



ASK Dr. Angelia Happy at Home

In these days at home, it may be wise to focus more on the little things that make us Happy. For my happiness, I bought some ferns and flowers. I put them all around the patio. The next day, while pulling in the driveway, the beauty took me by surprise, and I said to myself, "That makes me Happy!" It's the small things.

Sandi Mann, in her book Ten Minutes to Happiness, she suggests keeping a journal. Her work is based on "positive psychology" – an area of psychology that suggests we can improve our mood by focusing on the small things that bring happiness in each day. Mann says that answering a few questions in a journal can help you find more happiness in in these most stressful, pandemic crisis days. 1.) What experienc-

es, however small, gave you pleasure today? 2.) What were the moments of pure joy in your day? 3.) What were your achievements – anything that added to your happiness at home? 4.) What made you feel grateful today?

The benefits of keeping a short journal like this are two-fold. When we write, it helps to remind us of the small things that brought us happiness. The journal provides an archive of everything that has made us Happy during this most stressful, pandemic crisis time – a record of how we can cope with a crisis today and in the future.

With most of our time spent at home. Home is our refuge from this world and where we build our Happiness. If you can be at Happy anywhere it is at home; think about what gives you Happiness and

do that. I'm going to make some more cookies. It's the small things.

Jesus said, "And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet." Pastor Eric, 3trees Senior Pastor repeated this verse this week, as it is a great Word for me; I hope it will be for you as well.

I hope you will take a moment from my musings and do something to make you and those around you Happy. Choose Happiness! Because, We Will Get Through This!

Finally, be Grateful. Live in Peace. Love God and Love every Person. Amen.

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"I have had a recording career on stage and in the studio, but my dream was to own a cool guitar shop," Mark said.

In 2019, Mark and his wife, who is originally from Jamestown, packed up their home in Atlanta and relocated back to her hometown.

"I fell in love with the area and the people," Mark said of Jamestown.

After moving here, they begin to renovate their showroom and service center. In December 2019, they quietly opened the doors to Cumberland Guitars to the public.

"We were planning on having an official grand opening in April, but the virus has put that on hold for a bit," Mark said.

The showroom is a place created for people to hang out, much like a clubhouse. There is cool furniture, a funky chandelier, and lots of guitars. The inventory changes daily and is guaranteed to be unique. Once the no contact orders are lifted, Mark said all are welcome.

However, since there is still currently a no contact order in place, Mark was looking for a way to help the people of Russell County. He then had the idea to start making mask extenders. They are being manufactured out of plas-



Several Mask Extenders made from K&A

tic with a 3D Printer.

"Healthcare workers are near and dear to me," Mark explained. "My wife is a nurse practitioner. We kept hearing and seeing nurses with their ears worn and raw because of the elastic straps."

For Mark, this was an easy fix.

"I found a basic design online and made a few tweaks," he said.

Mark and his wife have donated hundreds of the

mask extenders in the Lake Cumberland Area, for local hospitals, clinics, grocery stores, first responders, and more. They have also shipped several to healthcare workers in Lexington, Elizabethtown, and elsewhere.

"Anyone who can benefit from one, we've got their back," Mark said.

If you or someone you know needs a mask extender, contact one of these businesses via Facebook, and they will be more than happy to help.

Phase 1 begins to reopen health care industry

Mary Beth Sallee
Jobe Publishing, Inc.

COVID-19 information continues to change daily. The information provided in this story is accurate as of information received on April 27.

Phase 1 initiated

On April 21, Governor Andy Beshear announced the launch of Healthy at Work, a new initiative to aid Kentucky businesses in reopening safely as the fight against COVID-19 continues.

According to the Governor, the Healthy at Work initiative offers a phased approach with public health benchmarks to reopening the state's economy. These benchmarks closely follow the White House's Guidelines for Reopening America.

While Governor Beshear urges everyone in the state to remain healthy at home, he also knows that families and businesses must also prepare for the reopening of Kentucky's economy.

"We want to make sure that when we hit that mark, knowing that we may only know five days in, that we're ready and that when it is safe to do something, we can immediately start doing it," Beshear said last week.

The Governor also warned, however, of reopening too soon. This is a concern expressed by many across the commonwealth.

"When we look at the long-term reopening of the economy, we do it by not being foolish or making risky decisions," Beshear said. "It's how we come out of this strong."

On Monday, April 27, Kentucky took the first step in reopening its health care industry. Governor Beshear offered new details regarding Phase 1 while also continuing to keep Kentuckians safe from COVID-19.

"Going through this tonight, I hope gives you an idea on how we are going to gradually do this with strict compliance to guidelines, and to make sure we can do it in a smart and a safe way," Beshear said. "This is the way that we are going to move into a broader Phase 1 reopening."

Under Phase 1, non-urgent/emergent health care services, diagnostic radiology and lab services can be resumed by health care practitioners in health care clinics and medical offices, hospital outpatient settings, physical therapy settings, chiropractic offices and optom-

etrists, and dental offices with enhanced aerosol protections. This does not initially apply to long-term care settings or prisons, and it also does not apply to elective procedures or surgeries.

Phase 2 is scheduled to start on May 6 with the resuming of outpatient surgeries and other invasive procedures. However, hospital and care facilities will be required to meet strict guidelines.

Phase 3 is planned to begin on May 13. At this time, care facilities and hospitals are allowed to begin performing non-emergency procedures and surgeries at 50% of the facility's pre-COVID-19 pandemic patient volume.

Phase 4 is tentatively scheduled for May 27. At this point, many of the restrictions regarding types and volumes of procedures will be determined by the facilities. Guidelines and oversight, however, will continue.

"Doing this right is about safety," Beshear said. "That's our number one concern. It's also the right thing for the economy. Avoiding a second spike will restore our economy faster."

Masks must be worn

On April 27, Governor Beshear also announced that by May 11 every employee of an essential business that is reopening must wear a mask.

"This is how, even when we are plateaued right now that we think that we will be on the decline, we can help to reduce the spread of this virus," Beshear said.

Governor Beshear explained that wearing masks will help reduce the spread of the virus as Kentuckians increase contact as businesses re-open.

"It's going to look very different to us," Beshear said. "While it's gonna seem strange and is probably uncomfortable, I want us to know that this is just another small sacrifice that we can make to make sure that we keep each other safe."

Governor Beshear stated that wearing a mask is mandatory for businesses and all of their employees.

"If a business is not masking, then that can be grounds ultimately to temporarily shut down that business," Beshear said.

While individuals will not be cited if caught without one on,

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