

OPINION

The opinion page does not reflect to the views of the KyNewsGroup.



Sherry Brown

Psalm 3:8 Salvation be-
longeth unto the Lord: thy
blessing is upon thy peo-
ple. Selah.KJV
Story #1, Breathing
With No Air
A boy once asked a wise
old man what the secret to
success is.
After listening to the
boy's question, the wise
man told the boy to meet
him at the river in the
morning and he would be
given the answer there.
In the morning, the wise
man and the boy began
walking toward the river.
They continued on into the
river, past the point of the
water covering their nose

ENCOURAGEMENT THAT TAKES YOU HIGHER
Short Stories of Encouragement

and mouth. At this time,
the wise man ducked the
boy into the water.
As he struggled to get
out, the wise man con-
tinued to push him fur-
ther down. The boy felt
a fish slip by his leg and
squirmed to get up even
harder. The man eventu-
ally pulled the boy's head
up so he could get air. The
boy gasped as he inhaled
a deep breath of air.
The wise man said,
'What were you fighting
for when you were under
water?'
The boy replied, "Air!"
The man said, "There
you have the secret to
success. When you want
to gain success as much
as you wanted air when
you were under water,
you will obtain it. That's
the only secret."
The Moral:

Success starts with the
desire to achieve some-
thing.
If your motivation is
weak, your results will
follow suit.
Think about what you
desire the most in life and
work towards getting it.
Don't allow your environ-
ment or other people to
influence the things that
you truly want.
Just because the fish
swimming by is comfort-
able with being under wa-
ter doesn't mean that you
are.
Story #2- Wait...What?
A carpenter who was
nearing retirement told
his boss that he was ready
to end his career and
spend his time with his
wife and family. He would
miss his work, but he felt
it was time to spend his
time with the people who

were important to him.
His boss was saddened
by this news, as this car-
penter had been a good,
reliable employee for
many years. He asked the
carpenter if he could do
him a favor and build just
one more house.
The carpenter reluc-
tantly conceded, even
though his passion for
building had faded.
While he was building
this last house, his nor-
mal work ethic faded and
his efforts were mediocre,
at best. He used inexpen-
sive and inferior materi-
als and cut corners wher-
ever he could.
It was a poor way to fin-
ish such a dedicated ca-
reer that he once had.
When the carpenter
was finished, his boss
came to look at the house.
He gave the key to the

carpenter and said, "This
house is my gift to you for
all of the hard work you
have done for me over the
years."
The carpenter was as-
tonished.
What a generous gift
this was to receive from
his boss, but if he had
known he was building
a house for himself, he
would have made his usu-
al efforts to create a high-
quality home.
The Moral:
The same idea applies
to how you build your life.
Every day that you
wake up offers an oppor-

tunity for you to put your
best foot forward, yet we
often do mediocre work,
saving the more impor-
tant things for "another"
day.
Then one day, we find
ourselves shocked that
our lives aren't what we
had hoped they would be.
The "house" we built to
live in has a lot of flaws
due to a lack of effort.
However, you can't go
back and rebuild it in a
day or two.
Short stories were tak-
en from developgoodhab-
its.com.

Verse of the Week
Jude 1:2 Mercy unto you, and peace,
and love, be multiplied.KJV

Sharing a Smile

By Tom Metcalfe

Clay, Kentucky

I have always enjoyed
quartet music. There
are categories: Barber-
shop, Gospel, Rhythm
and Blues, I like them
all. Here are a few I can
remember: The Mamas
and Papas, Ames Broth-
ers, Buffalo Bills, Mills
Brothers, Oak Ridge
Boys, Four Lads, Four
Tops, The Hilltoppers,
Kinsmen, Cathedrals,
Gaither Vocal Band, The
Statler Brothers and
many more.
Oh, and lets not for-
get the ladies - Lennon
Sisters, Pointer Sisters,
Spice Girls, Supremes,
Andrews Sisters, and
more.
My sister, Mary, who
lives in Jacksonville,
Florida, loves listening to
vocal groups, some from
the list above. One of her
favorites is the Statler
Brothers. She has for
sometime suggested I
write about Clay, Ken-
tucky, which is the song
of which she has referred.
Clay is in Webster
County, located in far
western Kentucky. The
population was 1,031
at the 2020 census. Set-

tled in 1837, the city is
named for the statesman
Henry Clay. A post office
was established in 1837
when the community was
called Ashland, for Henry
Clay's Lexington estate.
It was renamed Clay in
1854. The city incorpo-
rated as "Claysville" in
1860, though the name
was shortened to "Clay"
in 1872.
The song "Clay, Ken-
tucky" was written by
Harold and Don Reid.
Let's try a few lines:
How are things in Clay,
Kentucky?
Bet you thought I'd
never care
There was a time when
I felt lucky
Just to be away from
there.
I've had all of what I
wanted,
But what I want, I just
can't find
And how things are in
Clay, Kentucky,
Has been lately on my
mind.
Country music duo Wil-
son Fairchild got their
name by combining their
two middle names: Wil-
son is the middle name of
Wil Reid, and Fairchild
is the middle name of his
cousin, Langdon Reid.

Prior to using this
name, the cousins (who
are the sons of Statler
Brothers members Har-
old and Don Reid) per-
formed for years under
the name Grandstaff.
They officially switch-
ed to Wilson Fairchild in
2010 to find a more mem-
orable, duo-specific name
after fans and venues fre-
quently mispronounced
or mixed up their origi-
nal band name.
The Statler Brothers
are from Staunton, Vir-
ginia. Formed in 1955,
they went on to become
the opening act and back-
up singers for Johnny
Cash which led to their
own successful career.
The group began as
the amateur Four Star
Quartet in Staunton,
Virginia, performing in
local churches. In 1959,
after Don Reid replaced
original lead singer Joe
McDorman, they reorga-
nized as The Kingsmen
and developed three dis-
tinct shows — country,
pop, and gospel — tai-
lored to different venues
in their region.
Now let's get back to
Clay, Kentucky:
"I count the times of
how I'm livin',
Of what I am and what
I'm not
And the only gold in
New York City
Is in a Salvation Army
pot.
I'm gettin' blue for the
bluegrass
And how the old folks
are at home
Just let me do the
talkin',
'Cause I know you're
all alone.
I hear kids back there
playing
I hope he don't know
it's me
Jesus knows I still love
you,
But I just had to call
and see.
I've had all of what I
wanted,
But what I want, I just
can't find
And how things are in
Clay, Kentucky,
Has been lately on my
mind."
Emma Joke - "Which
Disney princess is a cow's
favorite? - Moolan"
Wisdom of John Ed -
"Do you play hockey?"
The doctor asked as he
examined the patient's
shins. "No," replied the
patient, "bridge."

those who don't know,
this area is county prop-
erty and this entrance is
a county road.
Thank you,
Larry Tincher

BREAD OF LIFE

As the ruler of the
synagogue sought Je-
sus, he worshipped Him.
The crows gathered
around Him! Everyone
listened to what He had
to say. Jesus spoke not
as a scribe but with au-
thority and power, His
words decked with di-
vine glory. A young man
who was preaching in a
market place was con-
fronted by some athe-
ists. "There have been
5 Christs" they said.
"Tell us which one it is
that you preach." He an-
swered "The Christ who
rose from the dead; there
is only one who lives, we
live also". Glory to God
we are risen with Him,
we are living with Him
and will reign with Him.
This ruler as he drew
near the crowd, went up
to Jesus and said "My
little daughter lieth at
the point of death, I pray
thee come and lay hands
on her, that she may be
healed" (Mark 5:23) "I
will come" Jesus said.
What a beautiful assur-
ance, but as they were
coming along the road,
a woman met them who
had been suffering an is-
sue of blood for twelve
years. When this trouble
began she sought many
physicians. Now she
had no more money be-
cause the physicians had
taken it all and left her
worse than they found
her. 12 years of sick-
ness this woman had
endured. She needed
someone who could heal
her without money for
she was bankrupt and
helpless. Jesus said her
faith made her whole.
Jesus comes to people

who are withered, dis-
eased, lame, crippled in
all kinds of ways. And
when He comes He pro-
claims liberty to the cap-
tive, opening of eyes to
the blind, and opening
of ears to the deaf. Only
BELIEVE! When every-
thing seems as though
it will fail and is practi-
cally hopeless, the Word
of God comes to us "Only
Believe". When Jesus
came to the rulers house
he found a lot of people
weeping and wailing. He
said "Why make ye this
ado and weep? The dam-
sel is not dead but sleep-
eth" (Mark 5:39) There
is a wonderful word that
God wants you to hear.
Jesus said "I am the resur-
rection and the Life"
(John 11:25) Mark 5:40
And they laughed Him
to scorn. But when he
had put them all out he
taketh the father and
the mother of the dam-
sel and them that were
with him, and entereth
in where the damsel was
lying. 41 And He took the
damsel by the hand, and
said unto her Talitha
Cumi; which is being
interpreted, Damsel, I
say unto thee ARISE 42
And straitway the Dam-
sel arose and walked;
for she was of the age of
12 years. And they were
astonished with great
astonishment. Jesus has
paid the price for our
salvation and our heal-
ing and our prosperity.
Our part is to make Him
Lord of our life, believe
and receive.

TRUST, BELIEVE &
OBEY GOD'S WORD

Letter to the Editor

Dear Editor,

I want to take the time
to thank Nicholas Coun-
ty Judge/Executive Steve
Hamilton and the Nicho-
las County Fiscal Court
for taking the initiative
to blacktop the entrance
to the nursing home,
health dept and all the
other agencies that use
that entrance to provide

services to the citizens of
Nicholas County. It was
very nice to see that the
much needed resurfac-
ing has been completed
thanks to them and a
private donor who donat-
ed a large portion of the
much needed funding for
this project. As a former
Judge/Executive of Nich-
olas County and also a
state transportation em-

ployee who had to evalu-
ate roads for resurfacing
in 50 of our counties, I
truly understand how
hard you have to work
for resurfacing money.
Times have changed in
applying for the money.
With people coming to
our community to visit
their loved ones in the
nursing home, the resur-
facing was a blessing. For

those who don't know,
this area is county prop-
erty and this entrance is
a county road.
Thank you,
Larry Tincher

Extension News

By: Ashley Hughes Vice

If you grew up hearing "eat
your vegetables," it turns out
your mother was right. Vege-
tables provide important vita-
mins, minerals and fiber, and
they are naturally cholester-
ol-free and low in fat. That's
a big return for adding more
colorful foods to your plate.
Still, knowing we should
eat vegetables and actually
wanting to eat them are two
different things. A few simple
techniques can turn everyday
produce into quick, flavorful
dishes your whole family will
enjoy.
Start with fresh, flavorful
choices
Vegetables taste best when
they're fresh and in season.
Look for produce that's crisp,
brightly colored and firm.
Vegetables lose flavor and nu-
trients as they age, becoming
limp or dull. A quick rinse un-
der running water is usually
all they need before you chop,
slice, or cook.
Storing them correctly also
helps. Refrigerate most vege-
tables, including lettuce,
herbs, mushrooms and car-
rots, in a covered container.
If you prep vegetables ahead
of time, cover and refriger-
ate them within two hours to
keep them from drying out or
discoloring.
Cook them quickly for the
best texture and color
Vegetables are best when
cooked briefly, just until
crisp-tender. Overcooking can

dull their color and cause nu-
trients and flavor to leach out.
Steaming is fast and gen-
tle, helping vegetables stay
bright and flavorful. Try broc-
coli, carrots, cauliflower or
green beans on the stovetop
or in the microwave with just
a splash of water.
Roasting brings out natu-
ral sweetness. Toss vegeta-
bles with olive oil and herbs,
spread them on a baking
sheet and roast at 350°F un-
til tender. Broccoli, carrots,
peppers and zucchini all roast
well.
In summer, grilling is an-
other easy way to make vege-
tables more appealing. Zuc-
chini, summer squash, bell
peppers, mushrooms, onions
and corn take on a lightly
sweet, smoky flavor. Cut
them into similar-sized pic-
ces, brush lightly with oil, and
cook until tender.
Saut eing or stir-frying is
perfect for weeknights. Cook
small pieces of vegetables
in a little oil, stirring often.
Mushrooms, peppers, onions,
zucchini and spinach cook in
minutes.
Microwaving is fast, conven-
ient and nutritious because
cooking time is short and wa-
ter use is minimal.
Boost flavor with simple
seasonings
Vegetables don't need
heavy sauces to taste great.
A sprinkle of herbs, a squeeze
of lemon or a dash of vinegar
can brighten their natural
flavors. Start with mild herbs

like basil, oregano or lemon
pepper, and use stronger spic-
es in smaller amounts.
Try these quick pairings:
• Green beans: lemon juice,
dill, or marjoram
• Carrots: cinnamon or tar-
ragon
• Squash: nutmeg or ginger
• Tomatoes: basil or oreg-
ano
Make vegetables a family
habit
Vegetables don't have to
be complicated. With simple
prep and quick cooking meth-
ods, they can become one of
the easiest parts of a summer
meal. Whether you grill a few
ears of corn, steam a quick
side dish or add fresh toma-
toes to dinner, every small
step helps your family eat
better and enjoy the flavors of
the season.
For more nutrition and
cooking tips, stop by our office
Monday- Friday 8 a.m. - 4:30
p.m. or contact me directly at
Ashley.vice@uky.edu or by
phone at (859) 289-2312.
Educational programs of
the Cooperative Extension
Service serve all people re-
gardless of economic or social
status and will not discrimi-
nate on the basis of race, color,
ethnic origin, national origin,
creed, religion, political belief,
sex, sexual orientation, gender
identity, gender expressions,
pregnancy, marital status,
genetic information, age, veter-
an status, or physical or
mental disability.

ADVERTISEMENT FOR BIDS

NICHOLAS COUNTY JEDA BUSINESS PARK WATER LINE
NICHOLAS COUNTY, KENTUCKY

7/16/2026

Scaled bids for the following work will be received by Nicholas County Fiscal Court, 125 E. Main Street, Carlisle, Kentucky 40311 until 3:00 PM ET (local time) Wednesday, 8/5/2026 for furnishing labor and materials and performing all work as set forth in this Advertisement for Bids, General Conditions, Special Conditions, Specifications, and/or Drawings prepared by HMB Professional Engineers, Inc., 3 HMB Circle, US 460, Frankfort, KY 40601, (502) 695-9800. Contact **DBrown@hmbpe.com** with any questions. Please submit questions by 5:00 PM on Thursday, 7/30/2026.

Immediately following the scheduled closing time for the reception of bids, all proposals which have been submitted in accor-
dance with the above conditions will be publicly opened and read aloudinside the Nicholas County Courthouse Building.

The work to be bid upon is described as follows:
- Base bid approx. 8500 L.F. 12" Ductile Iron Water Line
- Time allowed for completion of the Project is 120 consecutive calendar days.

A pre-bid meeting will be held ONSITE at 11:00 AM on Tuesday 7/28/2026 at The Bourbon Nicholas Regional Industrial Park
construction entrance immediately across Carpenter Pike from: 4155 Carpenter Pike, Carlisle, KY 40311.

Copies of the Drawings and Contract Documents will be **distributed by Lynn Imaging**. Interested parties should search the
Lynn Imaging digital plan room for: "Nicholas County JEDA Business Park Water Line." After award of a contract, the General
Contractor will be furnished, without charge, two (2) sets of plans and specifications. Subcontractors, manufacturers, and suppli-
ers shall obtain plans and specifications from the General Contractor.

Work is expected to take place in the months of October 2026 through February 2027.

Scaled proposals for the Contract shall contain 1 copies of the bidding documents and be clearly marked on the outside of the
container as follows:
"Sealed proposal for Nicholas County JEDA Business Park Water Line
ATTN: Steve Hamilton
Not to be opened until 3:00 PM EDT (local time), Wednesday 8/5/2026
Contractor Name – Phone Number"

Bids shall be submitted to Nicholas County Fiscal Court, 125 E. Main Street, Carlisle, Kentucky 40311.

If forwarded by mail, the sealed envelope containing the proposal must be enclosed in another envelope and mailed to the
Nicholas County Fiscal Court, 125 E. Main Street, Carlisle, Kentucky 40311 allowing sufficient time for such mailing to reach
this address prior to the scheduled closing time for the receipt of proposals.

Bids shall be accompanied by a certified check or bid bond payable to the Nicholas County Fiscal Court in an amount not less
than ten percent (5%) of the base bid. No bidder may withdraw his bid for a period of ninety (90) days after the date bids are
opened. He may, however, withdraw his bid at any time prior to the time and date scheduled for opening of same or any autho-
rized postponement thereof. Any bid received after the time and date specified will not be considered and will be
returned unopened to the bidder.

The Nicholas County Fiscal Court reserves the right to reject any and all bids and to waive formalities and any bid that is obvi-
ously unbalanced may be rejected.

Refer to the Nicholas County Water District Specifications and Details for ALL governing specifications and details.

Bidders must comply with the President's Executive Order Nos. 11246 and 11375, which prohibit discrimination in employment
regarding race, creed, color, sex, or national origin. Bidders must COMPLY WITH Title VI of the Civil Rights Act of 1964, the
Anti-Kickback Act, Section 3 Segregated Facilities, Section 109 and the Contract Work Hours Standard Act.

Federal law prohibits discrimination on the grounds of race, color, national origin, religion, age, handicap, and sex in this proj-
ect. Minority firms are particularly encouraged to participate.

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