



ASK Dr. Angelia

The Empowerment of Gratitude

Consider this, If you could be happier, healthier, more positive and more productive, would you make changes necessary to make that happen? It's not magic; it just takes movement. We have the power to change our lives for the better – right now. Remember, the wise saying, “Count Your Blessings”. That's it! Start today being Grateful in all things. We know an “attitude of gratitude” is a good health choice. Being grateful makes us happier and more optimistic. Let's practice right now:

First, make a list of five things you are grateful for right now. These can be big things (like your family) or little things (like the fact that someone smiled at you this morning). This can be a mental list or written down. Here's my list: I'm Grateful for: 1) Life; 2) God's Love; 3) Love of my Family; 4) Rock Z's Love (my sweet dog); 5)

Love for People. That's my list. I encourage you to make yours now.

Second, reflect on your list and allow yourself to feel good about your list. In other words, take a moment to feel your Gratitude. Close your eyes and allow the Gratitude to grow inside you. Several times a day think of your list, repeat your list and allow your Gratitude to grow.

You can do this exercise anytime; it is a great idea to keep a running list in your Journal, planner or notebook - this way you can return to your list anytime you wish, reinforcing and growing your gratitude. At any moment remember your list, bask in those thoughts, allow your Gratitude to multiply inside – like a warm glow. You've probably thought of being thankful as a good thing to do - or the right thing to do. Moving forward, you can experience Empowerment in

your Gratitude experiences.

Gratitude is an attitude. Gratitude is a choice. And gratitude is a habit. When we consciously practice being grateful for the people, situations and resources around us we begin to attract better relationships and results. The habit will be strengthened as you make the choice for Gratitude each day.

Love this life; this is your life. Hope you will take a moment from my musings and do something – anything! Finally, Give, and be Grateful in all things, Live in Joy, Peace, Belief and Grace. Enjoy a Larger than Life - Life. Love God and Love every Person. Amen.

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RCHS Graduate Named to Transylvania University Dean's List



Brannon Lawson of Russell Springs was named to the Transylvania University Dean's List for fall 2019. To be named to the dean's list, a student must achieve at least a 3.5 grade point average during the term.

Transylvania University, located in the heart of downtown Lexington, Kentucky, is a top-ranked private liberal arts college featuring a community-driven, personalized approach to a liberal arts education through 46 majors.

Founded in 1780, it is the 16th oldest institution of higher learning in the country, with approximately 1,000 students. Visit www.transy.edu for more information.

2019 Rogers Scholar

Audrey Burton of Russell County assists veterinarian and staff with animal care



2019 Rogers Scholar Audrey Burton of Russell County hopes to pursue a career as a veterinarian. For her Rogers Scholars community service project, she worked with veterinarian Dr. Tim VanDerPloeg and volunteers/staff at Pulaski County Humane Society at two low-cost spay and neuter clinics.

Burton, a junior at Russell County High

School, helped monitor the animals throughout the procedure and assisted with after-care post op.

“Having the ability to participate in this project has been very important to me, as well as an excellent learning experience,” she said. “Not only has it given me insight on pursuing a career as a veterinarian, it helps me give back to all the commu-

nities, not just my community.” Audrey is the daughter of Ashley Burton and Zachary Burton of Russell Springs. Each graduate of The Center for Rural Development's Rogers Scholars program is required to complete a community service project.

For more information about Rogers Scholars, visit www.centeryouthprograms.com.

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