricky was born in Macon County, TN, September 29, 1955 son of the late Don Delano & Billie June (Phillips) Shockley. He was preceded in death by his parents, Don and Billie June & wife, Doris Ann (Lynn) Shockley, who passed October 25, 2013.

There will be a private graveside service. At the request of Governor Andy Beshear, the gathering at the cemetery is limited to only the named people in the obituary. There will be no services at the Funeral Home.

He worked in farming and was a member at Akersville Missionary Baptist Church.

His survivors include, daughters, Misty Graves & Terry Jackson of Fountain Run & Beverly Warren of Edmonton, KY brothers, Shorty & wife Julie Shockley of Lafayette, TN & William Shockley & companion, Alex of Tampa, FL, 5 grandchildren, 9 great-grandchildren, sister-in-law, Sonya Shockley & her daughter, Alyssa of Lafayette, son-in-law, Robbie Walker of Fountain Run, several cousins & extended family & many friends.

Donations requested to help with funeral expenses.

Fountain Run Funeral Home, Directors

NEWSPAPERS

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ty.

"Don't Panic," said the banner headline. "But instead be prepared."

These are unprecedented days in communities throughout Kentucky, the United States and the world, as the novel coronavirus spreads, wreaking medical and economic damage in its wake.

Kentucky's community newspapers, large and small, in digital and in print, are taking action to keep our communities informed on everything from the latest news about the virus itself to the importance of social distancing. We're providing resources and connecting citizens in our communities who are affected by the unprecedented steps being taken to stop the spread of the virus. And newspapers are stepping up for their communities even as we're directly affected, too – with our staffs working from home and many of our advertisers shutting their doors, at least for now.

Newspaper sites throughout the Commonwealth have removed their digital paywalls on stories about COVID-19 and its effects, making this essential information free so it can reach as many citizens in our communities as possible.

Kentucky's community newspapers are providing essential information to our towns and cities in other ways, big and small.

The Crittenden Press in Crittenden County, Ky., is hosting a local video news conference each Friday with community leaders, spreading it widely on social media platforms, including Facebook, Twitter, Snap Chat, and YouTube. "We, too, are in a survival mode on the business side, but there's little time to count nickels right now because as the town crier of community, we are pledged to keep crucial, reliably consistent and verified information on the streets," said Chris Evans, editor, and publisher of The Crittenden Press.

Newsrooms from Bardonia to Lexington to Pikeville to Adair County are helping restaurants spread the word with guides listing curbside and takeout services and compiling free lists of resources for community members who may be dealing with sudden unemployment, health crises, or childcare needs.

Jobe Publishing increased the font size of its newspapers in south-central Kentucky given the increased

demand among seniors who can't leave their homes under social-distancing guidelines.

The Kentucky News Group's sites are helping funeral homes livestream funerals at the request of families, so services can be experienced by loved ones even amid restrictions on social gatherings.

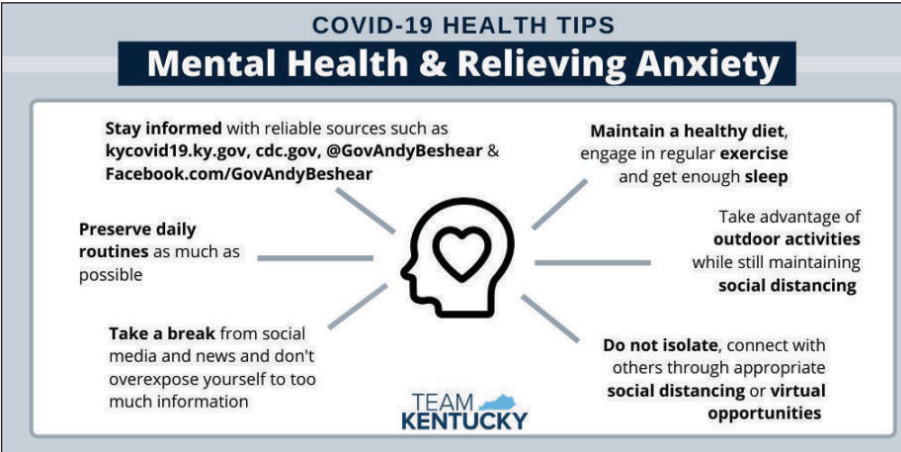
Our staffs are working around the clock to knock down rumors and to report, check and distribute verified information to help our communities in a time of need like none we've seen before. As we do this essential work for you, we ask that you consider subscribing, support advertisers in our issues and if your business is strong and stable perhaps help by placing an advertisement. In essence, helping your local newspaper is "paying it forward" for the communities we serve.

Now more than ever, Kentucky's newspapers will be here to help our communities when they need us most.

Jeff Jobe, our community publisher is the President of the Kentucky Press Association. He asked former President and friend Peter Baniak, of the Lexington Herald to write this on behalf of the association members.

ANXIETY

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INFO GRAPHIC

According to Cassman, anxiety is the most common issue seen in therapy.

"A child becomes anxious when separated from his mother. A person suffering from PTSD is showing anxiety-related issues. Someone who is panicking is also showing anxiety," Cassman said. "When people say 'I'm freaking out,' they are usually referring to anxiety. It is very similar to stress. Anxiety is exhibited as agitation, racing thoughts, inattention, avoidance of people, etc. Ultimately, anxiety is fear of some future event. We can be anxious over a public speech or a job interview. Once that event has occurred, our anxiety goes down."

Anyone, Cassman said, can develop anxiety from an accumulation of pressure and stress. Repeated new reports, such as those about the current coronavirus outbreak, can lead many people to either develop fears or have genetic factors of anxiety "triggered" by environmental factors.

"With the coronavirus, there is a constant discussion of potential harm or doom," Cassman said. "This repetition can lead people to becoming fearful. We know fear is at the heart of anxiety. We can become anxious that we may 'catch' the virus and therefore engage in avoidance behaviors. This is unique to the coronavirus because the social distancing mandate can almost make someone's anxiety worse as it reinforces their negative thinking about others. They can avoid others without the guilt that usually comes with it. They are almost given permission to engage in their anxiety..."

Unemployment is another factor in play among anxiety caused by fear and worry of COVID-19. With several nonessential businesses mandated to close as a way to help flatten the curve of the virus, many have found themselves without a job.

"This (unemployment) is one of the unintended side-effects of keeping everyone home," Cassman said. "Even though they may not be getting sick, people are out of work. They won't have money to pay bills. They may be thinking, 'I will lose my house, my spouse, my livelihood.' This sort of catastrophic thinking is the main ingredient to anxiety and depression. Focusing on what they can actually control is essential to avoid falling into a depressive chasm."

Other forms of stress during the coronavirus pandemic may include changes in sleep patterns, worry about loved ones, and increased use of drugs and alcohol. In some cases, other negativity may arise, such as abuse and self-harm.

"Some reports are already showing a rise in domestic violence 911 calls," Cassman said. "We also know that people tend to overeat the longer they stay at home. These are indicators that people are self-medicating. Some use violence while others use more self-inflicted medicators... Some will self-harm, overeat, or drink heavily. Drug use can also be easier to do if no one is checking on you. If you don't have to report to work, then what is to stop you? If one has been laid off, that can give the person an allowance or another reason to relapse."

Cassman said that it isn't only adults dealing with anxiety during the pandemic. Children are also susceptible to have fear-driven anxiety, especially based upon the reaction of their parents or guardians.

"Children and teens are affected partly by how the adults in their lives react," Cassman said. "If the adults show some tempered reactions and give them straightforward and succinct answers to questions, they will adapt better than if they are given a 'the sky is falling' response. No answers can also be unhelpful. Children are also affected by a dramatic change in their social life, in their schooling environment, and the general sense of being restricted. Teens are more susceptible to

the influence of social media when they don't have strong, healthy influences by adults."

"Adults can be sources of healthy influence by discussing concerns and helping children and teens to have a sense of control," Cassman added. "It is helpful for children to know their parents are looking after their best interests."

Another guideline for parents and guardians to help children fend off anxiety during this time is a simple one: adults must also help themselves and one another.

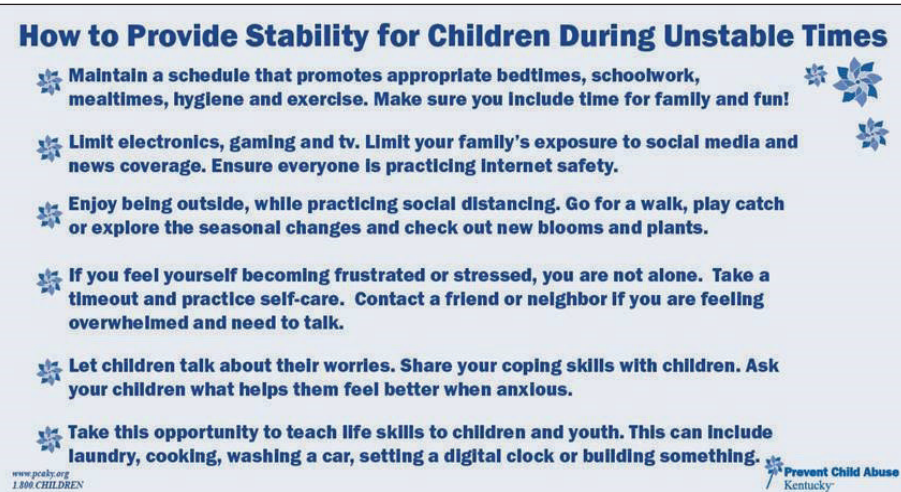
"Shrinking one's world to focus on their children, their laundry, a board game, etc., can help to alleviate some of the 'there's too much going on' thoughts," Cassman said. "We can't do anything about what government officials are doing or what is happening in China. But we can cook dinner for our children, read a book, or clean the living room. Distractions can help to keep someone focused on more neutral or positive ideas. Comedy shows are great distractors as well."

"Turning these sorts of situations into opportunities can be helpful," Cassman added. "Maybe this is the time to clean out the attic you have been procrastinating doing... By doing this, we give ourselves something to do and, in the process, create a sense of purpose and potential accomplishment. Do something. Don't just sit around fretting."

Cassman said that being outdoors, while still practicing social distancing, is also key in helping to alleviate stress and anxiety.

"We know that sunlight helps to alleviate depressive symptoms," Cassman said. "Seasonal affective disorder is real because our circadian rhythms are influenced by the sun. Serotonin (which influences mood), melatonin, and vitamin D are all affected by the amount of sunlight we get. The more sunlight we get, the less depressed we will feel."

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INFO GRAPHIC

Obituary Policy: Obituaries must be submitted by a licensed funeral home or a copy of one previously published in order to be placed on the obituary page. Funeral providers determine the size and content of all obits provided to our newspaper and most others.