



Times Remembered
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date on your calendar. Frost is just six weeks away. Also, many counted the fogs in August. It was said to indicate the number and the severity of the upcoming snows. If snows do not stick to the trees, the snow will stay longer on the ground. The reason being that the temperature has fallen below freezing and the cold spell is likely to stay. If the snow sticks on trees it indicates the cold front may have moved on.

Predictions were also made by woolly worms. Beattyville, Kentucky even has a Woolly Worm Festival every year. If the woolly worm is totally black, expect a very cold snowy winter. If black on each end and black in the center, expect warm weather during the middle of the winter. If yellow on each end and black in the center, expect warm then cold and warm winter again.

Old timers believed if thunder occurred in January, it would likely frost in May. So they were careful when setting or planting young plants too early. Also, if cows are lying down in a pasture field it meant rain. If they are half up and half down it means a 50/50 chance of rain.

The weather can change quickly, many hikers experience changes in the weather especially when hiking in the mountains. Without adequate protection a thunderstorm can reduce the body temperature enough to cause hypothermia and even death. You should carry rain gear and warm clothing in your backpack.

I could go on and on about predictions; I know many of you out there have heard many different ones from your elders.

Though there's a chill in the air and our activities might even be hampered, we can know each day that God's faithful provision and protection will always sustain us. The promise of His perfect work in us will fan the flames of warmth, knowing He is guiding us even more than we realize.

Winter

Although the analogy of winter is often used for the later life, it need not be a season of discouragement. Winter is that gift from God of snuggling up before a blazing fire and remembering the times when God showed his abundant love already in our lives.

Our weather lately has been snuggling winter weather. We've already had several snows and cold temperatures this season. There is a snow on the ground today; not too deep but very cold. And it has been flurrying off and on all day.

The sights and sounds are significant factors in predicting the weather. My parents and grandparents knew many factors in weather predictions. If the fire made popping sounds, they said it was going to snow. If large groups of birds were eating lots of food on the ground it usually meant snow. When a train whistle sounded louder and carries farther; colder weather was on the way.

If you heard a katydid, mark the

Marcum & Wallace plans Ladies' Healthy Heart Couch Conversation

Mercy Health - Marcum and Wallace Hospital will sponsor a virtual educational event titled, "Ladies' Healthy Heart Couch Conversation" on Thursday, February 18th at 12 p.m. via Zoom with Dr. Paula Hollingsworth, Cardiologist, Baptist Health Lexington.

According to the American Heart Association, heart disease is the number one killer of women; that's approximately one woman every minute. Ninety percent of women have one or

more risk factors for developing heart disease.

"It's important for women to be educated about heart disease," said Dr. Paula Hollingsworth. "The symptoms of a heart attack and heart disease can be different in women versus men and are often misunderstood. It's also important to know how your numbers impact heart health."

Please call 606-726-8185 to register for this free event and receive your Zoom invitation/

virtual event information. All attendees will be entered in a gift basket drawing.



Paula Hollingsworth

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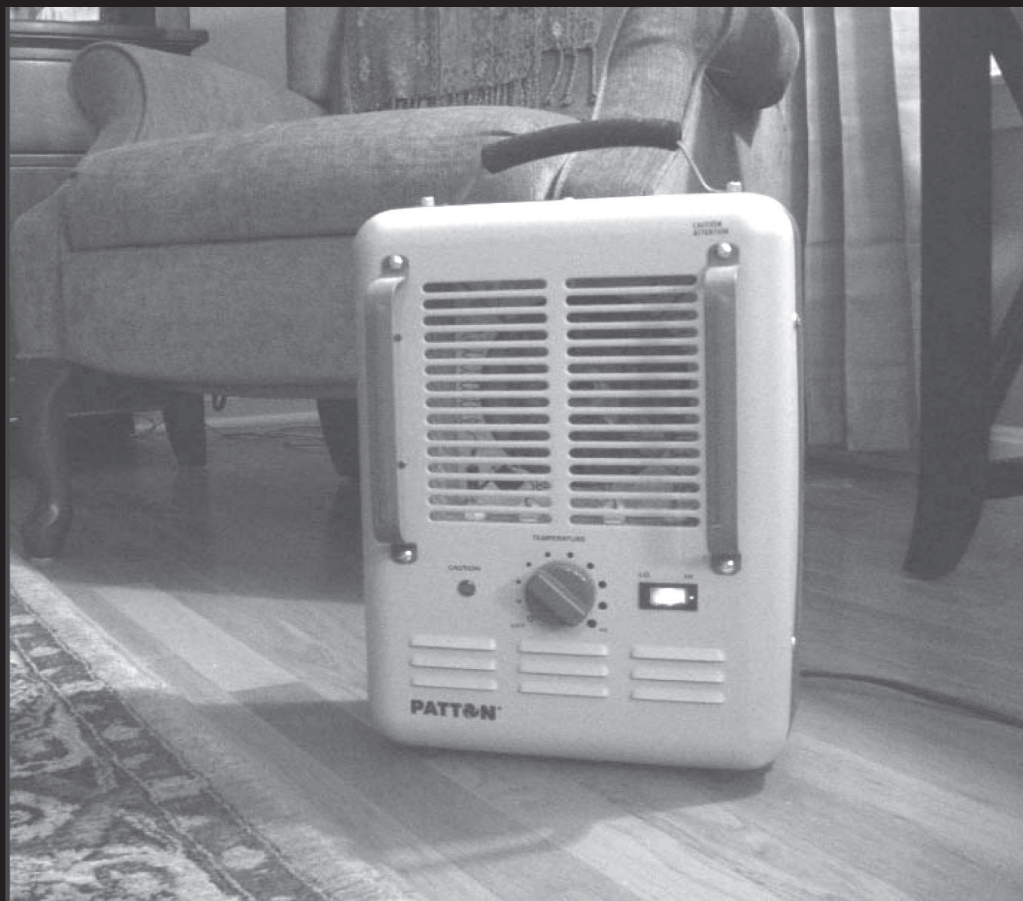
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Ladies' Healthy Heart Couch Conversation

Thursday, February 18th
12 - 1 p.m.

Join us on Zoom from your phone, computer or tablet for a conversation with Dr. Paula Hollingsworth, Cardiologist, Baptist Health Lexington.

February is American Heart Month.

According to the American Heart Association, heart disease is the number one killer of women; that's approximately one woman every minute.



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