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Letter to the Editor

The Herald-News welcomes letters to the editor regarding our publications or local issues of importance. Letters should be no more than 300 words; we reserve the right to edit for clarity or length, or to reject letters that are in poor taste or libelous. Writers must include their name and a valid telephone number for verification purposes. Anonymous letters will be rejected. Send your letter by email to jobe@jobeinc.com or mail to or drop off at any Jobe Publishing office.

Editorial & Opinions

ENOUGH

The Mission Statement of Jobe Publishing, Inc.

"Create an interactive environment that facilitates debate among readers on issues concerning them," Jeff Jobe, 1998
"Because you have stood with us in the past; we commit to never allow pressures to stop us from standing for you today," Jeff Jobe, 2010

Letter to the Editor

Dear Editor,

I bought a vacation home here Russell County in 2003 and in 2008 I retired down here.

I always loved all the people that would come here every year to spend time on the water.

So fast forward today and the times we are in and it is important now more than ever that we respect the community.

Now let me tell you about several families I know that are my friends. They would come down here every spring, summer and fall. Once during Easter to set up their homes maybe one short weekend before Memorial weekend and of course set off the season by coming down Memorial weekend, the week of July 4th, a week at the end of July then return for Raft Up, Labor Day and of course Poker Run. I have no doubt that these vacationers help stimulate our communities.

Well 2020 comes around and I start seeing many people come down here alot earlier than normal after seeing my friends visit for the 4rd

time and its not even Memorial weekend. I mentioned to one of my friends that was down here outside of their regular visits my concern about them ignoring the 'stay at home orders' from their state and Kentucky and she said "It's not like we are infecting the community we have our homes here we go to." But this is not true they immediately get in their golf carts drive and visit everyone who live and work here and people from other towns and cities. Congragating at RV's, campfires and people's homes. Practicing absolutely no 'Social Distancing.'

I realize we need tourism to help our community but right now is not the time to increase your visits to Lake Cumberland. I know they're going stir crazy locked up in their homes but so am I. We are all doing our part to 'Shelter in Place' why aren't they? I am beginning to think they just don't care.

Gayle Reber

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Dear Dietitian

Dear Dietitian,

Can you settle a bet between my sister and me? She says apple cider vinegar has many health benefits and that it even can help with weight loss. I say that's bologna. What do you say?

Thank you,
 Jenny

Dear Jenny,

If you check out apple cider vinegar (ACV) on the internet, you will find uses for it from weight loss to blood sugar management to cancer treatment. How is one to know what to believe?

Apple cider vinegar, or just cider vinegar, is made from apples and water that have fermented over time, producing alcohol. Then a bacterium known as Acetobacter converts the alcohol to acetic acid, and the concoction becomes vinegar. Some claim that ACV is rich in micronutrients and antioxidants. The truth is it contains mostly water, about 4% acetic acid, and small amounts of potassium and carbohydrate.

Cider vinegar has a long and rich history. It is said that Hippocrates, the Father of Medicine, prescribed it along with honey to alleviate a cough. It was also used as a disinfectant to clean wounds. The acetic acid would eliminate bacteria, which would help prevent infections.

Vinegar was also used to make posca, a drink common in ancient Greece and Rome. Posca was made from wine vinegar, diluted with water, and flavored with herbs. It was consumed by soldiers, the lower economic classes, and slaves. The acid in the vinegar destroyed germs in otherwise un-

clean water.

Vinegar is still used today as an inexpensive cleaning agent. It cleans windows and floors and can even help remove the unpleasant odor of pet urine in carpet by neutralizing uric acid. Of course, ACV is used in salad dressings and other recipes.

As far as ACV health studies, there are few and they are small. A randomized, controlled trial of 39 participants studied its effect on weight loss. All the volunteers were put on a calorie-restricted diet for twelve weeks. One group was given 30 mL/day of ACV, while the other group was given placebo. The ACV group lost more weight and had reduced levels of triglycerides and total cholesterol compared to the control group (1). This study is greatly limited by its small size. It is too small to draw any real scientific conclusion. If the study contained 100 people in the control group and 100 in the ACV group, it might attract attention.

In another small study of 29 people, ACV was found to improve post-meal blood sugar levels in those who were insulin resistant or had type 2 diabetes. It was proposed that vinegar prevented the breakdown and absorption of some starches, thereby decreasing blood sugar (2). The same limitation of small study size applies here.

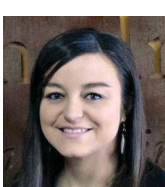
A misconception exists that the acid in vinegar can treat or prevent cancer. Although a study found that tumor cells died when treated with cider vinegar, these tests were done in a laboratory and have no indication of its use in the human body. The same goes for the theory that cancer grows more quickly in an acidic environment. These tests were

performed on cancer cells in a lab. The human body has a built-in mechanism that constantly regulates pH balance, and it is not affected by what we eat

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EDITORIAL

We cannot return to normal



By **MARY BETH SALLEE**
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After living the past couple of months by being safe at home through a pandemic, May is looking somewhat hopeful. Businesses are planning on reopening slowly. Most are thrilled, while others are cautious of how this will affect the spread of COVID-19. There are many who are ready to return to normal.

But the truth is, we can't. We cannot return to normal now or in the days and months ahead.

Normal meant traveling near and far. Normal meant visiting as many people where we want, when we want, and as often as we want. Normal meant large gatherings at concerts and ball games.

But we cannot go back to doing as we please.

For us, normal was literally a catastrophe waiting to strike. And it did. A deadly virus snuck up on us while we were all living as though nothing could happen to us.

So you see, nothing should go back to normal. Normal was not working. If we go back to the way things were, we will have lost the lesson...

The lesson that too much time was spent on phones and electronics and not enough time being outdoors with family. The lesson that millions of people could have their jobs taken away in an instance. The lesson that the things we enjoy – visiting relatives, ball games, and birthday parties – can be canceled. The lesson that no one is immune to anxiety or fear or disease or death.

So no, we cannot return to normal. We cannot return to taking things for granted.

May we learn from our mistakes. May we continue to do differently. May we all rise up and do better.

Russell County School District



PRESCHOOL REGISTRATION INFORMATION

<http://www.russell.k12.ky.us>

Russell County Preschool Registration Packets are now available for the 2020-2021 school year. Registration folders can be picked up at any of the elementary schools or the board office. Return completed packets to the schools or the Russell County Board of Education at 404 S. Main Street, Jamestown, KY 42629.

Options for registration:

1. Pick up registration packet at the elementary school where your child will attend school next year. Packets are available at the same time Ntl information is picked up or dropped off at the school. Packets are also available at schools that have been designated for lunch pick-up and can be picked up during the time lunches are being distributed.
2. Print registration from Russell County School District's webpage at: <http://www.russell.ky12.ky.us>
3. At the Russell County Board of Education, the packets will be left in the front foyer on a bench for pick-up.
4. Contact the Russell County Board of Education at 270.343.3191 for a packet to be mailed to your home.

