

Editorial & Opinions ENOUGH

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Modern challenges



By **JENNIFER MOONSONG**
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General Manager
Metcalfe/Monroe Division

In the 1850s orphan trains chugged down the tracks to the rural midwestern territory, loaded with homeless children from the crowded streets and orphanages of eastern cities like New York, Boston and Baltimore. Siblings were divided and often used as farm laborers.

In 1940, young men who were barely adults signed up to fight in WWII, a war that's savage nature exceeded that of previous, modern wars tenfold.

In the 1950s, families built bomb shelters to escape to in the event of radioactive bombs being dropped.

Towards the end of the 1960s, very tumultuous times came calling again as a politically divided nation struggled with the Vietnam War, and all of the angst it brought bubbling to the surface.

I guess my point is, every generation has adversity.

Today I hear a lot of youngsters complaining about sore thumbs from gaming.

Yes, it's a little funny when you think back about what former generations endured, and yet, when viewed as part of the big picture, not so funny at all.

One of my favorite authors, Rachel Carson, wrote "Silent Spring". In it she said, "Man is a part of nature, and his war against nature is inevitably a war against himself."

The book was published in 1962. Carson was ahead of her time, but in retrospective, it's clear to see that she was accurately predicting the future.

The electronic era has added to the separation from nature. Each year I make it a point to visit several state and national parks, I think they are the real national treasures. Over the past decade, I can't help but notice that fewer and fewer people frequent the lesser known parks. It seems that people are mostly content

to just stare at a small screen while the world goes on around them; Especially the young.

Sore thumbs will not be the only outcome of this great societal change.

More than any generation before, people are living sedentary lives. Americans are the leaders of the trend. Physical ailments of all sorts, such as America's top diseases in 2019, including heart disease, cancer and diabetes are frequently life-style related.

Yes, it's not like the plagues and struggles of years gone by, but it is an adversary none the less; And like a far reaching, tangled web, it is linked to so many things: depression, anxiety, social disorders and so much more.

Even the English language has been dramatically altered since the coming of the Internet age. Having lived a good portion of life before that time, I have observed the transformation.

Think of the many words that didn't exist 25 years ago that do now. Now, think of how many of them relate either closely or distantly to the Internet, gaming, the web, etc.

The ten year olds who used to be building forts and playing in the dirt are now inside. A wonderful book, "The Dirt Cure" details the effects this trend has on young immune systems, and it is well worth the read.

Another great book, "Assassination Generation" details the psychological effects of violent gaming at an early age, paired with other cultural changes and the way young minds are adapting (or not adapting) to that change.

With that said, the three books I have mentioned are my recommended reads for 2020, if you've not already read them.

They are very informative and information is the base of wisdom, and wisdom changes the world.

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.

Strength in the storm



By **MARY BETH SALLEE**
Banner Reporter
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Each time it storms, my little boy becomes scared. He wants the windows blinded so he doesn't see what trouble the wind is causing. He wants the television volume loud so he can't hear the rain. He wants me right by his side so that he feels safe.

Sometimes storms blow through our lives, but we can't close the blinds or drown out the sounds. And we often don't feel the safety or assurance we need at that moment.

The storms may hit suddenly without any warning – the loss of a job, a sudden diagnosis, or the death of a loved one.

Other storms may brew over time, building up force until it strikes – depression, a damaged relationship, or lack of self-

care.

We are all going to face storms. This is life. It's inevitable. Sometimes those storms hit so hard it finds us falling flat on our face, paralyzing us in sorrow or fear.

But we can do one of two things when the storm hits: make the best or the worst of it.

We have to realize that not all storms come to disrupt our lives. Some come to clear our paths. It is life's roughest storms that prove how strong our anchors are. The thunder may roll and the rain may pour down heavy on us. But we must remember that without rain, nothing grows.

So, as you experience the storm in your life, may you find the strength from within to face it, embrace it, and overcome it.

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

Prioritization can benefit so many

Dear Editor,

Year after year, our Members of Congress are requested to support many issues. While Alzheimer's is just one of the many causes they hear about, it's personal to me. As some who has lost two grandparents that were diagnosed with this disease, I am one of the millions of Americans who has experienced the emotional, physical, and financial heartache that dementia has on an individual and their family. I know there are more ways to help families like mine, and that's why I work with Alzheimer's association of Kentucky and Southern Indiana Chapter.

Thanks to my Senator Rand Paul, 2019 will always be a year to remember in our fight to end Alzheimer's. On December 20, 2019, due to the bipartisan support of our congressional leaders, a \$350 million increase for Alzheimer's research funding at the National Institutes of Health (NIH) and \$10 million to the BOLD infrastructure for Alzheimer's act was SIGNED INTO LAW! This HUGE milestone has brought our annual federal funding for Alzheimer's to \$2.8 billion a more than six fold increase since 2011. For me, this is more than just a bill passing in Congress- these additional dollars offer real hope to families like mine as we search for a cure for our nation's most devastating and expensive disease.

This exciting news has left me feeling more energized and inspired to work with our elective officials in the year ahead, and I hope you feel the same way! Please join me in thanking Senator Paul for his leadership in prioritizing the eradication of Alzheimer's in 2019. I look forward to continuing this momentum in 2020 with both Senator Paul and Senator McConnell, as well as our other Congressman representing Kentucky. Happy New Year!

Beth Harp

Community Meeting Schedules

Russell Springs Council – 2nd Thursday of each month at the municipal room at the City Hall at 6 p.m.

Jamestown Council – 3rd Thursday of each month in the basement of Jamestown City Hall at 6 p.m.

Fiscal Court – 2nd Monday of each month in the Russell County Courthouse at 6 p.m.

School Board – 3rd Monday of each month at various locations at 6 p.m.

Russell County Chamber of Commerce – 3rd Tuesday of each month at various local businesses at 12 noon (CST). Contact the chamber office at (270) 866-4303 for details of this month's meeting location.

Lake Cumberland Area Development District – Board of Directors – 4th Thursday of every odd numbered month at the Area Development District Office at 11 a.m.

Russell County Health Department Board – Local health board meetings are held annually and occur in February. District board meetings are held quarterly.

Russell County Ambulance Board – 2nd Tuesday of each month.

Russell County Library Board – 2nd Tuesday of each month at Jamestown Library at 5 p.m.

County Extension Office Board – 3 meetings a year, one in September; no time set yet for the remaining meetings. Located at the Extension Office.

Partners In Prevention – 4th Thursday of each month at the Russell County Auditorium/Natatorium Complex at 12 noon.

Airport Board – 1st Tuesday of each month at the airport at 5 p.m.

Lake Cumberland Tourist Commission Board – 3rd Wednesday of each month at the Tourist Commission, located at 650 S. Hwy. 127 between Arby's and Long John Silver's restaurants, at 12:30 p.m.

County Conservation District – 1st Monday of each month at the district conference room, located at 159 Ferco Way, Jamestown, at 12 noon.

Russell County Industrial Development Authority – 4th Monday of each month at Duo County Telephone, at 8:30 a.m.

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