Sports swings back into action

(AT RIGHT)

Brenner Helm, seven, son of Landon and Amber Helm, swung for the fences during practice at the Jamestown City Park last week

Mayes Gosser, left, flexed his form last week while practicing with the Central Kentucky Bulldogs Travel Team. Mayes is the son of Matt and Lisa Gosser, of Russell Springs.

Matthew Luttrell, right, helped coached kids on baseball fundamentals at the Jamestown City Park Friday.

HOMEMADE

continued from page six

great-grandparents had lived was still standing. From the Corolla, we soaked up the scene, pondering life there during the 1920's. I pictured their garden that had grown the potatoes, tomatoes, and onions for the stew.

Besides the ones at Homemade Hollow, I don't know all my ancestors or which country they came from. There are a few things I do know:

1. God had His eye on me even before I was born. (You, too!) Psalm 139:13 and 15 reminds us all: "For You created my inmost being; You knit me together in my mother's womb...Your eyes saw my unformed body..."

2. In 1971, I was adopted. Into the family of God. He welcomed me with open arms and has never left me-though I have deserved it at times. He longs to spend time with me, and you, too. He wants to bless us and has a plan for our lives-a good one.

One day, I will get to see my mother again in heaven, along with some grandparents and great-grandparents. I can picture us sitting around a table and playing Rook...but NOT eating wiener stew!

Thank You

The family of Rusty Hill wishes to express their heartfelt gratitude for the love shown with his recent passing. Your many acts of kindness, condolences, and support are greatly appreciated. We also wish to send our appreciation to the staff of Bernard Funeral Home and the congregation of Bernard Ridge Church of God.

Happy Birthday America and Neva Bernard! July 4th, 2020

Neva will be 100 years young!

SEND HAPPY BIRTHDAY WISHES TO:
Neva Bernard
c/o P.O. Box 355
Russell Springs, KY 42642

ASK Dr. Angelia

Choose Love

Pandemic fear, we I love my family, friends, coworkers and everyone else and am open to new ideas. This season has given me pause for many reasons- especially how divided we appear. People speak with such authority on issues as if their beliefs should be everyone's beliefs. It is time to examine ourselves and bring alignment in our beliefs and actions.

What is important to you? Not what your parents taught, not what your family says, not what your friends believe; think on what matters to you. For example, Lovingkindness, Honesty, Genuineness, Positive attitude and Life-Long Learning comes to my mind first. Make a list of what values you deeply care about and reflect on how your actions show your beliefs and values.

Examine where you are in alignment with what you care about and where you need to make changes. If "Love" is a belief for you, watch your thoughts and reactions when you disagree or don't like something. Recently, I have been in the company of people I care about attempting some "real' conversations only to have reactions of agitation with loud voices. If ever there was a time for "real' conversations it is now. Allow other's opinions different from yours. If you listen, you just might learn something new.

We are only divided by our beliefs if we choose to be. I'm a Christian/Non-Christian; I'm a Democrat/Republican; I'm This Color/That Color. We are all people and like it or not, we are in this together. And, We Will Get Through This Together!

Remember I john 4:18-21: 'There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us. If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. And he has given us this command: Whoever loves God must also love his brother.'

This week, be mindful and treat everyone well. Be Grateful in all things. Love God and People. Amen.

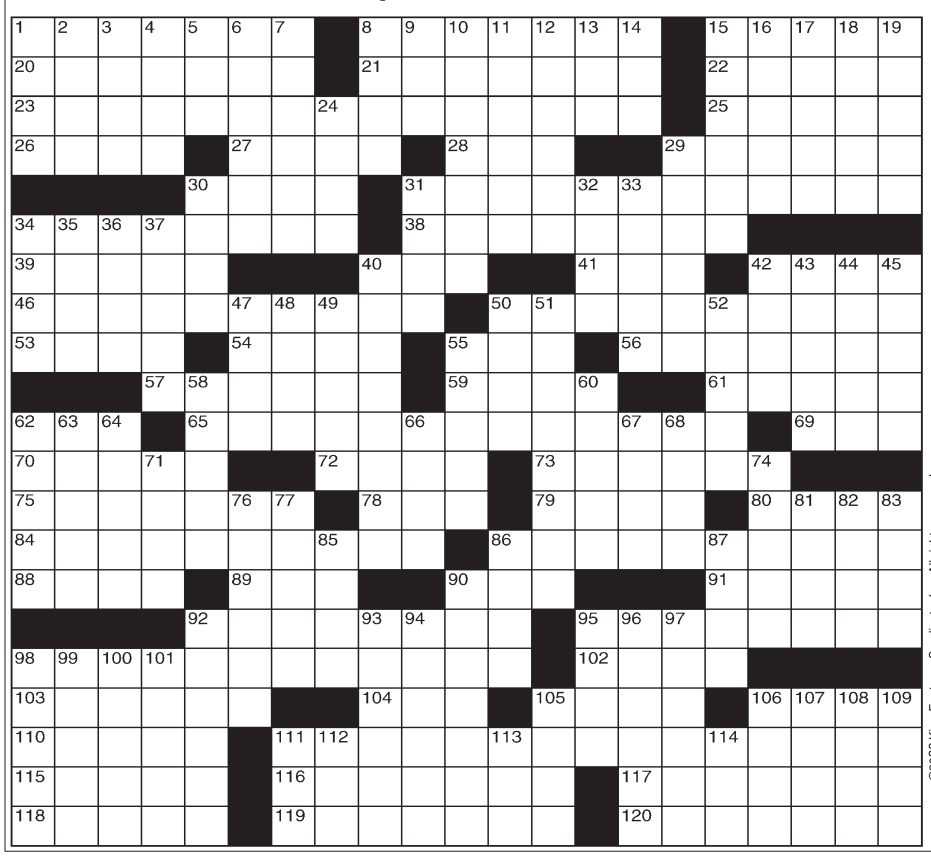
Dr. Angelia S. Bryant, Certified and Licensed Counselor at angelia.s.bryant@gmail.com

Super Crossword

HOLDING THE LINE

ACROSS
1 Boat docks
8 Mere penny
15 Stair face
20 Generally
21 Infused with carbon dioxide
22 Cosmetics queen Lauder
23 Holiday tree brighteners
25 Figure skating category
26 Baby blues, say
27 Detroit loc.
28 By way of
29 — Babies
30 Info on a library slip
31 Thing swung on a court
34 Undermined
38 Federal case, so to speak
39 Countrified
40 See 42-Across
41 German's "one"
42 With 40-Across, headwear for doing laps
46 William Tell wielded one
50 Nine-footer with 88 keys
53 Game with a cue stick
54 "Cat on — Tin Roof"
55 Bakery treat
56 Atypical pets
57 Taco sauce brand
59 Everyone, in German
61 Topic in question
62 Beddy-bye clothes
65 Gravity-defying party decoration
69 Have a go at
70 Reply to "You are not!"
72 Spoiled stars' problems
73 Running back Smith
75 Pro at PR
78 Crude abode
79 "Hud" actress Patricia
80 Morales of film and TV
84 Pinocchio, for one
86 Rosary's nonreligious relative
88 Like a spud-slicing GI
89 Aide to Santa
90 Some small batteries
91 Holiday tree topper
92 Really mad
95 Film director Martin
98 Alternative to drapes
102 Merit
103 Spanish province capital
104 Cellular stuff
105 Rick's love in a 1942 film
106 Farmland unit
110 Cleaned up some leaves
111 What eight of this puzzle's answers have
115 Saw wood
116 Capital of New Jersey
117 Paying to stay at
118 Disburdened
119 Like mustard
120 Post-Trojan War tale

DOWN
1 Knight's club
2 White-faced
3 Seldom seen
4 Pupil site
5 Greek letters
6 "Nashville" director Robert
7 Arab, e.g.
8 Unduly quick
9 Slender fish
10 Force to rise
11 Shutting in
12 Fuel gas
13 Court divider
14 Grid stats
15 Annul
16 Sci-fi's Asimov
17 Smell awful
18 Uncanny
19 Turn to 000
24 Did perfectly
29 Secret taste-test label
30 Strike mark
31 Defreeze
32 Conception
33 Fisher's net
34 Tinfoil, e.g.
35 Irish money
36 BP gas brand
37 Painter Frida
40 Instructed jointly
42 Uses a divan
43 Belt's place
44 Acquire, as debt
45 Stroll
47 Be worthy of
48 Kids' writer Silverstein
49 Bacall's first hubby
50 — monster
51 Chiles — (Mexican dishes)
52 Gist
55 Blatz brewer
58 West Virginia's state flower, for short
60 Fudd of cartoondom
62 California's — Beach
63 Osaka's land
64 Smarmy smile
66 Pouty face
67 Epps of TV's "House"
68 Smarmy
71 Barber's cut
74 Some minors
76 Boxing combo
77 H'wood type
81 Wise soul
82 Some Snapple products
83 Cruise stop
85 Big brand of nonstick cookware
86 Joking types
87 Cowshed site
90 It's faster than adagio
92 Laid down the lawn?
93 "The Queen" star Helen
94 Seventh- — stretch
95 Ward of TV
96 Fidel of Cuba
97 Sounded off
98 Poorer
99 Donald's first wife
100 "Zorba the Greek" novelist Kazantzakis
101 John — (tractor maker)
105 Lacks entity
106 Play units
107 Greek letters
108 Artist Magritte
109 Irritable
111 Fuel additive brand
112 Mr. Capote, to his pals
113 Weed B — (lawn care product)
114 In — case



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Nascar News columns will return next week

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