

T.J.'s Journal

by: Tony J. Cook

A few years ago, I noticed my body was hurting severely and much more stiff than usual. I was sure it would pass in a day or so. I had been working a little harder than usual, too.

I had just moved into a new apartment in London. I was exhausted from packing and their unpacking at the new apartment. My new apartment was on the second floor, so that made things even worse. I worked as a reporter during the day for the local newspaper in London, the Laurel County Weekly, and at Ponderosa Restaurant when I wasn't doing anything else. I also worked at the local nursing home, Laurel Heights. I was a certified medicine technician, and worked third shift as the supervisor on first floor. First floor had about one-hundred twenty patients as well as the staff. I was having personal and family problems so I thought the best way to deal with it was to escape into work.

One night at about two A.M. I got a call from one of the staff on the other wing that I was needed right away on that wing. There was something seriously wrong with one of the patients, and they couldn't get her to respond.

I ran the length of one wing, across a huge dining area and living room, and the length of another corridor. While I was running to get to the patient, I hoped I wouldn't have to do CPR, as I wouldn't have much breath left. In turning the corner of one hallway, I almost knocked my left knee off. So I just hurriedly limped the rest of the way.

The patient was stabilized and sent to the hospital. By the next day, my left knee was swollen, bruised,

and quite painful. The swelling and bruising went away, but the pain and a stiff feeling grew in my knee as well as my whole body.

I finally decided to go to the doctor, who sent me to a specialist, a rheumatologist in Lexington. There he diagnosed me with three kinds of arthritis: lupus, fibromyalgia, and arthralgia. I continued to work for about two years, but soon found I was only getting in the way. By this time, I could scarcely walk. I had to quit work after fifteen years at Laurel Heights.

The rheumatologist thought that at the rate I was deteriorating, I would probably be in a wheelchair in about five years, and suggested knee and hip-replacement surgery. I was in my early thirties, and the future didn't look very promising.

I had to stop and weigh my options, what few I had. I decided right away that I didn't want surgery of any kind. I decided just to put myself in the good Physician's hands and hope for the best. I also stopped taking a barrage of expensive medications that weren't doing any good, anyway.

Now was the time when I had to draw my strength from the people I had taken care of for so long. I didn't have any plans to give up or give in, so I had to push forward daily.

I had taken care of patients who, as a hobby, planted and cared for flowers, but didn't have any hands. There was a totally blind woman who kept a spotlessly clean room, and could recognize you upon walking into her room or just walking past her door in the hallway. There was an

other lady who had both legs amputated above the knee. She made her own bed, and could get in and out of

her own bathtub by herself. Yet there are even more incredible stories of people who have overcome their circumstances to lead a virtually normal life.

I'm glad I chose the path I did. As you see, it was in January of nineteen ninety-two, ten years ago, I was diagnosed with arthritis, and given about five years to walk. Today, I walk without the aid of any device and don't plan to for many years. Neither do I take any medication except for over-the-counter medicines such as Motrin and Glucosamine

Sulfate. During the past ten years, the arthritis has spread to my whole body and there isn't a day that goes past without pain to some degree, but I still feel as if I've won the battle.

Today, I almost complained as I opened a childproof bottle of Tylenol as my hands were so sore and stiff. Then I remembered the lady with no hands. It would be easy to complain about the pain in my legs. Then I remembered the lady who had none. It would be easy to complain about how sore and stiff my back

(Cont. to A-11)

Our Readers Write

Dear Editor,

I want to say thank you to all the wonderful people of Rockcastle County! Last Tuesday I was able to make some campaign stops in your county and I was overwhelmed by the hospitality!

I want to say a special thank you to the city officials of Mt. Vernon, Broodhead, and Livingston for helping me make arrangements to meet with them and citizens. Also a special thank you to the Rockcastle County Fiscal Court. It was great to have a chance to sit and talk with so many fine people. I also was fortunate enough to be able grab a bite to eat at the Dan Deltie, Jean's, and L.J.'s.

To be a small county, Rockcastle sure has several wonderful dining establishments! I know I will be back, if for nothing else but to eat! I must also say thank you to Mrs. Roberta Taylor, who was kind enough to invite me into her home for the night. I will never forget her kindness! I also want to say a big thanks to Travis Burton for helping to arrange everything.

Having Rockcastle County only intensified my desire to be your next State Auditor Frankfort for too long has been plagued with scandal and corruption. Our state government has gone from an aim of helping the people, to just helping Frankfort insiders. This is unacceptable. I want to serve you, the people, and help make state government what it should be, something for the people! I give you my promise that if elected I will work hard. I do believe that my opponent who worked as Paul Patton's right arm, offers only what we have now, a government full of scandal! I hope that I, along with other members of Team Kentucky, can count on your vote November 4.

If elected, I know that everyone in Team Kentucky looks forward to Restoring Hope in Kentucky. Win or lose, I look forward to my next visit in Rockcastle. You all really have a beautiful county full of wonderful people. If you have any questions about my campaign please feel free to contact me at our campaign headquarters, 502-897-5750. Thank you so very much.

I am attempting to make arrangements at this time to be back in your most gracious county on October 25th and hope to see and meet you then.

Sincerely,

Linda Greenwell

Candidate for State Auditor

Dear Editor,

As a 35-year member of an international trade union they have always provided me with medical coverage, and a prescription drug card, even in my retirement.

They are telling me that Ernie Fletcher is their worst nightmare, that he has voted 97% against every effort to control medical cost, even against importing much cheaper, and higher quality drugs from our neighbor Canada.

And they are also telling me that Fletcher wants to get rid of our prevailing wage laws. In other words, if you own a business, vote Fletcher, if you seek, vote Chandler.

Rockcastle County is a place where most people get up and go to work, and the very last thing we want to do is put Fletcher in this powerful position of Governor.

Please, when you pull that curtain behind you and vote, vote for yourself, vote Chandler.

Thank you,

Jim Norton

Dear Editor,

It takes a lot of good folk to put on a Bittersweet Festival such as we had and a lot of dedication to having a good festival and quality entertainment. There are lots of fine folk who work in the background that deserve equally as much credit for a quality show as those you see on stage and speak with on the phone and in person. Thank you to Mt. Vernon Fire Dept. for washing the streets, Blaine McHargue and Gary Barnett for measuring the streets and marking them, Bentley Cromer for the use of his trailer for the stage, Toshia Lear for coming early and staying late to get everything in place, Irene Ross for helping where ever she was needed, the guys from the Rockcastle County Work Release Program for all their help, Shelby Bradley for helping those from out of town find their spaces, Dana Mason for all her work on the race, Vicki and Jerry Cox for getting the race organized, Mike Barr and Health Essentials for sponsoring the race, and Mike for serving as our parade Grand Marshal, Carol Sigmon for decorating the street, the Remains Committee for the lights for the fiddler shocks, Main Street Flowers and Gifts for the ribbons, Buzz Carloffs and the Fiscal Court for helping with the electric, Mt. Vernon

Printing for the brochures, Rockcastle Tourism, The Banner, WKVK, Mt. Vernon Signal, Sheri Proctor for helping with the race, Willis Coffey, Country Music Hall of Fame, Juana Davis, Angela Lee, Gene Cromer, Danny Settles for decorating the Mt. Vernon sign, everybody who helped fold brochures, the Deputy Sheriff for overnight security, and Lucille Bullock, Melanie Bullock, and Erica Toothman for helping me maintain a balanced mood.

Thank you to Blaine McHargue for all the help in getting everything set up, Ron and Carolyn Klotz, Chad Burdette, and all the entertainers: C. Chance, Tyler Strunk and the Bad Temper Band, Fire the Choir, 40 Days West, the Bittersweet Cloggers, Wild River Band and Bentley Cromer, Tamara Feller and Hubby for singing at 8 in the morning, how we appreciate you, the Northside Baptist Church Puppeteers, the Northside Interpretive Movement Youngsters, Kentucky Cofeder Bluegrass Band, Michael and Betty Fredrick, Behind the Cross and Steve Collins, Rusty Powell and J. B. Baker and Basy,

James Miller for doing the cheer work.

Thank you to all the vendors and most of all thank you to all of you who attended the festival and made it successful. Without you it's a bust! And to all who were in the parade: THANK YOU! And to Dorell Cress, thank you for coming and cheering and thanks to Clyde Hodges for being a clown all day Saturday. Bittersweet 2003 was a great success. It took a lot of good folk to bring it off. Bittersweet 2004 is already in the planning stage. If you would like to volunteer call Toshia at City Hall at 256-2879.

If I left anyone out I apologize and truly thank you for all the help. Thank you to all of you who helped in any way. It could not have happened.

Fondly,

Bernice McHargue

Dear Editor,

On September 30 I had the opportunity to attend the Lieutenant Governor's Debate at Georgetown

(Cont. to A-11)

Infants Who Stop Breathing—SIDS

Presented by Dr. Kimberly Cornelius

Nothing is more frightening than having your baby stop breathing. Sudden Infant Death Syndrome, or SIDS, is the unexpected death of an infant without other illness.

Who are the children at risk? The three main groups of infants who have an increased risk of apnea (lack of breathing) are premature infants, siblings of infants who died of SIDS, and infants who have been found breathless but were resuscitated.

Several other problems may cause an infant to have pauses in his breathing lasting over 15 seconds but are not necessarily associated with SIDS. These include seizures, anemia, lack of development of the brain, and many other illnesses.

Any baby who has had a period of apnea resulting in the skin turning blue or a slowing of the heart rate needs to be evaluated. This is often done by a 24-hour recording of the respiratory rate and heart rate to look for any abnormalities. Several other tests are done routinely to look for seizures, infections, or metabolic abnormalities since these can be treated.

Premature infants are at greatest risk in their first months of life but their risk decreases as they grow older. On the other hand, healthy term babies are relatively safe the first month and then the risk increases and lasts until six months of age.

When a pediatrician determines that an infant should have apnea monitoring, at home, the parents are instructed in handling the monitor and resuscitating the baby if it is needed. The monitors are often used until the infant is six months old.



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Saturday, October 25th

11:00 a.m.

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Come meet the candidates --

have lunch and enjoy free entertainment

Paid for by Rockcastle County Republican Party
