

Loyal, smart, happy to be alive

I used to be a people person— a social butterfly, if you will.

Then common sense and common courtesy became a thing of the past and here I am, enjoying the handful of people I surround myself with that have a brain.

More to the point, I actually prefer dogs these days.

They rarely disappoint.

Reasons dogs are better than people:

They don't judge. I can roll out of the house, mismatched and looking like the mess that I am, and my dogs still love me. Heck, my kids even ask, "are you wearing that?" (husband knows better, but he judges silently because he's a smart man).

Having a bad day? No judgement. Grouchy. They don't care. They're happy to be alive.

Dogs handle my moods better than any human. They KNOW when I'm in a "mood"



Crystal Cecil

Record-Herald Staff

and they tread lightly, calmly even. Feeling sad? Is there a better hug out there? No. And I am not a hugger, but a dog... that's where it's at. Happy? No one can share excitement better than a furry friend.

Dogs don't talk. Yea, they bark, and sometimes that's annoying, but there's usually a good reason. Go for a walk/run... no talking. People ALWAYS want to talk. My son nearly kills me with his abundance of conversation while we run. Dogs trot happily along, stopping for a break just when I need one as well.

And when I need to vent, my dogs listen.

Those floppy ears have heard many conversations with myself, and with God; they've heard phone calls and arguments. They take it all in. Hanging out, waiting for the attention to shift to them...

cute as they are.

Easy maintenance. Other than food/water, checkups and grooming... how easy are they!? My kids on the other hand... those little people are a lot of work. I love them wholeheartedly, of course, only reiterating the level of difficulty between the two.

No back talking. This falls under the talking category, but I have a 10-year-old and a 7-year-old. Attitude is STRONG in my house. The only place I don't get attitude is hanging with the four-legged members of the family.

Bonus: They don't roll their eyes.

They're smart; they're trainable; both of which I can say exclude a large part of the human race (only partly kidding).

Grudge— No. I'm forgiven in seconds if I scold a pup. Late dinner? Forgiven. Best part: they'll never bring it up again.



I'm sad and my kids are sad. Wonder if they're sad? Dogs shouldn't be sad.

May is Mental Health Awareness Month



Dr. Angelia Bryant
Licensed Clinical Counselor

Mental health matters. With all the problems in our world today, there is much talk about mental health and how mental health services can help people in need. Still, the stigma of seeking services persists. It is not a sign of weakness to seek help. Conversely, those that seek help have great courage.

In the past year, due to the pandemic mental health services can be provided via phone contact and computer contact. This is a major movement forward. We can get the help we need without leaving home. Telemental health services are here to stay.

Still, problems with mental health care services persists. Services are denied at twice the rate of physical health care services. This is discrimination against people dealing with mental health, substance abuse and developmental disabilities. No. All people have value and need help to deal with problems in

living. Medicaid and Managed Care Organizations in Kentucky resist fair reimbursements, limit the medications accepted and restrict the number of inpatient days for the mentally ill.

The lack of adequate funding has had consequences. Kentucky ranks 45th in per-capita funding for mental health care, 49th (second worst) in the number of people suffering from depression and 49th (second lowest) in mental health well-being. Suicide in Kentucky killed 800 people in 2020. Death by suicide is preventable with mental health services.

In mental health reality, action is what's

needed. The ongoing battle and cuts to mental health services, that's where the real problem lies. Mental health needs funding like physical health. If we want the problems to abate, we must rethink everything so that people can access the help they need through a means where they feel comfortable. And you can do your part by helping people get the help they deserve.

Remember 2 Timothy 1:7 "For God did not give us a spirit of fear, but of power and of love and a sound mind." Love God and All People. Amen.

Dr. Angelia S. Bryant,
Professional Counselor
and Educator,
angelia.s.bryant@gmail.com

YOU ARE
NOT
ALONE

51.5 MILLION

More than 51 million adults in the United States face the reality of managing a mental illness every day.

#NotAlone

nami.org/mentalhealthmonth

1 in 5 adults in the United States experience a mental health condition in a given year.

Running back home in the morning isn't quite the same. I'm used to three smiling faces greeting me at 6 a.m., telling me "good

job!" in their own doggy way. Tuesday there were only two.

Dogs are 100% better than people.

Dogs are loyal. There is no one more loyal than a dog to his owner. People, not so much. People get weird. People disappear. People disappoint.

Sunday morning our dog was hit. My neighbor found her and called me. No one stopped; no one knocked; no one left a note. A veterinarian lives a few houses down...

How sad.

My son and I run down the road several mornings each week.

It was Mother's Day, we would be heading out.

What if my children had found her?

Telling them was hard enough. They cried, I cried. I stink at handling emotion. Grasping, I tried to remedy the situation with a trip for morning milkshakes, to no avail.

Tears were prevalent all day long by two sweet kiddos who lost one of their best friends (and me).

We adopted Tillie, a border collie/shepherd mix, several years ago. She was the "special" dog "because we are the only family she's ever had" they would say.

"Why'd it have to be her?" Cayden cried. "Why couldn't they have hit me instead?? I'd have a better chance."

Whoa. Puts that relationship into perspective.

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compassionate
and caring
nurses make a difference

There is a week each year that the nation takes to celebrate and recognize the incredible work of our nurses. Though a week is far too short to show appreciation for the incredible work they do every day.

The Lake Cumberland District Health Department (LCDHD) would like to recognize their nurses for National Nurses Week, May 6th-12th.

We would like to recognize

Kaylene Bush

Nurse Supervisor

at the Green County Health Department



LCDHD
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A Healthy Today for a Brighter Tomorrow

1-800-928-4416 <https://www.lcdhd.org>