

# Ask Dr. Angelia Unplug for a Day

What if, just for a day, you didn't have any contact with the outside world? You refused to check any of your 3 email accounts, Facebook including Messenger, no face-time, Instagram, Snapchat, plus, you turned off your computer, tablet and smartphone(s). Also, turn off Pandora and Sirius Radio and click off the television. Not sure many people could or would even try to Unplug. Families sit together with everyone on some device. We have become more comfortable texting rather than talking. Families communicate with one another from different rooms within the same house by texting - sometimes texting within the same room, having a private conversation from others in the room. We have become more comfortable - not talking to one another and that is especially true of the internet generation.

The "I-must-have-my-phone-with-me-at-all-times" mindset has become a real problem, there's now a name coined for the fear of being without your phone: nomophobia --- as in no- mo(bile) phone-phobia----- that rush of anxiety and fear when you realize you are disconnected- out of the loop with friends, family,

work and the world. This lack of connection can be the result of no connection, a dead battery, no minutes, forgetting your phone or worst of all: the horror of losing your phone. It's a really bad day if you forget your phone when you leave home. If you are like me, you will go back and get the device because there are so many things you can't do without your device: 1) Have access to phone numbers; we don't memorize any more so, I can't make a call even if I have another phone, 2) I can't stay in constant contact, 3) I might miss something really big, 4) I just found out I must have a phone --even on days off and vacation because there might be a problem that requires a decision.

Last week, I worked 6 days - my day job, several evenings counseling and teaching and a Saturday morning webinar. My family invited me to go riding with them (bikes and ATVs). When I finished teaching the webinar at noon, I was so ready to get away from everything. As we rode away from paved roads and away from civilization, I could feel myself relaxing in a way I hadn't in a while. In the woods, communing with nature, the pressure and stress

melted away. In that completely technology free space, I could hear the creek flowing over rocks, the wind moving through the trees, the birds and my thoughts! As a child, my mother would often say to my rowdy siblings and myself, "I can't hear myself think". I finally understand. In silence, you can hear your thoughts. If we can pull ourselves away from technology, we can discover something new in the pause—a still small voice sharing the information that truly matters.

"Almost everything will work again if you unplug it for a few minutes, including you." — Anne Lamott

My hope for you is that you will make a conscious decision this weekend to turn off the devices, actually speak to and have eye contact with the people you love. And listen to them speak. Communication is an art and my hope is that we are not slowly losing this ability.

And so, be Grateful in all things, Live in Joy, Peace, Belief and Grace. Enjoy a Larger than Life - Life. Love God and People. Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator, angelia.s.bryant@gmail.com 270.566.1122

## PUBLIC NOTICE ALCOHOL LICENSE APPLICATION

Marina at Rowena, LLC hereby declares its intention to apply for an NQ Retail Malt Beverage Package License and an NQ2 Retail Drink License for the floating Ship's Store and Café no later than May 31, 2019. The license premises will be located within Russell County at 11565 HWY 558, Albany, KY, 42602. The Principle Officers are Tony Sloan, 5528 Grider Hill Dock Rd, Albany, KY 42602 and Tom Allen, 1045 Hill Cemetery Rd, Monroe, TN 39573. Any person, association, corporation or body politic may protest the granting of the license by writing the Department of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, KY 40601, within thirty (30) days of the date of legal publication.

## ADVANCE NOTICE



### ABSOLUTE ESTATE AUCTION Auction Held for the L.G. & Reba Blakey Heirs

**Location:** 2444 South Hwy. 619, Jamestown, KY, with Long Frontage on Hwy. 619 and Long Frontage on Oaks Road

**Excellent 71.13 Acre, m/l, Farm to be Offered in 7 Tracts and ANY Combinations using Golden Rule-Wilson's Multi-Parcel Selling System. Property offers Excellent Farm Land and Baby Farms ranging from 8 Acres, m/l, to over 16 Acres, m/l, and all sizes in between. Tract #5 offers a Brick House with Full Basement, Equipment Shed, Barns and Spring on 14 Acres, m/l. Property also has Pond, Springs, Some Woods, Beautiful Stream and is Fenced and Cross Fenced Offering an Excellent Location. Also Personal Property including Household Furnishings, Mercury Grand Marquis Car, 240 Massey Ferguson Tractor, Utility Trailer, Several 3pt. Hitch Farm Implements, Equipment, Tools & Supplies!**

Further Terms and Details Soon Available. For Immediate Info Contact Selling Agents.

Locations to Better Serve You!		Your "Network" Real Estate Company	
<b>GOLDEN RULE-WILSON</b> <i>Real Estate &amp; Auction #1, LLC</i> 1004 Jamestown Street • Columbia, Kentucky 42728 (near the corner of Jamestown and Tuff Streets) 270-384-1111 • 1-800-854-9992 Christopher B. Wilson - Broker & Auctioneer CFO: Tia White • Sales Associates: Melissa Fudge, Elaine Rowlett, Kathy Nissley, Elliot Burton, Logan Sandusky, Paula Caldwell Associate Broker: Veronica Mouser Sales Assoc./Auctioneers: Jerry Robertson, Darryl Mouser App. Auctioneer: Danny Fudge, Todd Robertson Executive Assistant: Donna Popplewell		<b>GOLDEN RULE-WILSON</b> <i>Real Estate &amp; Auction #2, LLC</i> 21 East Steve Warner Dr., Suite A • Russell Springs, KY 42642 (Old Log Building near Hwy. 127 and 80 Junction) 270-866-6600 • 1-800-410-5155 Christopher B. Wilson - Broker & Auctioneer Executive Assistant/CFO: Pam Emerson Sales Associates: Larry Emerson, John David Hale, and Gaylon Antle Sales Assoc./App. Auc.: Troy Coffey Auctioneer: Alex Popplewell Executive Assistant: Robin St. Pierre	
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## Jamestown Cemetery Request for Donations

The Jamestown Cemetery Board would like to encourage everyone to make a donation to the cemetery this year. There will be a central donation area located in the center of the cemetery. Someone will be present to receive donations beginning Thursday, May 23rd through Monday, May 27th, 2019.

As is true with everything, maintenance and upkeep cost continue to rise. The Jamestown Cemetery is mainly dependent upon your contributions. We are very proud of our beautiful cemetery and are most grateful for your donations that keep it looking this way.

If you prefer your donations can be mailed to: The Jamestown Cemetery Fund, c/o Jamestown City Hall, P.O. Box 587, Jamestown, Kentucky 42629. We thank everyone for your continued support in helping us see that the Jamestown Cemetery is one of the best in the area.



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## LOOKING FOR CLASS A CDL DRIVERS MINIMUM 2 YRS EXPERIENCES

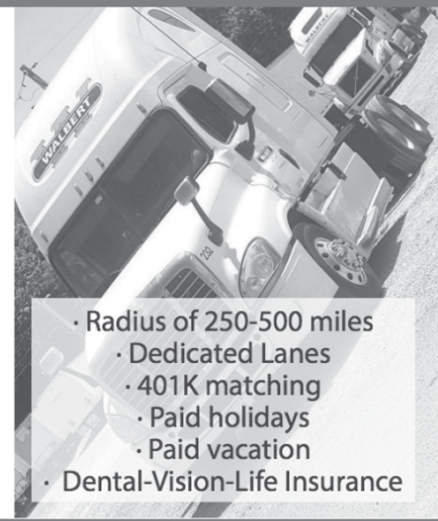
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- No MVR's
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## ONLINE ONLY PORTION ABSOLUTE ESTATE AUCTION ENDING, TUESDAY, MAY 21<sup>ST</sup> @ APPROX. 6 P.M.

### Auction held for the Haven "Buck" Coffey Estate

**LOCATION:** 350 Jamestown Street, Russell Springs, KY 42642. (Near Downtown Russell Springs, just West of the Main St stoplight in the Old B&H Auto Parts Building). Auction Banners Posted.



**Kubota 4x4 Tractor w/ Loader & Backhoe Attachment, Classic Car, Re-buildable SUV, BMW Motorcycle, Fork Lift, Industrial Drill Press, Woodworking Saws and Tables, 2 Garden Tillers, Commercial Kayak Trailer and Several Kayaks, Some Industrial Application Machines, Portable Welder, Several Tools, Some Furniture, Collectibles and Lots of Supplies**

**VIEWING:** View Online or Preview Saturday, May 18th, from 4 to 6 P.M. CDT.

### HOW TO BID

**FOLLOW THE PROMPTS & BID ONLINE NOW  
www.GoldenRuleAuction.com**

*You can manually bid each time or conveniently use the Maximum Bid feature & let the computer automatically bid for you in increments just over the next highest bidder or until it reaches your max bid.*

**PLEASE FOLLOW THE PROMPTS TO REGISTER BY CLICKING THE ONLINE BIDDING LINK & OBTAINING A USER NAME & PASSWORD ALONG WITH SECURED CREDIT CARD REGISTRATION FOR AUTHENTICATION. THEN GET READY TO BID!**



**PICK UP:** Thursday, May 23<sup>rd</sup>, from 2-6 P.M. CDT at above location. NO EXCEPTIONS. Golden Rule - Wilson, absolutely DOES NOT provide shipping, items to be picked up on location. Removal of items, moving, packaging, loading, transporting, etc. are the sole responsibility of the purchaser.  
**TERMS:** YOU MAY PAY BY PHONE OR AT PICKUP. Accepted methods of payment are cash, check OR Visa, MasterCard or Discover with processing fee. All property is sold in "AS IS" and "WHERE IS" condition. ALL SALES ARE FINAL! SEE FULL TERMS UPON REGISTRATION. A 10% Buyer's Premium applies. KY sales tax applies unless exempt.

**AUCTIONEER'S NOTE:** Mr. Haven "Buck" Coffey was well known in the community for collecting everything! Don't wait until the last minute, get online & get bidding at your price!

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