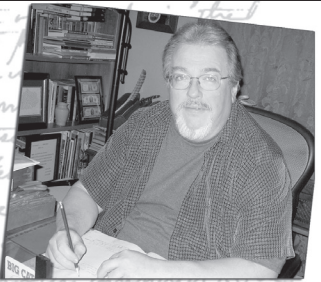


EDITORIAL

named into the Adair Progress this year. I hope to be made and several of the Adair Progress staff. I hope to be made and several of the Adair Progress staff.

Looking Back

With Mike Watson



Smallpox in Adair County—

Smallpox was a very real and persistent threat throughout the first half of Adair County's history. Many nineteenth century adults bore the telltale pockmarks of the disease. Though there is little written of the numerous outbreaks, what follows is an item from the Adair County Court Orders that tends to make the scourge of the disease more real to modern citizens.

"Be it remembered that whereas the small pox being reputed in the community and persons being in danger of catching the disease—The Sheriff of this County summoned the magistrates of this county to meet in the Town of Columbia on this day to take such steps as may be necessary and proper in the matter... Whereupon on this 19th day of August 1848 the following magistrates assembled at the Clerk's office in Columbia—Clayton Miller, James Page, James Miller, Josiah Hunter, Andrew Ewing, Wm. B. Rogers, John Y. Wallace and Eli Wheat,

Esqs.

"Whereupon they adjourned to the Courthouse and appointed Clayton Miller, chairman, and Junius Caldwell, clerk—and having investigated the matter, are of opinion that there is danger of the disease spreading. Therefore, resolved that Isaac Caldwell, Thomas R. Dohoney, Samuel G. Suddarth, Stephen White and James B. Johnson be and they are hereby appointed a committee to procure a house for at least one month suitable to be used as a hospital for such persons as may be removed there by law, or by the consent of the committee. And to procure the necessary superintendent, nurses, and provisions etc. as they may think proper for the hospital whenever in their opinion it becomes necessary. And at any time they may think it necessary they may procure medical aid and nurses and provisions etc. for any person who may in their opinion be attacked with the small pox. And all expenses incurred by the Committee and services rendered by any person under their direction shall be paid by the County Court unless the patient is able to pay for them." [Order Book G, page 425]

The October 1848 term of Court lists many individuals and businesses that were to be compensated for caring for the sick during the recent small pox outbreak. It was obvious it was quite an epidemic in the area.

There was another, though less serious, outbreak in 1873, not to be confused with the cholera epidemic of the same year. County Court expenditures show numerous payments to physicians, merchants and citizens for supplies and for ministering to the victims.



Sano Almanac

Nash Black

Bunny Eggs

One of the pleasures of the season is the Egg Hunt which has moved from backyards to a large community endeavor. The Easter Bunny is not a creation of Madison Avenue, but has long been a part of Western culture. Long before the Christian holiday of Easter, rabbits and hares showed up in Germanic fable and lore. The animals were considered symbols of new life.

Germany has been given the credit for introducing the rabbit who would give good children colored eggs. Early Germany settlers during the 1700s brought the custom to the Pennsylvania Dutch county where it flourished to become an important part of our holiday celebration. Children would construct nests in hidden places to receive a visit from the bunny. Girls would use their bonnets

while boys their caps as the bases of their baskets. Older children contributed to the entertainment of the little ones by staying up late at night to decorate the eggs that would be hidden while everyone attended the sunrise church services.

These are some of the early herb and foodstuffs used to tint the eggs. To use these early methods you need to have a separate pan for each color. The eggs cook while absorbing the prepared color. For brilliant color you need at least ½ cup of dying material and two teaspoons of vinegar for each cup of water used. Place eggs to cover the bottom of the pan and cover with water. Add vinegar and plants, leaves or powders to the water. Bring to a boil and then reduce heat to a slow simmer of 15 minutes.

Red – Canned cherries plus juice or red onion skins. Pink – Canned beets with juice or Raspberries Blue – Canned Blueberries with juice or Red Cabbage Purple – Grape juice, or Violets mashed into a paste with lemon-juice Green – Grass cutting or Spinach leaves Yellow – Carrot tops or lemon peels Orange – Carrots, yellow onion skins or chili powder.

Later special food dyes became fashionable - but today with community hunts, the eggs are plastic. Who can forget the delicious Cadbury eggs that appear once a year or the molded chocolate bunny that was treasured and nibbled on for a week? Which did you bite first - the feet or the ears? Happy Easter, whether religious and secular. They signal the rebirth of life.

Walmart Expands Wall of Honor for Veterans

By Cathy Hoots Abell, Contributor

Everyone that has visited Walmart in Columbia lately has observed the remodeling that is taking place. The remodeling process includes relocating and expanding the Wall of Honor for Veterans. Front End Team Leaders Michelle Brown, Ashley Fitzpatrick, and Anna Scott shared information about the Wall of Honor project. It has expanded to include 12 boards that will each accommodate 20 photos and has been relocated along the inside front wall down from the service desk.

The previous display of veterans' photos was located close to one of the store entrances. Michelle and Ashley talked about how the sun shining through the doors resulted in some of the photos being faded. When the new boards were hung, pictures that could be transferred to the new boards were moved but, unfortunately, some were not able to be moved due to the condition of the photos.

The community can assist in showing appreciation for veterans by helping to




Michelle Brown, Ashely Fitzpatrick and Anna Scott standing in front of the new Wall of Honor boards.

fill up all the spaces on the new Wall of Honor boards. Everyone is being asked to bring in photos to honor individual veterans. This includes bringing in new photos to replace those that could not be moved from the previous board. Anna and

Ashley said all photos on the new boards will be sized 5 x 7 inches. Individuals just need to bring a photo along with the veteran's name to the service desk. If needed a copy will be made at no cost.

A grand opening to show

off the newly remodeled store is planned for May 2. They said it would be nice if photos were brought in prior to this date and all boards were full for the grand opening. If anyone has questions, they can call or visit the service desk.



DEEPER THOUGHTS

By: Dennis Crump

“Responsibility vs. Rights”

I probably spend way too much time looking at YouTube. This week, I have watched some videos of people giving cops a hard time, interfering with flight attendants, aggravating people with “pranks” (some of which were a bit dangerous) and generally annoying people. Perhaps, this sometimes arises out of their self-centeredness and ill-intent - but other times, it seems to come just from their boredom.


Honestly, I don't know how police officers are able to deal with such foolishness. A lot of people seem to be very confused about how to act in public - or with the police. Many people seem very focused on being sure that they “know their rights” - and they demand that others appropriately respect them. Well, there is absolutely nothing wrong with that.

But it also must be said that with rights come responsibilities - and that's where the confusion starts. For instance, if a policeman gives you a lawful order, the best response is to comply, the exception would be if you have a very compelling reason, such as a physical inability to comply - or if compliance would significantly endanger someone. If he asks you to step out of the car, you simply need to step out of the car. He has authority to require this of you. You have a responsibility as a citizen to obey.

If he asks you for your permission to search your vehicle, it is your right to deny that permission. (However, he can also get a warrant. So you are really just delaying the unavoidable.) Moreover, under some conditions (if he has probable cause), he may authority to search your car without a warrant.

Not cooperating with police is a sure way to make them wonder why you are being difficult. It's a great method of turning a traffic ticket into more serious charges - like resisting arrest or obstructing justice. Sometimes cops will make mistakes or do something improper. You may even run into one that is overly aggressive and brutal. Now I am not a lawyer - so none of my statements should be construed as legal advice. But personally, I would likely sue them after the fact rather than resist them.

Many families (and perhaps our education system, too) already spend enough time teaching our kids about their rights. Maybe we should make sure they also understand their responsibilities as citizens - and as human beings.



Ask Dr. Angelia

Dr. Angelia S. Bryant, Certified and Licensed Counselor
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“I wanted to talk about it. I wanted to scream. I wanted to yell. I wanted to shout about it. But all I could do was whisper; ‘I’m fine.’” -Unknown

Just Be Grateful!

“When the seasons shift, even the subtle beginning, the scent of a promised change, I feel something stir inside me. Hopefulness? Gratitude? Openness? Whatever it is, it's welcome.” --Kristin Armstrong

As the season changes, we are reminded of a larger plan. Seasons changing is something we can always count on. As much as we feel the world is in chaos, there is still so much we can count on and be grateful for. Summer is my favorite season because growing plants and flowers is my happy place. The word gratitude means grace, graciousness and gratefulness. Gratitude is a thankful appreciation for one has or has been given. With gratitude, people acknowledge the gifts and goodness surrounding them. In the process, people usually recognize that the source of that goodness is beyond them. As a result, gratitude also helps people connect to something larger than themselves — whether to other people, nature or God. Have Gratitude in all things. Studies from Harvard Health Publishing have shown that being thankful can help people feel more positive, appreciate good experiences, improve their health and build strong relationships. They suggest three ways to focus on gratitude: Appreciate the little things in life: Appreciate every relationship you have and each positive interaction you encounter each day. It doesn't matter how big or small - all we need to do is be aware. Keep a gratitude journal: Jot down your positive thoughts. Take five minutes to think about one thing you are thankful for and write it in your gratitude journal. At the end of the week, you'll realize that the positives far outweigh any negatives. Say “Thank you”: Sometimes we forget to be thankful for the people that are the closest to us. We assume they already know how much we appreciate them. Not good enough. Tell people how grateful you are for them in your life. Regardless of the inherent or current level of someone's gratitude, it's a virtue that we can improve further. Just be grateful! Remember my friends and readers, embrace, Colossians 3:15, “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Love People and Love God - as God loves you! Amen.