

Times Remembered

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I really don't know any great news this week. The only things that have happened in the last few weeks has been sickness. But here goes.....

After our return from our basketball trip after Christmas, (actually Bob was hurting before we went, but would not tell me), he was hurting in the right side of his back and along his right ribs. He thought he had pulled a muscle while moving some concrete blocks. So he took Aleve, used the heating pad and applied icy hot cr me. Nothing would relieve the pain. He couldn't sleep, and could not find a position to sit or lie in to relieve the pain; it hurt and hurt. I finally demanded that he go to the doctor. Why do men hate going to the doctor? It takes an act of Congress to get them to go! But he finally gave in and went.

January Sickness

Our doctor, Dr. Michael McKinney, an Irvine native is actually in Nicholasville at Brannon Crossing, Baptist Health. So we went to see him and Bob was surprised when he was diagnosed with the shingles! He didn't have any blisters or rash, just horrific pain. He was given strong Ibuprofen and medicine called Zovirax, a viral med for shingles.

That didn't phase the pain at all; he suffered for about three straight days and nights, then finally the medicine started helping a little. I went to a pharmacy in Richmond and purchased some special cream for shingles that helped the pain some. He said the pain was like bees stinging and a dozens of knives/ daggers cutting you in two; there was no relieve.

This pain continued until last week when he was given another medicine for nerve ending pain and prednisone that finally helped. He said this pain was the worse pain ever; even worse than his knee and back. I sure hope I don't get them. He is re-couperating nicely now and he hopes he never has this again!

We both took the shingles shot last year,

but the doctor said it was only 60% and they have come out with another shingles shot that you take 1 then in 2 months you take another one. It's supposed to be stronger and more effective. I already got my first shot but I have to wait until March 1st to get the other one.

Shingles and chickenpox go hand in hand. Both are caused by the same virus. People wonder if shingles are contagious, the truth is that shingles isn't, but the virus which causes them can be. The virus from chickenpox never fully leaves the body. It simply lies dormant in the nerve tissues located near the brain and spinal cord. After many years this virus can reactivate as shingles. Not everyone who has chickenpox will develop shingles, for adults under the age of 50, it is most commonly seen in those with weakened immune systems.

For the past two decades, the chickenpox vaccine has been part of the child's routine vaccination, drastically reducing the number of chickenpox cases. This is good for kids as well as people who have never had chickenpox cannot develop shingles.

It's every man for himself at all-you-can-eat buffet dinners



America's Heartland

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I heard the tale the other day about the fellow who had accompanied his wife to one of those all-you-can-eat, buffet-style dinner parties sponsored by the company she worked for.

"That's the fifth time you've gone back for more food," the wife whispered to her gluttonous husband. "Doesn't that embarrass you?"

"Not at all," he said with a grin. "I keep telling them I'm getting it for you."

The Bible warns us that we're to mind our

manners when attending company dinners, especially with the big boss there.

"When you sit down to eat with a ruler, consider diligently what is before thee. And put a knife to thy throat if thou be a man given to appetite. Be not desirous of his dainties, or his most choice foods, for they are deceitful" (Proverbs 23:1-3).

If you're sitting across the table from the big cheese, you'd do well to focus not on what is before you but on who is before you. You should be respectful.

If you think about it, that particular proverb is telling you nothing more than your mother told you when you were a toddler sitting in a highchair. No burping. No spitting. No throwing food. No talking with your mouth full.

Deborah Ruddell reinforces this notion in a poem she wrote called, "A Vulture's Guide to Good Manners." It was included in the book, "Today at the Bluebird Caf ." This is what she wrote:

"I never never, never put my elbows on the table, and my face will never show it if my tummy feels unstable.

I never tell a story when my beak is full of food,

or eat a sprig of broccoli that hasn't been well chewed.

I never leave the table until I've been excused.

When someone breaks the gravy boat, I never act amused.

I never spit my food out. I'm never ever late.

But when I come to dinner, I always clean my plate."

The point is, of course, that if a lowly buzzard knows how to behave at the dinner table, a man should be able to do so, as well. But if he just can't help himself, and if he has to make multiple trips back through the buffet line, for goodness sakes, he shouldn't say it's for his wife.

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The Spats

by Jeff Pickering



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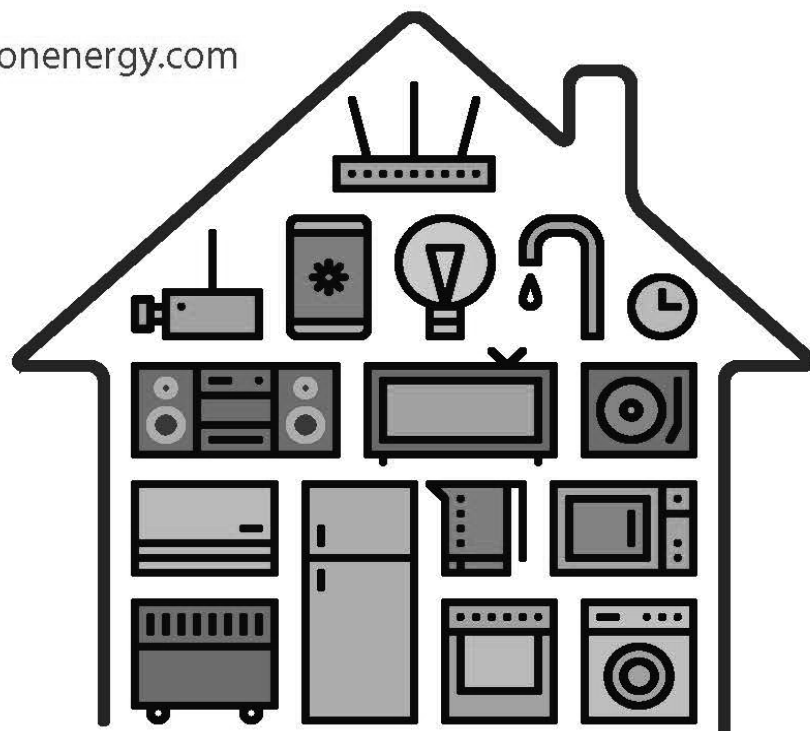
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