



# ASK Dr. Angelia

*Suddenly the World Changed*

Suddenly, the world as we know it, changed. We face uncertainty and fear. There is a fear of going out, fear of not having basic needs, fear of getting sick and the worst of all – the fear of being in the presence of people. Seeing people as a threat to your health, safety and welfare is by far the most damaging. If we fear being in the presence of people; our new term is social distancing. We will get through this...

For this season, we may have to limit face to face communication; however, we have many methods to reach people with social media and our phones. We should use this time to communicate positivity with everyone. Speaking fear insights more fear. Guard your mind against fear;

we will get through this...

John 16:33 says, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

If ever there was a time to reach out to people, it is now. People need you to be positive. Reach out and ask if you can help. Shop for them if you can. If nothing else, reassure them by loving them with your positive words and actions. We will get through this...

Isaiah 41:10 says, "fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Let us refuse to live in fear. Think rationally about the new virus. It may spread and it may not. Huge precautions are being taken to protect us. So, spend less time viewing the news. Spend more time doing something that inspires you and takes your mind off world events. Use this time to your benefit. We will get through this...

I hope you will take a moment from my musings and do something. Finally, be Grateful in all things, Live in Joy, Peace, Belief and Grace. Love God and Love every Person. Amen.

Dr. Angelia S. Bryant, Licensed Professional Clinical Counselor and Supervisor angelia.s.bryant@gmail.com

## FINALS

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she had succeeded to the finals. In the upcoming finals round, Leigha will be "timed" and turn in a free writing, non-fiction short story. After submission, students will get the chance to discuss their writing piece in front of the judges.

As of 2019, GSA moved their competition rounds and summer camp to The University of Kentucky. If students make it past the finals round, they will get to stay at UK for a 2-3-week time frame, based on their category of application. The students will stay in a dorm with another student and be paired with someone from within another category.

Kadie, Eric and Leigha were all in agreement that the camp will be an intensive camp where you can hone in on your skills and grow further in the field of your choice.

Each of the students also had to submit an answer to the question, "What impact do you hope

to make out of GSA?"

"I want people to be able to know, when they start drawing something, the first time you draw whatever it may be, it may not stick," Kadie said. "It is multiple steps, and you must keep going. Don't give up on art because the ending is so worth it. Be open to change. Don't start out with one thing and end up not liking it and giving up. Stick to your gut, and draw it again and again."

"I just want to be a voice for all people who can't get on that stage," Eric said. "I want to help people and show them they can grow within themselves and then find that connection on stage."

"I want to influence people to see the world in a different way but subtle," Leigha said. "I want readers to think a different way and be more

open minded."

Governor's School for the Arts have expressed that the safety of students, families and staff is always the primary concern. GSA has said that in setting an example for social distancing in managing the COVID-19, the decision has been made to cancel GSA's Final Round on March 20 & 21. All GSA 2020 Finalists are still being considered for the summer program. At this time, GSA says they anticipate that adjudication will take place virtually (rather than in-person auditions/reviews being rescheduled for another date).

Artists are adaptable, empathetic, innovative, and resilient – all of which are helpful qualities in a situation such as this. Please watch in your local subscription of The Times Journal for future results regarding GSA students.

### Accepting Applications

## WATER/SEWER CLERK

The City of Russell Springs is now accepting applications for the position of Water/Sewer Clerk. Applications may be picked up at City Hall, Monday-Friday, 7:30 am – 4:00 pm. Applications should be returned to City Hall, Attn: Christopher Ramsey, City Clerk, PO Box 247, Russell Springs, KY 42642 by Friday, March 27th. The application can be found at <http://russellsprings.net/job-announcements/>. All questions should be directed to Christopher Ramsey, City Clerk. The City of Russell Springs is an Equal Opportunity Employer.

# Dear Dietitian

Dear Readers:

more likely to keep up the good work.

*This past week I attended the funeral of my best friend's brother who died suddenly of a massive heart attack. He was only 49. You don't realize how many lives one life touches until you attend a funeral. The exchange of love and support between friends and family, the stories that begin with "Remember when . . .?", the laughter that softens the tears. Does the dearly departed know how much he meant to other people? I sure hope so.*

*Heart disease is the number one killer of both men and women in the U.S and worldwide. There are several risk factors for this illness, some of which are listed below:*

*High cholesterol is defined as greater than or equal to 200 mg/dL. Your cholesterol should be monitored annually. Changes in diet and/or medication may be needed to combat elevated cholesterol.*

*Family history is a risk factor we cannot change, but we can be aware and be proactive. If a parent has heart disease, high blood pressure, or diabetes, this puts you at a higher risk for all these conditions.*

*Uncontrolled high blood pressure increases the workload of the heart. Blood vessels become stiff which makes it easier for plaque to build up. When there is plaque build-up, blood flow to the heart is restricted, and if left untreated, will likely lead to a heart attack.*

### Overweight -

People with excess body fat, especially around the waist, are at increased risk for heart disease. Losing weight isn't easy and doesn't happen overnight. Get the support you need.

### Physical Inactivity -

People with sedentary lifestyles have higher rates of heart disease than their active counterparts. When beginning an exercise routine, start with ten minutes a day. Increase 5 minutes per week to reach a goal of 30 minutes most days of the week. Choose an activity you enjoy so that you will be

### Stress -

Perhaps the most cunning risk factor. We all have stress in our lives, but many of us do not have healthy coping mechanisms to deal with it. Some people overeat to comfort themselves. Others self-medicate with the alcohol. Both of these mechanisms provide temporary relief, but when the buzz or sugar high wears off, the stress remains.

More effective ways of dealing with stress include meditation, journaling, and if needed, counseling. There is no shame in needing help. After all, when you have a toothache, you see a dentist, so if you have difficulty with your emotions, see a therapist. We were never meant to walk this journey alone. If finances are a concern, seek a therapist whose fee is based on a sliding scale.

### Diet -

a diet high in fat, calories, and sugar will likely lead to extra pounds, which increases your risk for heart disease. Eat a diet rich in fruits, vegetables, and whole grains. Choose lean meats and mono- or polyunsaturated fats.

Know your risk factors and know your numbers (cholesterol, blood pressure, etc.). Education is the first step in taking care of yourself, but education without action avails little. Start today. Time may be luxury you do not have.

Be healthy,

Dear Dietitian



*Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.*



## DUOBROADBAND

### ACCESSIBILITY OF SERVICES TO THE DISABLED

It is the Company's policy to ensure that services are accessible to and usable by individuals with disabilities where readily achievable. If accessible service is not readily achievable, the Company will ensure that its service is compatible with peripheral devices or specialized customer premises equipment ("CPE"), if compatibility is readily achievable. The Company will undertake all reasonable effort and expense to meet the telecommunications needs of its disabled customers and will work cooperatively with disability-related organizations as the opportunity may occur. The Company will evaluate accessibility needs at every opportunity, and as early as possible in the process of upgrades to existing services or establishment of new services.

A. Readily achievable accessible services will include the following:

- Basic telecommunications services and equipment;
- Computer-provided directory assistance;
- Optional calling services such as call waiting, speed dialing, call forwarding, caller ID;
- Interactive voice response systems (caller receives menus of choices)
- Voice Mail
- Access to information and documentation for products or services, including instructions and user guides;
- Access to technical support, customer service and billing services;
- Design of network architecture, including hardware or software databases associated with routing telecommunications services

B. Readily achievable compatibility will include peripheral CPE devices or specialized equipment that help make telecommunications products and services accessible to the disabled. These devices and equipment include any equipment on the customer's premises used to originate, route or terminate the Company's telecommunication's services. Such devices and equipment include, but are not limited to, compatibility with the following:

- Teletypewriters (TTYs)
- Visual Signaling Devices
- Amplifiers

The following criteria will be evaluated to achieve compatibility:

- External electronic access to all information and control mechanisms
- A connection point for external audio processing devices
- The ability to connect with TTYs
- The ability to use TTY signals.

C. Assessment of Achievability

To determine if accessibility of services or compatibility with peripheral devices and CPE is readily achievable, the Company will balance the costs and nature of the access required with available resources. "Readily achievable" means easily accomplishable and able to be carried out without much difficulty or expense. The following factors will be considered in assessment of achievability:

1. The nature and cost of the action needed;
2. The Company's overall financial resources, employee resources and the effect on these resources, or the impact otherwise on the operations of the Company.

D. Company Contacts

The following person is authorized to resolve and facilitate the resolution of accessibility and usability concerns or complaints reported by Company customers.

Daryl L. Hammond, Vice President/Chief Financial Officer  
P. O. Box 80, 2150 North Main Street  
Jamestown, KY 42629  
[dhammond@duobroadband.com](mailto:dhammond@duobroadband.com) Phone: 270-343-3131 Fax: 270-343-6500

**When you buy your Prescription Medicines from our pharmacy you'll enjoy satisfying benefits!**

**Concerned About Hepatitis A?**  
**Come by Jamestown Pharmacy and speak with one of our Pharmacists.**

**Jeff Warner, Holly Adams, Allie Williams**

**Along with Hepatitis A, we also provide vaccination for Hepatitis A & B, Pneumonia, Flu, and Shingles. These are covered by most health insurance plans.**

**Jamestown Pharmacy**

1417 North Main Street in Jamestown, KY  
Phone: 270-343-4443  
Hours: Monday - Saturday from 8:00am - 5:30pm  
Saturday from 8:00am - 12:00pm

Owner: Jeff Warner