

# Extension Notes

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Family & Consumer Sciences

Russell County Extension Office

# Practicing kindness can help heal a broken world

Source: Kerri Ashurst, senior extension specialist for family and relationship development

2020 has been a tough year, as Americans have faced many challenges. As a result, many of us are experiencing emotional, mental, physical and financial struggles. We need kindness more than ever.

Kindness is any act you do that benefits others. Research shows that people who help others in various ways are happier and have an overall better feeling of well-being than those who don't practice kindness.

Kind acts do not have to take up much of your time or cost you a lot of money. They can be as simple as calling your friends and family to check on them, running an errand for an older neighbor, or letting someone with only a few items check out in front of you at the grocery store when you have a full cart.

You can be kind to others by listening to them, if they come to you with their problems. While you may not feel like the best person to lend support, rest assured that you are the person they choose to confide in. That shows trust.

Extend kindness beyond the reach of your immediate contacts by doing good deeds for complete strangers. You can pay for the person's order behind you in the drive-thru. You can offer to purchase or provide a nutritious meal for a person who is experiencing homelessness. Donating items, time or money to a charity of your choice is always a good way to practice kindness.

This year, with its deep divisions, has challenged us to take a look deeper into ourselves and re-view our values, morals and priorities. This makes kindness even more essential than ever. Be kind to others and be willing to listen to them, even if their opinion differs from yours. Be respectful, open-minded and try to understand their perspective.

While kindness may not magically fix all of the world's problems, it certainly will help start the process. For more information about kindness and other ways to nurture healthy relationships, contact the Russell County office of the University of Kentucky Cooperative Extension Service.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

# DEADLINE

for all classified line ads, display advertisements, community calendar events, as well as Letters to the Editor

# IS MONDAY AT NOON

# AB Training Facility opens 2nd Location in Russell Springs

Cheyenne Popplewell  
The Times Journal

Amber N. Clark Bryant, owner of AB Training Facility, has opened up a second location for gymnastic and dance classes right here in Russell Springs.

If you are familiar with the Old Sundowner building in Russell Springs and was curious as to what was being put in its place, here it is.

Amber is from Somerset, born and raised. She has numerous national, state and world titles in dance, USAG Gymnastics, and cheerleading.

Amber began her career at the age of five at Missy's in Somerset. By the age of 8, she became a national title winner.

"My training in Somerset wasn't at a high enough level," Amber said. "So, my mom and dad had to drive me out-of-state to get trained at a higher level."

Fast-forward to age 11, and Amber was training seven days a week and three to six hours a day. She said she traveled out-of-state to be trained by the best every Friday, Saturday, and Sunday in Dayton, Ohio by Mark Nash, Dayle White, Nancy and Shelton Barley, and Tammy White.

"My mom and dad invested every dollar and hour into my career," Amber said. "Countless hours went into my training."

Amber explained that when they would take road trips, her dad would always tell her, "When you get older, I want you to invest all your talents you have been taught and given to as many kids as possible."

By the age of 12, Amber had become an instructor for a local gym in Somerset.

"I started my career in choreography for dance and absolutely fell in love with being able to express my emotions through dance," she said.

Amber's talent is truly remarkable. She became not only a national champion for

seven consecutive years in dance/gymnastics, but also in dance. She became the youngest choreographer to win a National Choreography Award in Orlando, Fla., from Walt Disney World.

"As I reached all of my goals, I decided I wanted to teach and instruct children," Amber said. "It became a passion."

At 16-years-old, she was honored to be on the World Championship Travel Team, which lead her to a job in Birmingham, Alabama choreographing for Pleasant Grove High School for cheer and dance.

"I'll never forget boarding a plane all by myself at such an early age," Amber said. "My mom and dad were so supportive of all my dreams."

However, Amber's dreams didn't stop in Alabama. When she was 18, she was asked to become a trainer/choreographer for a world team in Leverkusen, Germany.

"Now, just 18 years old, flying 13.5 hours away all by myself, knowing no one. Scary," Amber said.

In Germany, Amber trained multiple athletes and prepared them for the World Championships in Cheerleading and Dance for coach O'liver Gerrihck.

At the age of 22, she returned back to Somerset where she began training athletes at different high schools and middle schools in cheerleading, gymnastics, and dance.

"After my father passed away, I remembered him saying to give back what I had been given," Amber said. "So, I did. I opened my first gym at the age of 27, and it has been going strong since day one...I knew I wanted to expand our gym family last year. With a lot of thought and prayer, location number two became Russell Springs, Kentucky."

Amber told me she has had many paths that have led her to many destinations in her career. She said as a young athlete, she received

over 450 trophies, 36 silver platters, 9 national titles, and 2 world titles. She said as a coach, her athletes have won more national championships than she can count and had an international team to achieve 4 World Cup titles.

"I have achieved more memories, amazing relationships and trained the best athletes in the world," Amber said. "I have been blessed to be given all these opportunities. Kids mean everything to me, their smiles, their heart, and their laughter. I have a passion to see children succeed."

To sign up for classes, visit [www.abtrainingfacility.com](http://www.abtrainingfacility.com), email [abtfrs@yahoo.com](mailto:abtfrs@yahoo.com) or



Amber Byrant

call 270-866-2133. AB Training Facility offers dance classes, a competitive studio dance program, USAG Gymnastics Team Competitive and Non-Competitive, tumbling classes Novice-Elite, all-star cheerleading, private lessons, and much more.

# RUSSELL SPRINGS ANNUAL FIRE DUES

The Russell Springs Volunteer Fire Department annual subscription for the 2020-2021 year is due in by July 31, 2020.

Rates are as follows:  
RESIDENTIAL: Homes under 3,000 square feet (\$35)  
RESIDENTIAL: Homes over 3,000 square feet (\$50)  
COMMERCIAL: \$100  
Non-Profit: \$50

You may come by the Russell Springs City Hall or mail to City Hall, PO Box 247, Russell Springs, KY 42642. If you have any questions, please call our office (270) 866-3981.

# PUBLIC NOTICE

B&T Group Holdings, LLC is proposing to construct a 220-foot overall height self-supporting lattice telecommunications structure at 82 Harris Lane, Jamestown, County, Kentucky (36° 59' 15.3" N, 85° 04' 02.0" W). The tower is expected to be lit with FAA Style E dual medium intensity lighting. B&T Group Holdings, LLC invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Comments may be sent to Environmental Corporation of America, ATTN: Megan Gomez, 1375 Union Hill Industrial Court, Suite A, Alpharetta, GA 30004 or via email to [publicnotice@eca-usa.com](mailto:publicnotice@eca-usa.com). Ms. Gomez can be reached at (770) 667-2040 x 405 during normal business hours. Comments must be received within 30 days of the date of this notice.

In addition, any interested party may also request further environmental review of the proposed action under the FCC's National Environmental Policy Act rules, 47 CFR §1.1307, by notifying the FCC of the specific reasons that the action may have a significant impact on the quality of the human environment. This request must only raise environmental concerns and can be filed online using the FCC pleadings system at [www.fcc.gov](http://www.fcc.gov) or mailed to FCC Requests for Environmental Review, Attn: Ramon Williams, 445 12th Street SW, Washington, DC 20554 within 30 days of the date that notice of this proposed action is published on the FCC's website. Refer to File No. A1168890 when submitting the request and to view the specific information about the proposed action. W1398 NJF

COMMONWEALTH OF KENTUCKY  
57TH JUDICIAL DISTRICT RUSSELL CIRCUIT COURT  
CASE NO.: 20-CI-00133

MID SOUTH CAPITAL PARTNERS, LP  
VS.  
ANGELA CAMPBELL AKERS, ET AL.,

PLAINTIFF  
DEFENDANTS

The Defendant, Carlos B. Coffey., is warned to appear and answer the Complaint of the Plaintiff, Mid South Capital Partners, LP, herein filed, not later than fifty days (50) days after the date of the Court's Order dated March 2, 2020.

Hon. Jeffrey H. Hoover, P.O. Box 9857, Jamestown, Kentucky, 42629, 270-343-5588, a regular practicing attorney of this Court, is appointed to correspond with the Defendant, and inform him, by notification in *The Times Journal*, which is the paper of largest circulation in Russell County, Kentucky, concerning the pendency and nature of this action, and to file his report in the Clerk's office within fifty (50) days after the date of this Order. I have been appointed by the Court as the Warning Order Attorney in this action solely for the purpose of providing this notice to you. I do not represent any party to this action.

Carlos B. Coffey, if he wishes to give notice of his intent to answer this lawsuit, should contact Mr. Hoover as soon as possible in order that he may notify the Court of his intention to defend this claim against them.

The purpose of this notice is to advise you of the existence of this claim which has been filed against you and to notify you that you have the right to file an answer to this civil action, to make an appearance in the action, and to defend yourself according to law.

Any answer you make in response to this complaint should be filed with the Clerk of the Russell Circuit Court whose address is Russell County Judicial Center, 202 Monument Square, Suite 106, Jamestown, Kentucky 42629. If no answer is filed with the Court within fifty (50) days after the date of the issuance of the Warning Order, which directed me to send you this notice, then the action against you may proceed accordingly. The Warning Order was issued on the 2nd day of March, 2020, and the 50 day period began running at that date. The Court has the authority upon the issuance of a rule to shorten that time period. If you fail to respond to the Complaint by filing a written defense or response, then a judgment may be taken against you without further notice, and your right to appeal any decisions or judgments of the court may be lost.

HON. JEFFREY H. HOOVER  
Attorney at Law  
P.O. Box 985  
Jamestown, KY 42629  
(270) 343-5588 – Telephone  
(270) 343-5590 – Facsimile

# Great Home Improvements Begin Here.

With the arrival of summer, now is a perfect time to think about home improvement projects. And when you do, it's also time to talk with a loan professional at First National Bank!

**FIRST NATIONAL BANK**  
Russell Springs

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NMLS #424151