

Spring 2019 President's List at CU

The academic honors' president's list for the Spring 2019 semester has been announced by Dr. Donna Hedgepath, Campbellsville University's provost and vice president for academic affairs.

Abigail Rebecca Russell, a junior, from Jamestown, Ky.

Hannah Elaine Watts, a junior, from Russell Springs, Ky.

Hope Catherine Owens, a sophomore, from Russell Springs, Ky.

Aimee Michelle Stanton, a senior, from Russell Springs, Ky.

The academic honors' list recognizes students who achieve a grade point average of 3.50 or above for the semester with a course load of at least 12 hours. The Spring 2018 academic honors' list includes a total of 651 students, with 286 named to the President's List for achieving a 4.0 grade point average, and 365 named to the Dean's List for achieving a 3.5 to 3.99 GPA.

WKU Spring 2019 Honors List

The following Western Kentucky University students from the Russell County area were named to the honors lists for the spring 2019 semester. Full-time undergraduate students with a semester grade-point average of 3.4 to 3.79 are named to the Dean's List. Students with a GPA of 3.8 to 4.0 are named to the President's List. Their names are marked with an asterisk (*). The entire list can be found at <http://www.wku.edu/mediarelations/deanslist.php>.

From Jamestown
Bailey C. Henson*
Lindsay A. Haynes
Kaleb E. Harris*
Kassidy L. Bolin*
Chloe E. Henson
Brian T. Bunch
Jesse L. Johnson

Macy A. Preston
Alexa I. Loy
Benjamin C. Stephens
Elizabeth G. Loy*

From Russell
Lee E. Knupp*
Claire A. Wilson*

From Russell Springs
Sara B. Robertson
Brittany R. Waters
Alizabeth B. Smith
Lauren T. Wallace*
Shawn G. Stephens*
Hannah P. Godby
Kaitlyn E. Barnes*
Brylie R. Popplewell
Vanessa D. McClaskey*
Renate E. Smith*
Madison F. Shaw*
Taylor K. Grider*
Tyler K. Shaw
Devin J. Clark
Brianna H. Cerrato
Daniel G. Lawson
Mariah P. Johnson

Bellarmine University Hardwick named to Spring 2019 dean's list

Bellarmine University has named Russell Springs resident Katie Hardwick to the dean's list for the spring 2019 semester.

Hardwick is a Sophomore Spanish major

who previously attended Russell County High School. Bellarmine's dean's list recognizes students who receive a grade point average of 3.5 or higher on a 4.0 scale.

GRATITUDE

continued from page eleven

250 undergraduate college participants on Levels of Appreciation, defined as "acknowledging the value and meaning of something and feeling positive emotional connection to it." Further, in this study, the term Appreciation was teased from the term Gratitude. Dr. Fagley states, she is still researching best practice techniques to enhance Appreciation. But for starters, she suggests people focus on and value what we have (not on what we could have), spend time outdoors, reflect on our blessings and relationships. To want what I have, to take what I'm given - with grace. Don Henley,

Appreciation is thought to be distinct from gratitude. Gratitude defined, is a positive emotion - in response to a gift, In his book, Thanks!, Robert Emmons, a leading researcher on gratitude, writes that gratitude is about acknowledging all the goodness in one's life and, in addition, "recognizing that the source(s) of this goodness lies outside of one's self". Dr. Emmons, Editor of the Journal of Positive Psychology, examines what it means to think and feel gratefully - to put this powerful emotion into practice. In his research, Dr. Emmons reports, daily grateful thinking can increase

happiness by as much as 25 percent. He suggests keeping a gratitude journal for as little as three weeks results in better sleep, more energy and more happiness.

Finally, we live in Kentucky! Kentucky is one of the most beautiful states in this country. The soil is rich - as we seed through our bountiful vegetable gardens and flowers. Everywhere you look, there is natural beauty - all you need to do is SEE it/ EXPERIENCE it. We all want to live life to the fullest - take time to SEE and APPRECIATE the incredible beauty that surrounds us. Reflect on the positive gifts, value all people and treasure good times together. As in James 4:14 Life is a vapor; don't miss any of the small, sweet blessings!

Look for nature's gifts and as you appreciate them - feel Grateful for every good and perfect gift. As we know from James 1:17, Every good and perfect gift is from Above. And so, be Grateful in all things, Live in Joy, Peace, Belief and Grace. Enjoy a Larger than Life - Life. Love God and all People. Amen.

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

SCC Announces Dean's List For Spring 2019

Somerset Community College is proud to announce the names of those students named to the Dean's List for the spring 2019 semester. The spring semester concluded in May and a total of 616 students were named to the list. To be a member of the Dean's list, a student must maintain a 3.5 grade point average and be a full-time student at Somerset Community College. A full-time student must take 12 credit hours during a semester, excluding developmental classes. Congratula-

tions to these students for academic excellence. Dean's list honorees include the following (sorted by county):

Russell:
Hannah Bell
Kennady Fields
Christine Johnson
Kassidy Johnson
Michael Kerns
Krista Meers
Kaitlynn Owens
Joseph Pepperkorn
Kenneth Rigney
Joseph Robertson
Neil Sidebottom
Jacob Thomas
Carol Tucker
Lauren Wesley

Newby selected by new UK program

Recently, Russell County High School's Alyviah Newby was selected out of more than 90 applicants to attend the University of Kentucky Markey Cancer Center Appalachian Career Training in Oncology (ACTION) Program. Newby is among the 20 high school students who were selected to be the inaugural group of Kentucky students for this prestigious program.

The ACTION Program is a five-week long summer on the University of Kentucky campus that allows Appalachian Kentucky high school students to gain cancer research, clinical, outreach, and educational experiences that can help further enrich their interest in pursuing a future in a cancer-centered career. The students began the program this past weekend.

Franklin accepted into Governor's School for the Arts

Tyler Flatt

Jon Franklin, a sophomore at Russell County High School, has been accepted into the 2019 Governor's School for the Arts in Drama. The Kentucky Center Governor's School for the Arts (GSA) is a three-week summer program for rising juniors and seniors in the state of Kentucky.

Each spring over 1700 students audition for 256 spots in the program. The program is located at the University of Kentucky in Lexington, KY. The program is free for students to attend, and most universities in the state, and several in other states, offer scholarships to GSA alumni. The 256 selected applicants are divided into nine different art forms (disciplines), which means that an average of about 28 students throughout the state are selected for each discipline, emphasizing the selectivity of the program's recruitment of prospective young artists. Jon is the second student in RCHS history to attend this prestigious program for Drama and the first sophomore from RCHS to attend GSA.

Drama at GSA provides students with an intensive acting course, with emphasis on developing physical and vocal expressiveness, emotional and intellectual maturity, ensemble attitude and independent thinking.

Acting students receive instruction in stage movement, voice and



Jon Franklin

speech, characterization methods, scene study and script analysis, improvisation and creative problem-solving techniques. Drama students meet and study with a number of theatre professionals, have opportunities to attend summer theatre productions and other theatrical events, and are provided with insights into educational opportunities and career options in theatre. A final performance compiled of movement work, improvisation work, scenes and monologues will be performed on the last day of the institute.

Jon is an active member and officer of the RCHS Drama Club and International Thespian Society Troupe 8382 at Russell County High School. Mr. Tyler Flatt, Sponsor and Director of RCHS Drama, is very excited to be sending another drama student to such a prestigious program that opens many doors of opportunities for growth and leadership. Any student interested in applying for the Kentucky Governor's School for the Arts in any art discipline area or for more information may contact Mr. Flatt at tyler.flatt@russell.kyschools.us

FATHER'S DAY GIFTS THAT ARE NO (DAD) JOKE

Get your favorite pun-slinger some new material.

Buy a new smartphone and get a gift for Dad valued at up to \$250 - like a Spartan GoCam, a Braven 360 waterproof speaker or a SmartThings Hub from Samsung.



Samsung SmartThings Hub



Braven 360 Waterproof Speaker



Spartan GoCam



BLUEGRASS CELLULAR
YOUR COMMUNITY, EXPANDED.
bluegrasscellular.com | 800-928-2355

Offer only available in-store and at bluegrasscellular.com from 5/6/19-6/19/19 valid only with purchase of select equipment and service plans while supplies last. Purchase is subject to plan Terms and Conditions (including an obligation to pay full outstanding price of selected wireless device immediately upon termination). Sales tax, activation fee, and monthly finance charge may apply. Other restrictions apply. Call 1-800-928-CBLL, log on to bluegrasscellular.com, or visit your nearest Bluegrass Cellular location for details. ©2019 Bluegrass Cellular, Inc. All rights reserved.

Grow Your Business!

Call Stephanie Today to place your business advertisement in the Times Journal
866-3191