



THE ROADWAY and bridge flooded Friday morning leading to Shady Cliff Restaurant and boat dock in top photo. This was just one of dozens of area roads that were closed during the historic storm. Lake Malone was closing in on the patio in bottom photo at Shady Cliff after about 36 hours of rainfall. Muhlenberg County received around 16 inches of rainfall in all between April 9-13, causing historic flooding and numerous road closures.



Perimenopause symptoms can start as early as 35

Hot flashes, mood swings, weight gain and insomnia are all signs of hormonal changes and symptoms of menopause, when a woman no longer has menstrual cycles. They can also signal perimenopause, when the body is preparing for this next season of life.

“Perimenopause is when the menstrual cycle has started to change, and it is persistent,” explained Lauren Baker, DO, an obstetrics and gynecology physician at The Ohio State University Wexner Medical Center and certified practitioner with the Menopause Society. “The formal definition is periods fluctuate by at least seven days for at least 10 months.”

A new survey by Ohio State Wexner Medical Center of 1,068 women in

the United States shows 61 percent believe they will hit menopause in their 40s. When, in fact, some will start to experience symptoms as early as their 30s, and most women won’t see menopause start until their early 50s.

Ohio State experts say it’s important not to ignore symptoms just because of your age. Baker said that perimenopause is not a universal experience, which is why it’s so important to bring any changes, concerns or symptoms to your doctor’s attention to find the best treatment for your body.

The Ohio State survey showed half of the women (52 percent) believe diet and exercise can help treat menopause symptoms, and experts agree.

“Having a diet that’s rich

in calcium and vitamin D is really important for bone health,” said Baker. “Fiber and protein are also helpful from a weight management perspective. And then making sure you’re getting whole foods, lots of fruits and veggies also is really important.”

The survey also revealed one in three women are concerned about the long-term health effects of menopause. Other concerns related to reproductive aging among those surveyed include physical symptoms (25 percent) and mental health (18 percent).

Younger women were more likely to say mental health is their top concern related to menopause than older women (25 percent among 18-29-year-olds versus 10 percent among those ages 65+).

Sorrow for sin

BY BRANDON BRAMLETT

David was too sick to his stomach to eat and slept on the ground in mourning clothes when Nathan the prophet confronted him about the gravity of his murder, lying, and adultery (2 Sam. 12:7-17).

Upon discovering that they only had 40 days to get their act together and turn to the Lord, the Ninevites wiped the smiles from their faces and donned frowns of repentance (Jonah 3:1-10).

Ezra tore his clothes, ripped out his hair, and sat in the dirt for an entire day when learning about the Israelites’ insensible iniquity (Ezra 9:3-4).

A torrent of tears spilled from the eyes of the sinful woman who interrupted Jesus’ dinner with Simon the Pharisee--enough tears to wash Jesus’ feet, as a matter of fact (Luke 7:37-38). After denying Christ thrice, despite swearing to never do so, a regretful and repentant Peter “went out and wept bitterly” (Luke 22:62).

Every child of God should shed tears of remorse and repentance when realizing the seriousness of their sins against God. And this is the meaning of Jesus’ command to His disciples then and now to be marked as, “those who mourn” (Matt. 5:4a).

Certainly, while the Lord cares about all legitimate mourning (Psalm 56:8), Jesus is speaking having a broken heart for the sin which breaks God’s heart. Christ’s command is repeated in James 4:9, where the apostle exhorted, “Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom.”

The Corinthian Christians also felt this holy grief. That is why Paul commended it in 2 Corinthians 7, where he wrote, “As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death” (2 Cor. 7:9-10).

Therefore, believers must weep when they sin against God, taking a page out of Ezra’s confessional prayer: “O my God, I am ashamed and blush to lift my face to you, my God, for our iniquities have risen higher than our heads, and our guilt has mounted up to the heavens” (Ezra 9:6; cf. Lam. 5:15-16).

Fortunately, the Lord consoles the contrite: “they shall be comforted” (Matt. 5:4b). God comforts those who experience godly sorrow--never before they do, but always afterwards.

Those who continually mourn over sin will be continually restored and reassured by the “God of all comfort” (2 Cor. 1:3).

And this comfort will be fully realized when believers see the Lord face-to-face in eternity, in a place where sin is barred from entering: “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away” (Rev. 21:4).

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