

## An Encouraging Word

By Tom Cox



**Faithfulness**  
Several years ago, many owners of small farms in America began to reduce their crop production to a mere sideline and instead started using their property for another purpose: entertainment farming. Other terms for this new way to make a living on the farm are agritainment and agritourism.

Entertainment farmers attract paying customers to their property with country music bands, hay bale mazes, petting corrals, and tricycle courses. City-dwelling families eager for a feel of life on the farm were willing to pay a good price for admission, food and amusements. Extra options were also available. For instance, for an additional dollar a child could frolic in a pile of straw or pick a real live flower. Some farmers cut mazes into their cornfields that might take a person 45 minutes to navigate.

These ventures proved to be quite profitable for many

entrepreneurs. One farmer reportedly made up to \$15,000 on a good weekend.

In 1994 Alaska and Oklahoma introduced agritourism as official parts of their state tourism policies.

The primary reason for farmers to branch out into agritourism was the economic pressures they were facing. They were having a difficult time making a profit with traditional farming practices. This new way of making money seemed promising, and the risk was minimal.

Sometimes there is a danger of a church resembling an entertainment farmer. It could be easy to fall into the trap of trying to entertain people rather than focus on the central purpose of producing a crop. Jesus didn't tell us to go out and entertain people. He said that we were supposed to make disciples. While there is nothing inherently wrong with being interesting, fruitfulness is God's will for every Christian and every church.

Let's make sure that we don't get involved in too many sideline activities at the risk of neglecting our mission.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."—Gal.6:9.

For more inspirational writings by Tom Cox, go to [www.jesustrek.wordpress.com](http://www.jesustrek.wordpress.com).

### Spring Revival

Blankenship Christian Holiness Church at Camp Dix will be having revival services March 23-28, at 7:00 p.m. with Bro. Ronnie Spriggs preaching. Special singing each night: Monday, The Crisp Family; Tuesday, New Highway; Wednesday, church singers; Thursday and Friday, Tyran Ellis; and Saturday, Harvest Time. Pastor John Lewis and congregation welcome everyone.

## Treasures by Wilma Erwin

Pastor friend Gordy Jones, of The Shepherd's House in Maysville, wrote this poem. He allowed me to share it with you.

He sent me the poem a few days before the Lord reminded me of several old songs, including Only a Tramp. It is about Lazarus.

Then I went to our Churches of Christ in Christian Union South Central District Ministers' Retreat. The main idea was to live a sanctified life, which calls for us to be like Jesus and "run to the pain and help."

**SPARED CHANGE**  
A homeless man along the way  
Encountered me one mournful day.  
He told me of a need quite strange;  
He asked if I could spare some change.  
I thought perhaps this need's untrue;  
He may be scamming me

and you.  
So, walking on, I turned my head  
And left him sitting there so sad.  
A block away, remembered I  
The sermon heard just Sunday by.  
My ears were plugged, the lesson missed,  
About the beggar Lazarus.  
At the rich man's doorstep he did lay;  
From the rich man scraps did beg.  
He had no friends, no one to care,  
Just dogs to lick his sores were there.  
But now the sermon in me burned.  
He died and went to heaven, spurned,  
But now the angels had their say;  
In Abram's lap he now did lay.  
And as the rich man died one day,  
He looked to heaven where Lazarus lay

And asked old Father Abraham  
If he could now please lend a hand  
To give some water, cool his tongue;  
Response was that he could not come.  
A great divide between us lies;  
You may not come, nor can I.  
Your fate's been sealed by selfishness,  
So now dear Lazarus is blessed.  
OH MY!  
My feet now turned the other way  
And hastened to the man that day.  
I gave him change, and more than that—  
I took him home; my chair he sat.  
I told him he was worth much more  
Than spare change placed in hand before.  
I realized that we all are but  
Spared change when in God's love we're put.

## Perfecting the Few Things That Matter

By Tommy Druen

We are all shaped by the people we watch. Some leave a mark intentionally. Others—like the man I encountered one rainy afternoon in 2006—leave one without ever knowing we exist.

A thunderstorm rolled in while my wife and I were at the beach. The sky turned charcoal, the waves grew choppy, and I found myself trapped indoors with little to do. Flipping through channels, I landed on the Travel Channel and encountered a wiry, sharp-tongued chef named Anthony Bourdain.

I was captivated immediately.

Here was a man who traveled the globe not in search of five-star luxury, but in pursuit of authenticity. He ate fermented shark in Iceland, roasted pigeon in Egypt, and balut—that controversial fetal duck delicacy from the Philippines. But what fascinated me most wasn't the shock value of the cuisine—it was the culture surrounding it. The stories. The people. The pride served alongside every plate. Through him, I traveled vicariously for years and came to understand that food is rarely just food. It is history, identity, and community made tangible.

That Christmas, my wife gave me a copy of Kitchen Confidential, Bourdain's 2000 memoir exposing the underbelly of New York's restaurant scene. Having never worked so much as a fast-food shift, I found myself immersed in a world both gritty and strangely beautiful. Kitchens, I learned, weren't simply places where meals were assembled. They were ecosystems built on hierarchy, discipline, and a relentless pursuit of excellence—as well as an unhealthy amount of stimulants.

I emerged with three practical lessons that reached far beyond the kitchen:

First, never order the Monday special. There's no telling how long it's been sitting around.

Second, pay attention to your server's body language. A server's genuine enthusiasm reveals whether a kitchen cares. Indifference reveals indifference.

And third, the smaller the menu, the more optimistic I become.

That last point seems counterintuitive. After all, wouldn't more options increase the odds of finding something I'd enjoy? Perhaps. But more options also increase the likelihood that nothing is done exceptionally well. My experience has taught me this: the more sprawling and diverse the offerings, the less likely any single dish has been perfected. But walk into a place that offers two or three en-

trées—prepared the same way every night—and you can rest reasonably assured they've mastered them. Otherwise, they wouldn't remain in business for long.

That principle extends far beyond restaurants.

We all know the phrase "jack of all trades, master of none." It's not the harshest of criticisms, but it's hardly a compliment either. And yet modern life seems determined to push us in precisely that direction.

We're expected to simultaneously be exceptional spouses, parents, children, employees, volunteers, and informed citizens. We're shamed if we haven't seen the award-winning film, formed a thoughtful opinion on international conflicts, responded to every email within the hour, exercised daily, hydrated properly, and somehow found time for self-care in the margins.

For all the conveniences technology has added to our lifetimes, the result hasn't been leisure—it's been expectation. Our grandparents would have seen our lives as chaos masquerading as productivity. But they had something we've surrendered: the right to downtime. To call a day complete. To let something remain undone.

Our grandparents had the same twenty-four hours we do. The clock hasn't changed. So why do we feel so stretched? So fragmented? So perpetually behind?

Perhaps it's because we've allowed our menus to become too large. We've tried to offer everything—to everyone—at all times. Mastery requires focus. Deep focus. The kind that demands saying no to almost everything so you can say yes—fully, deeply—to a few things that matter.

Maybe the better path forward isn't to expand our offerings, but to refine them. Choose two or three things that matter most. Invest there. Perfect those dishes. A well-crafted life, like a well-crafted menu, never apologizes for what it doesn't offer. It triumphs because of what it does.

### Important Information for Subscribers

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### City of Vanceburg Electric Plant Board Water Quality Report 2025

For previous reports include year.  
Example: [tapwaterinfo.com/2024/vanceburg](http://tapwaterinfo.com/2024/vanceburg)

Water System ID: KY0680438  
Manager: Troy Hughes  
606-796-2641

CCR Contact:  
Troy Hughes

Mailing Address:  
PO Box 489  
Vanceburg, KY 41179

Meeting location and time:  
Electric Plant Board Administrative Office  
Second Tuesday, monthly at 6:00PM

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects may be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791). To understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and may pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include: Microbial contaminants, such as viruses and bacteria, (sewage plants, septic systems, livestock operations, or wildlife). Inorganic contaminants, such as salts and metals, (naturally occurring or from stormwater runoff, wastewater discharges, oil and gas production, mining, or farming). Pesticides and herbicides, (stormwater runoff, agriculture or residential uses). Organic chemical contaminants, including synthetic and volatile organic chemicals, (by-products of industrial processes and petroleum production, or from gas stations, stormwater runoff, or septic systems). Radioactive contaminants, (naturally occurring or from oil and gas production or mining activities). In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water to provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

#### Source Information:

Electric Plant Board's water supply comes from a ground water source and draws from four wells within the Ohio River Alluvium, located 3 miles east of Vanceburg in the community of Black Oak. The following is a summary of the system's source of water assessment and its availability and susceptibility to contamination, which is part of the completed Source Water Plan (SWAP). The completed plan is available for inspection at the Electric Plant Board Office. An analysis of the overall susceptibility to contamination of the Vanceburg Utilities' water supply indicated that this susceptibility is moderate. There are a total of 127 potential sources of contamination within the wellhead protection area following susceptibility rankings: 7 high, 120 medium, and 0 low. Sources of high potential impact include: Highway 8, agricultural land use, underground storage tanks, above ground storage tanks, and a railroad. Sources of moderate potential impact include: septic systems, wastewater package plants, and above ground storage tanks. This is a summary of the susceptibility analysis. The complete Susceptibility Analysis Report is available at the Buffalo Trace Area Development District and at the Division of Water.

#### Information About Lead:

Lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Your local water system is responsible for providing high quality drinking water and removing lead pipes, but cannot control the variety of materials used in plumbing components in your home. You share the responsibility for protecting yourself and your family from the lead in your home plumbing. You can take responsibility by identifying and removing lead materials within your home plumbing and taking steps to reduce your family's risk. Before drinking tap water, flush your pipes for several minutes by running your tap, taking a shower, doing laundry or a load of dishes. You can also use a filter certified by an American National Standards Institute accredited certifier to reduce lead in drinking water. If you are concerned about lead in your water and wish to have your water tested, contact your local water system. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available at <http://www.epa.gov/safewater/lead>.

We are required to annually provide information about the health risks from lead in drinking water to schools and child care facilities. All elementary schools, secondary schools, and child care facilities are eligible to be sampled for lead by our water system. Contact our office for scheduling or to learn results of previous sampling.

#### Service Line Inventory Information:

To address lead in drinking water, EPA requires that all community water systems develop and maintain an inventory of service line materials. We have completed a service line inventory (SLI) and it is available for review at our office.

#### Lead Sample Results Availability Information:

We are required to periodically sample water from customer taps to determine lead and copper levels. EPA sets the lead action level at 0.015 mg/L (15 ppb). For a water system to be in compliance, at least 90% of tap water samples must have lead levels below this limit. This report contains the 90th percentile and range of our most recent sampling. The individual results for each location sampled can be reviewed at our office.

#### Some or all of these definitions may be found in this report:

**Maximum Contaminant Level (MCL)** - the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.  
**Maximum Contaminant Level Goal (MCLG)** - the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.  
**Maximum Residual Disinfectant Level (MRDL)** - the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.  
**Maximum Residual Disinfectant Level Goal (MRDLG)** - the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.  
**Below Detection Levels (BDL)** - laboratory analysis indicates that the contaminant is not present.  
**Not Applicable (N/A)** - does not apply.  
**Parts per million (ppm)** - or milligrams per liter, (mg/l). One part per million corresponds to one minute in two years or a single penny in \$10,000.  
**Parts per billion (ppb)** - or micrograms per liter, (µg/L). One part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.  
**Parts per trillion (ppt)** - one part per trillion corresponds to one minute in 2,000,000 years, or a single penny in \$10,000,000,000.  
**Parts per quadrillion (ppq)** - one part per quadrillion corresponds to one minute in 2,000,000,000 years or one penny in \$10,000,000,000,000.  
**Picocuries per liter (pCi/L)** - a measure of the radioactivity in water.  
**Millirems per year (mrem/yr)** - measure of radiation absorbed by the body.  
**Million Fibers per Liter (MFL)** - a measure of the presence of asbestos fibers that are longer than 10 micrometers.  
**Nephelometric Turbidity Unit (NTU)** - a measure of the clarity of water. Turbidity has no health effects. However, turbidity can provide a medium for microbial growth. Turbidity is monitored because it is a good indicator of the effectiveness of the filtration system.  
**Variances & Exemptions (V&E)** - State or EPA permission not to meet an MCL or a treatment technique under certain conditions.  
**Action Level (AL)** - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system shall follow.  
**Treatment Technique (TT)** - a required process intended to reduce the level of a contaminant in drinking water.

Spanish (Español) Este informe contiene información muy importante sobre la calidad de su agua beber. Tradúzcalo o hable con alguien que lo entienda bien.

We are only required to test for some contaminants periodically, so the results listed in this report may not be from the previous year. Only detected contaminants are included in this report. For a list of all contaminants we test for please contact us. Copies of this report are available upon request by contacting our office.

Regulated Contaminant Test Results		Vanceburg Electric Plant Board					
Contaminant [code] (units)	MCL	MCLG	Report Level	Range of Detection	Date of Sample	Violation	Likely Source of Contamination
<b>Inorganic Contaminants</b>							
Barium [1010] (ppm)	2	2	0.069	0.069 to 0.069	Jun-24	No	Drilling wastes; metal refineries; erosion of natural deposits
Fluoride [1025] (ppm)	4	4	0.57	0.57 to 0.57	Jun-24	No	Water additive which promotes strong teeth
Nitrate [1040] (ppm)	10	10	2.26	2.26 to 2.26	Oct-25	No	Fertilizer runoff, leaching from septic tanks, sewage; erosion of natural deposits
<b>Disinfectants/Disinfection Byproducts and Precursors</b>							
Chlorine (ppm)	MRDL = 4	MRDLG = 4	0.92 (highest average)	0.64 to 1.46	2025	No	Water additive used to control microbes.
HAA (ppb) (Stage 2) [Haloacetic acids] (Annual Sample)	60	N/A	1 (high site)	0 to 1 (range of individual sites)	2025	No	Byproduct of drinking water disinfection
TTHM (ppb) (Stage 2) [total trihalomethanes] (Annual Sample)	80	N/A	9 (high site)	2 to 9 (range of individual sites)	2025	No	Byproduct of drinking water disinfection.
<b>Household Plumbing Contaminants</b>							
Copper (ppm) Round 1 sites exceeding action level 0	AL = 1.3	1.3	0.871 (90 <sup>th</sup> percentile)	0.062 to 0.932	Aug-24	No	Corrosion of household plumbing systems
Lead (ppb) Round 1 sites exceeding action level 0	AL = 15	0	0 (90 <sup>th</sup> percentile)	0 to 2	Aug-24	No	Corrosion of household plumbing systems

Your drinking water has been sampled for a series of unregulated contaminants. Unregulated contaminants are those for which EPA has not established drinking water standards. There are no MCLs and therefore no violations if found. The purpose of monitoring for these contaminants is to help EPA determine where the contaminants occur and whether they should have a standard. As our customers, you have a right to know that these data are available. If you are interested in examining the results, please contact our office during normal business hours. None of the contaminants tested for at this time were detected.