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"Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose."
 — Philippians 2:12-13 NIV

"We'd never been through anything like that, so he [her husband] didn't know what to expect," Swyers said. "He tried to FaceTime me...but I was too tired to even respond." There were times when he would not hear from Swyers for up to 12 hours.

Swyers urges everyone, including younger people, to take necessary precautions to help slow the spread of COVID-19, including wearing a mask, social distancing and washing your hands.

"You don't know if you're going to be the 25-year-old who only loses their taste or smell, or the 24-year-old who is hospitalized and very sick," she said. "There's no way to tell how it's going to affect each person."

Swyers said she has been doing much better since she was released from the hospital.

When she heard about the opportunity to get the COVID-19 vaccine, Swyers said, "I read a bunch of information, and I thought about it a lot, and I personally decided it was the best thing for me."

Visit phelpshealth.org to learn more about COVID-19 and the COVID-19 vaccine.

About Phelps Health
 Phelps Health is one of Missouri's leading regional referral centers, serving over 200,000 residents in south-central Missouri. Phelps Health is county-owned, non-tax supported and is overseen by a five-member elected board. Phelps Health employs more than 1,900 people, including 100-plus providers. Phelps Health, which includes a hospital licensed for 242 patient beds, serves a six-county area, with its main campus and several clinics located in Rolla, Missouri. Phelps Health also has clinics in Salem, St. James, Vienna and Waynesville, Missouri. For more information, visit phelpshealth.org.

Let go and let God have control. —Christopher Simon

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Phelps Health Nursing Student Urges Young People to Take COVID-19 Seriously

ROLLA, Mo. — A Phelps Health nursing student has a message for young individuals about COVID-19: Take it seriously.

At the age of 24, Morgan Swyers, a certified nursing assistant (CNA), contracted COVID-19 in December 2020.

"When I got COVID-19, it resulted in double pneumonia that turned out [to be] pretty severe, and I was hospitalized," she said.

One of the first symptoms she noticed was feeling lethargic. "I was sleeping all the time. I wasn't eating or drinking like I should have been," she said.

Swyers's family and coworkers were concerned about her, so she went to Phelps Health Hospital. Once admitted, she said her oxygen levels began falling.

Swyers, who has asthma, said

she used nebulizers (devices that turn liquid medicine to mist), but noted they did not seem to help.

"I really struggled with breathing," she recalled.

In addition to difficulty breathing, a common symptom of COVID-19, Swyers also lost her ability to taste or smell.

Swyers was admitted to the hospital on a Saturday morning, and remembers being dehydrated. She was given fluids through an IV and placed on oxygen. During her hospitalization, Swyers was given the drug, remdesivir. In addition, she had a blood plasma transfusion to help.

A respiratory therapist recommended Swyers be placed in the prone position (when a person lies flat, face down) to help improve her oxygen levels.

"By Monday night, I was only on two liters of oxygen and was up walking, whereas the day before that, it took everything...trying to walk," she recalled.

During her hospital stay, Swyers was a patient in the same unit where she works. She said her coworkers were all worried about her.

"Prior to having COVID-19, I did take care of COVID-19 patients," Swyers said. She remembered starting her work shifts "and the patients are fine and they're doing great, and then you end your shift and those patients are in the ICU [Intensive Care Unit] and they just have taken a turn so fast."

Swyers said her husband also tested positive for COVID-19, but the only symptoms he noticed were a loss of taste and smell.

"We'd never been through anything like that, so he [her husband] didn't know what to expect," Swyers said. "He tried to FaceTime me...but I was too tired to even respond." There were times when he would not hear from Swyers for up to 12 hours.

Swyers urges everyone, including younger people, to take necessary precautions to help slow the spread of COVID-19, including wearing a mask, social distancing and washing your hands.

"You don't know if you're going to be the 25-year-old who only loses their taste or smell, or the 24-year-old who is hospitalized and

very sick," she said. "There's no way to tell how it's going to affect each person."

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COLLEGE ANNOUNCEMENTS

Mizzou releases fall 2020 Dean's List
 The University of Missouri fall semester 2020 dean's list is now available. During the fall 2020 semester, 11,653 undergraduate students earned the academic distinction to be named to the dean's list.

2020 Fall Dean's List:
Maries County
Belle - Tyler Joshua Miller, senior, Agr-Food & Nat Resources
Brinktown - Derek Thomas Kieffer, senior, Health Professions
Vichy - Emily Anne Scott, freshman, Discovery Center
Vienna - Paige Marie Breeding, freshman, Nursing; and Cole Ryan Petershagen, senior, Arts & Science
Miller County
Iberia - Grace L. Edwards, soph-

omore, Arts & Science; and Sarah Ann Lennon, senior
Pulaski County
Dixon - Britney D. Akers, senior, Health Professions; Trinity F. Akers, junior, Business; Sophia M. Bianco, sophomore, Discovery Center; and Alexis Jordan Leonard, senior Education
Fort Leonard Wood - Sydney S. Breckinridge, sophomore, Nursing
Richland - Jacob D. Blank, senior, Agr-Food & Nat Resources; Camryn N. Long, senior, Arts & Science; Gage Alexander Mitchelson, sophomore, Arts & Science
Saint Robert - Shawn Ryan Berrios, freshman, Human Environment Science; Dante J. Casarotto, sophomore, Business; Phillip Labib, senior; Cristina

Michelle O'Barr, junior, Health Professions; Austin G. Reed, sophomore, Arts & Science; and Alexander Curtis Rudolph, freshman, Arts & Science
Waynesville - Janelle April Bautista, senior, Education; Michela M. Bibb, junior, Nursing; Kaylee M. Brewer, senior, Nursing; Sabrina L. Edralin, senior; Kyle Zachery Kirby, senior, Arts & Science; Regan Allyse Mertz, senior, Journalism; Evan Alan Nitchman, sophomore, Discovery Center; Gracie Jane O'Donnell, sophomore, Arts & Science; Caroline L. Pack, freshman, Nursing; John M. Pollman, senior, Arts & Science; Haley Elizabeth Robinson, senior, Arts & Science; Jennifer Lynn Trigg, senior, Health Professions; Lauren R. Tronstad, senior, Journalism.



"How many more times do I have to tell you before you remember what I'm trying to teach you?" asked Jim's Dad.

"Probably as many times as it takes for me to see what's in it for me," answered Jim.

Most of us have been involved in similar "discussions." Some "lessons" are more difficult to learn than others if we see no immediate benefits.

So it was with the Children of Israel. Psalm 78 begins with a plea from God: "Oh my people, hear my teaching!" Notice that God is pleading with His people to hear Him. There is a difference between listening and hearing. We often listen but do not hear. So God emphasized that fact: "listen to the words of my mouth."

Of course we want to know what He means when He asks us to "listen to the words of my mouth."

Then, as now, many only listen when any speaker has anything to say that has value to them - even God. If we do not believe that the words of the speaker - even God - will benefit us personally and tangibly we will not hear their voice. Sadly, what was true then is true today.

God spoke to the Israelites many times on many different occasions through many different individuals and unexpected miracles. Yet, His message did not penetrate into the depth of their hearts and make a lasting impression in their lives. They seemed to forget the importance of His teachings and paid a price.

If we listen to and obey His Word, He will reward us.
 Visit us at: SowerMinistries.org



Morgan Swyers, a certified nursing assistant (CNA) at Phelps Health, was hospitalized with COVID-19 in December 2020. (Submitted)

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