



Times Remembered
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It was often said church folks did not drink because they wanted to know if they were having a good time. It was said that you never have alcoholics in the mountains, just drunks. If a man drank at all, he drank too much. It seemed there were "teetotalers or drunks." Since alcohol was considered evil, those who drank sometimes made up excuses. They might say, "I'll hold a gun on you so you can drink some, if you will do the same for me." (LOL Laugh Out Loud).

One time another acquaintance who regularly hit the bottle pretty heavy was drunk and weaving his way home, one night when he staggered into a cemetery and fell into a newly dug grave and . . . passed out. When he awoke the next morning and saw that he was in a cemetery, he yelled, "HALLELUJAH!! It's resurrection morning and I'm the first one up."

Once a drunk was describing why he quit drinking. He said that snakes would hang down from the ceiling with their heads right in his face. He was hallucinating, of course.

Bed Boards (Believe or Not). I've heard my Mother speak of this. Homes in the mountains were typically small. As a result, bedrooms and beds were in short supply. Mountain hospitality often meant bedding down visitors. As hotels and motels were scarce as hen's teeth. Mom's parents told of families who dealt with the problem using bed boards. When a guest stayed for the night, a wide wooden board was placed lengthwise in same bed so the stranger could sleep fully separated from their daughter in the same bed. Such a situation spawned the only comment Mom ever heard regarding the use of the bed and board.

The stranger and the daughter were attempting to climb a fence the day after they had been separated by the bed board. When the stranger said he couldn't climb the fence. The daughter remarked that if the stranger couldn't climb over a bed board, he surely couldn't climb over that fence.

Hospital Reschedules Ladies' Healthy Heart Couch Conversation

Mercy Health - Marcum and Wallace Hospital has rescheduled its virtual educational event titled, "Ladies' Healthy Heart Couch Conversation" for Thursday, March 18th at 12:00 Noon. 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

Old Timers Tales

Have you ever sat around a pot-bellied stove in an old country store or been where people (usually old-timers) sat under a tree whittling and telling stories? I call them tales. My Daddy and my Uncles were excellent at telling tales.

A well-known laxative, Black Drought, was used extensively in the early days. I remember my Dad always using it. One day Dad gave an acquaintance his instructions on how much of the loosely powdered Black Drought to take. He said to take as much as he could lay on a dime. A few days later, he asked his friend if the Black Drought worked. The man very shyly said that he did not have a dime but he had two nickels. "Well? "How was it?" The friend grinned a little and said . . . well, I sure got my money's worth!"

Alcohol was kept on hand for medicinal purposes back in my grandparents' days. I remember my Dad saying his Dad kept a half pint of whiskey hid in the barn so my Grandmother wouldn't find it. He would visit the barn and get a little nip occasionally.

Fall 2020 Degrees at U.Cumberlands

The University of the Cumberlands in Williamsburg, Kentucky, congratulates all students who completed their degrees in fall 2020. The following students from your area earned a degrees:

Elizabeth Muncy of Ravenna earned a Education Specialist in Principal,

Lyndsay Tyra of Waco earned a Master of Arts

in Clinical Mental Health Counseling,

Kayla McHone of Waco earned a Master of Arts in Teaching,

Elizabeth Tyra of Irvine earned a Master of Arts in Teaching,

Mary Raider of Irvine earned a Master of Arts in Teaching,

Daniel Click of Waco earned a Master of Arts in Teaching.

Well done, Patriots!

University of the Cumberlands is one of the largest and most affordable private universities in Kentucky. Located in Williamsburg, Kentucky, Cumberlands is an institution of regional distinction offering quality undergraduate, graduate, doctoral, and online degree programs. Learn more at ucumberlands.edu.

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