



ASK Dr. Angelia

What's Important?

With our world in crisis, comes a time to reflect. Most are forced into a time-out; to stay home to protect our health. Then again, it's Spring and we can't even get a manicure or most, especially, a pedicure. We can't have our hair cut and everything else we do to our hair.

We can't go to stores and shop for clothing or more stuff to bring home. We can't enjoy a great dinner inside a restaurant with friends. These limitations seem like the most basic of our life's needs, but they really aren't.

So, what are we supposed to do? I'm thinking, we focus on what's important - reflect on our lives and consider what life is really all about. So, what's important to you?

You already know what's important to me - always the last line of this Ask column. Love

God and Every Person. Simple right. Not so much. As much as I would like to be, I'm not up for sainthood. To walk out this life with faithfulness to God isn't easy. And, I know, however, hard I try, I will always fall short; we all do. Whatever your belief in God, it seems like a really good time to pray. It's easy. Just start talking...

Forced at home with no escape, your family may well be on your last nerve. Take a step back. The people in your home are the most important people in your world. You may need time-outs from each other and that's okay. Excuse yourself and remove yourself. Realize, your people practicing #healthathome with you, deserve your unconditional love, your unending respect, your undivided attention and especially,

your best compassion/best self/best response in every situation. We Will Get Through This!

Loving Every Person outside your home; you don't even have to worry about them right now. We can get to them when we can go out again. We Will Get Through This!

Take a moment. Do just one thing differently. Change just one behavior. Give it a minute. Don't get discouraged. My hope is we come out the other side of this crisis as better people.

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

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(Cooler)
•April 15, 6 p.m. EST: Donation Class with Lauren Salyer

•April 17, 10:08 a.m.: Pause to Give Life Flag-raising

•April 26, 10 a.m. EST: 'Church' Service with kidney recipient and donor family, Andreas Price

•April 29: Coloring Contest

•April 30: Donor Remembrance Day (<https://www.aopo.org/donor-remembrance-day/>)

To celebrate National Donate Life Month, people across Kentucky who have been touched by the Donate Life mission are invited to participate in the Gift of Life Stories project.

The Gift of Life Stories project is a collection of personal testimonials that brings awareness year-round to the great need for organ donation and the miracle of transplantation.

These stories include transplant recipients, friends, and family of recipients, donor family members or friends, patients and family/friends of those on the transplant waiting list, family/friends of those who have lost their lives waiting, and living donors. Advocates from all states are welcome. These inspirational stories can be seen on the online dedication wall at <https://donatelife.org/stories/>.

It is the hope of Kentucky's Circuit Court Clerks that sharing these personal stories

will inspire everyone to join the registry online via www.donatelife.org.

We will honor this month on Friday, April 17 which is National Donate Life Blue & Green Day. The day when the public is encouraged to wear bright blue and green Donate Life colors to spread awareness about organ and tissue donation and transplantation. There is also a public Blue & Green Day photo contest through the Donate Life America Facebook page at <https://www.facebook.com/DonateLife/> for everyone to show their creative blue and green spirit. More information and public resources are available at <https://www.donatelife.net/blue-green-day/>.

Recycle Center update

Russell County Judge Executive Gary D. Robertson

Effective Friday, March 27th, 2020, the Russell County Recycle Center will bring all recycle trailers located at various locations in Russell County in to our Recycle Center Lot. This is being done due to citizens using these trailers to put their personal garbage in rather than recyclable items. If you have recyclable items they can be brought to the Russell County Recycle Center from

8:00am-3:00pm Monday-Friday. The center is CLOSED to walk thru traffic, but you can deposit your recyclables in the trailers at that location. Those trailers at the Recycle Center location will be under video surveillance. The Russell County Landfill is still open to the public.

Thank you to all citizens for being cooperative during these challenging times. Any questions you can call the Russell County Judge Executives Office at 270-343-2112.

Dear Dietitian

Dear Readers: These are uncertain times, and if you're like me, uncertainty is not one of your favorite topics. We have not yet reached the peak of the coronavirus pandemic. Unfortunately, some people have lost their jobs, and many of the lucky ones are working from home. Times like these can trigger emotions of anxiety and grief, and when we are experiencing difficult feelings, we may try to push those feelings down with extra food. You've heard of it, maybe participated in it; it's called emotional eating.

These are ways to help prevent over-eating during stressful times:

1. Keep your eating times structured: three meals a day and planned snacks (if part of your routine).
2. Plan meals ahead of time. Most things in life run more smoothly with a plan.
3. Keep a food journal. Write down the everything you eat. This will help you identify trouble areas.
4. Drink lots of water or non-caffeinated beverages.
5. Pay attention to your body's signals. Know when you are physically hungry and stop eating when you are full.
6. Eat nutritious foods. The simplest way to do this is to follow the five-a-day rule: eat at least five servings of fruits and vegetables every day. Limit fried foods and sweets. When your body is nourished, you are less likely to reach for junk food.
7. Avoid mindless eating. This may occur in front of the tv or computer or while reading a book. In this situation, you are likely to consume more calories than you realize.
8. Avoid eating while cooking and

during clean-up. Keep your mouth busy with a piece of sugarless gum during these times to prevent nibbling.

9. Exercise.
10. Find effective ways of dealing with stress. Try yoga, meditation, or journaling.

11. If you have tried the above and the cupboards are still calling your name, find a healthy distraction. Paint, go for a walk, clean a closet, read a book, call a friend, or reconcile your checkbook.

12. If you have an episode of emotional eating, forgive and forget because beating up on yourself only makes things worse. You can start fresh the next day, or as I like to say, "When you fall off the horse, get back in the saddle."

Finally, ask yourself if you have a food compulsion/addiction. This occurs when there is a strong urge to eat a certain food, and when you start, it is difficult to stop. You may feel out of control. If this is the case, it is better to avoid that food altogether. After all, an ounce of prevention is worth a pound of cure.

Until next time, be healthy!
Dear Dietitian



Leanne McCrate, RD, 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. Dear Dietitian does not endorse any products, health programs, or diet plans.

Sunset Homemakers

The Sunset Homemakers Club met on March 12, 2020 at the Russell County Extension Office.

The meeting was called to order by the Club President Barbara Jackson.

Sharon Bunch read a spiritual devotion, and our thought for the month by Irish Blessing, "May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smile of the people you love."

The Vice-President, Diane Hainey, called the role with everyone answering how they

had celebrated St. Patrick's Day in years past. Our Treasurer, Barbara Foley, collected the money our club had brought to the meeting to help some child receive a scholarship for college.

High school seniors, please check requirements to possibly get the scholarship! The Homemakers are selling Pampered Chef products to help with the scholarship for college.

The Russell County Extension Homemakers had eight Homemakers to enter the Cultural Arts Contest 2020.

The eight Homemakers came home with 21 blue ribbons, five red, and one white. Congratulations, girls!

Diane Hainey taught the lesson for March "The Buzz about Honey."

Honey has been used as a sweetener, food, candles, healing medicine and many other uses.

Many people are allergic to bees, so be careful around bee hives.

The meeting was adjourned and refreshments were served.

Next month's meeting will be 5 p.m., April 9, 2020, at the Extension Office.

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Bankruptcy.**
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