

Ever wonder what the letters ‘S’ and ‘T’ stand for?

It's been several years since I told you about the city slicker who bought a cattle ranch out West. Friends who came for a visit asked the name of his spread.

"I wanted to call it the Bar-J," the city slicker said. "My wife favored the Suzy-Q. My daughter liked the Flying-W and my son preferred Lazy-Y. So, we're calling it the Bar-J-Suzy-Q-Flying-W-Lazy-Y Ranch."

"But," the visitor asked, "where are all your cattle?"

"Well, none have survived the branding," he said.

Being branded with a name like that would be tough on



Ain't It The Truth
Roger Alford

a cow, no doubt. The Bible makes clear that we all ought to be concerned about having good names.

"A good name is to be chosen over great wealth; favor is better than silver and gold" (Proverbs 22:1).

There's a story from long

ago about two brothers who were caught stealing sheep. Their punishment was to have the letters "ST," short for Sheep Thief, branded into their foreheads.

One brother was so embarrassed and humiliated that he left for parts unknown.

The other decided he'd stay in his community and try to win back her neighbors' trust. He did all kinds of good deeds. When someone needed a helping hand, he was the first to step forward. He became widely known for the kindness he showed to others, and, many years later, a visitor to the community asked a

local resident what the "ST" on his forehead stood for.

"I'm not sure," the resident said, "but I think it must stand for saint."

I'm pleased to know that, in rural America where we live, our neighbors are familiar with the idea of forgiveness and redemption. We can make poor choices that bring reproach to our names. But like the young man branded with the "ST," we can restore our names by living differently.

That's why I so appreciate the promises of Scripture that we do not have to continue as the men or women we once

were. Forgiveness is ours for the asking. Christ is able to make us brand new.

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away" (2 Corinthians 5:17).

If the poor choices you've made in the past have you branded with a name that's as hard to bear at the Bar-J-Suzy-Q-Flying-W-Lazy-Y Ranch, just remember there's hope for change through Jesus, "the name that is above every name."

Reach Roger Alford at 502-514-6857 or rogeralford1@gmail.com.

Community Calendar

HOLIDAY CLOSINGS

The Laurel County Courthouse, which houses the PVA, County Clerk, Judge Executive, County Attorney, Occupational Tax, and Kentucky Veterans Affairs offices, will be closed Thursday and Friday, Dec. 30 and Dec. 31 for the New Year holiday.

The Laurel County Judicial Center, including District, Circuit and Family Courts as well as the Circuit Clerk's Office, will be closed on Thursday and Friday, Dec. 30 and Dec. 31 for the New Year holiday.

The City of London government offices will be closed on Thursday and Friday, Dec. 30 and Dec. 31 for the New Year holiday.

The U.S. District Court and all federal offices will be closed on Friday, Dec. 31.

The Sentinel Echo office will be closed on Monday, Jan. 3 for the New Year holiday.

SCHOLARSHIP—The Captain Charles Gatliff Chapter of the Sons of the American Revolution (SAR) is offering cash prizes for high school students in southeastern Kentucky, including students being homeschooled. The chapter will award three prizes of \$200, \$100 and \$50. The winning es-

say will go to the state competition for prizes of \$500/\$200/\$100 and the state winner will be sent to the national competition for prizes of \$5,000/\$2,000/\$1,000! Students must submit an original 800- to 1,200-word essay based on an event, person, philosophy or ideal associated with the American Revolution, Declaration of Independence, or the framing of the United States Constitution. Essays will be judged based upon its historical accuracy, clarity, organization, grammar and spelling, and documentation. Contest rules and application can be found at <https://www.sar.org/george-stella-m-knight-essay-contest>.

Essays must be received by December 31, 2021. Submission must include the essay, the title page, bibliography, and student bio. Digital submission can be made by sending material by email to david-detter70@gmail.com or mailed to: David D. Etter, 63 Windsong Lane, Williamsburg, KY.

Students, parents, or teachers requiring more information can contact David D. Etter at the addresses listed above.

Friday, Dec. 31
NEW YEAR'S EVE

PARTY — New Year's Eve Extravaganza in downtown London at 9 p.m.

Saturday, Jan. 1, 2022

NEW YEAR'S DAY

GOSPEL BARN — Williamsburg Gospel Barn invites you to the 60th year concert celebration of the Singing Cookies on New Year's day, Saturday, January 1 at 6 p.m., with special guest the Blackburn gospel singers. Admission is free. Doors open at 5 p.m.

Friday, Jan. 7

BLOOD DRIVE — Kentucky Blood Center (KBC) is encouraging blood donors to start the new year out right by giving blood. The winter months can be a challenging time of year to keep blood on the shelves for those who need it. Every day, Kentucky Blood Center needs more than 400 people to donate blood to supply the 70+ hospitals it serves. Help save local lives at this upcoming blood drive. All donors will receive a limited-edition KBC hoodie (while supplies last).

The blood drive will be 2-6 p.m. at Buffalo Wings & Rings, 201 Faith Assembly Church Road, London, from 2-6 p.m. All donors will re-

ceive a certificate for 5 free boneless wings and a chance to win free wings for a year! (Free wings is 1 order of 10 wings per month for 12 months.)

Blood donors must be at least 17-years-old

(16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permis-

sion slip, which can be found at kybloodcenter.org.

Appointments preferred and walk-ins welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

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CANDIDATES
PRIMARY ELECTION MAY 17, 2022

★ Sheriff ★

RE-ELECT John Root
for Sheriff
paid for by John Root

★ County Clerk ★

RE-ELECT Joe "Tony" Brown
for County Clerk
paid for by Tony Brown for Clerk

★ PVA ★

Don McFadden
for PVA
paid for by Don McFadden

For more information:
please call 606-878-7400

For advance payment of \$499, we will put your name & photo on our Candidate's List, published twice a week until the November Election. Additional categories will be added as needed.

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TINNITUS

"HEAD NOISE"

THE PERCEPTION OF SOUND IN ONE OR BOTH EARS WHEN NO EXTERNAL SOUND IS PRESENT.

IN THE U.S., IT IS ESTIMATED THAT 30 – 35 MILLION AMERICANS STRUGGLE WITH TINNITUS AND FOR APPROXIMATELY 2 MILLION PEOPLE, IT CAN BE SEVERE OR EVEN DEBILITATING. TINNITUS IS NOT A DISEASE IN AND OF ITSELF, BUT RATHER A SYMPTOM OF SOME UNDERLYING HEALTH CONDITION.

CLEARLY UNPLEASANT "HEAD NOISE" INTRUDES ON PEACE AND QUIET, OFTEN IN UNPREDICTABLE WAYS WHICH NEGATIVELY IMPACT OUR DAILY LIVES AND MOODS. FOR THOSE SUFFERING FROM TINNITUS, SINCE ELIMINATING UNWANTED SOUNDS IS NOT POSSIBLE, DISCOVERING VARIOUS METHODS OF HEALTHIER BRAIN PROCESSING CAN PROVIDE ACUTELY NEEDED HOPE AND RELIEF.

MOST PEOPLE WITH TINNITUS ALSO HAVE HEARING LOSS. IN ADDITION TO IMPROVING COMMUNICATION, HEARING AIDS MAY REDUCE TINNITUS SYMPTOMS BY ENSURING EXTERNAL SOUND SOURCES PROVIDE ALTERNATIVE AUDITORY STIMULUS. WHEN THE BRAIN'S ATTENTION IS DIVERTED AND INTERNAL "HEAD NOISE" IS NOT ALONE, BLENDED PERCEPTIONS MAY BE LESS NOTICEABLE AND IRRITATING.

Kara Kratzer, AuD, CCC/A • Liz Rogers, AuD, CCC/A • Tonya Muncy, BC-HIS

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