



# ASK Dr. Angelia

## Intentions for 2022

It's a new year and we start to think about the upcoming year. Some like to set a New Year's Resolutions or New Year's Goals – focusing on something to achieve in the New Year. Instead, it is recommended is setting some intentions. An intention is a guiding principle for how you want to be, live, and show up in the world. Ask yourself, what matters most? Your answer could form an intention that guide your actions and align your thoughts.

An intention shouldn't be confused with a goal—it's not something you expect or evaluate. It's the way you want to live. It's a guiding principle, a purpose, or a way you

want to present yourself in the world.

Intentions come from the heart, they are not the tangible "lose 10 pounds" or "get that promotion" kind of goals that you set. They are heart-driven and evoke feeling and purpose, like "practice being non-judgmental of myself and of others," "send love out to the world," "inspire people", "open my heart," and "let go of fear..." Setting an intention is a way to bring your heart and mind into alignment.

Setting intentions is a powerful tool used in Neuro Linguistic Programming (NLP) created by [Richard Bandler](#) and [John](#)

**Grinder** in the 1970s. When you're setting powerful intentions, you are creating within yourself a new and specific state or frame of mind that serves your purpose in life. You're sending a message to the Universe, to the world and to yourself about... Who you want to be? What do you wish to contribute in life? How you choose to touch the lives of others?

Your intention should be closely tied to your thoughts, values and perspective on life. Intentions can be a clear and specific wish, or as simple as a word or phrase you'd like to align yourself with, like "open your mind and

heart," "love," "softness," "strength," "compassion for myself and others," "peace," or "freedom." Try to keep the intention positive, so instead of saying "stop being a coward," or "spend less time alone," choose the intentions, "be courageous" or simply, "community".

This week, remember, 2 Chronicles 15:7 "But as for you, be strong and do not give up, for your work will be rewarded." Set your Intentions for 2022 and be Blessed. Love God and All People. Amen.

Dr. Angelia S. Bryant, Certified and Licensed Counselor at [angelia.s.bryant@gmail.com](mailto:angelia.s.bryant@gmail.com)

# OBITUARIES

## Twana Lee Hadley

Twana Lee Hadley, 67, Russell Springs, passed away Wednesday December 29, 2021, at Fair Oaks Health and Rehabilitation, in Jamestown.

Funeral services were held 11:00 a.m., Friday, December 31, 2021, at Bernard Funeral Home, with Brother Billy Dunbar officiating. Burial was in Parks Ridge Cemetery. Her cousins served as pallbearers.

## Jerry R. Brown

Jerry R. Brown, 57, of Jamestown, KY, passed away Tuesday December 14th, at Lake Cumberland Regional Hospital, Somerset, KY. Funeral Service at H.E. Pruitt Memory Chapel, Jamestown, KY, at 1:00 PM on Friday, December 17th, with Bro. Phillip Miller officiating.

## Lorene McGowan

Lorene McGowan, 92, of Jamestown, KY, passed away Thursday, December 23rd, at her residence. Religious Service at H.E. Pruitt Memory Chapel, Jamestown, KY, at 1:00 PM on Friday, December 24th, with Bro. Phillip Miller officiating.

## Sue Bravard

Sue Bravard, 70, of Jamestown, KY, passed away Wednesday, December 29th, at Russell County Hospital, Russell Springs. Funeral Service at H.E. Pruitt Memory Chapel, Jamestown, KY, at 11:00 AM on Friday, December 31st, with Bro. Steve Bunch officiating.

## ROUNDBALL ROUNDUP

# Lady Lakers, Lakers in Holiday Action

By Lisa Coffey  
The Times Journal

### Bankers Hardwood Classic

The Lady Lakers fell to Meade County with a score of 67-33 in the Banker's Hardwood Classic held last week at home.

Russell County's Sophie Shearer led the Lakers in scoring with 11 - followed by Aniyah Coffey with six, Maleah Preston and Hannah Yates each had five points, and Karley Luttrell and Addison Hart finished with three points each.

The Lady Lakers were scheduled to face Green County on Wednesday, but the game was cancelled due to COVID.

### Lake Cumberland Holiday Hoops Classic

The Laker Boys traveled to Somerset last week for the Lake Cumberland Holiday Hoops Classic.

On Monday, the Lakers were defeated by Somerset Christian by a score of 75-66.

Russell County shot an amazing 86.4 percent from the free throw line and were led in scoring by Owen Loy with 21 points,

followed closely by Mayes Gosser with 19, and Trace Stringer with 15.

Jack Shearer contributed six, Logan Walters, three, and Braydon Cerrato had two.

On Tuesday, the Lakers gained their first win of the season against Letcher County with a score of 60-53.

Again, the Lakers were on fire from the free throw line, shooting 74 percent.

The Lakers had three players score double digits - Owen Loy, with 28, Mayes Gosser, 10, and Trace Stringer, 13.

Wednesday night, the Lakers were defeated by the talented Pulaski County Maroons, 92-49.

Owen Loy led Laker scoring with 16 points, Mayes Gosser contributed 14, Braydon Cerrato had six, Logan Walters tossed in five, Trace Stringer, three, and Jack Shearer gave one to the effort.

The Lady Lakers are 6-7 on the season and the Lakers Boys, 1-10.



Laker Jaterria Coffey in recent roundball action.



Russell County's Trace Stringer scored 15 points against Somerset Christian.

## Financial Focus

### WHAT ARE YOUR FINANCIAL RESOLUTIONS FOR 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?

Here are a few ideas to consider:

**Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.

**Boost your retirement savings.** The pandemic caused many us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic, according to a study from Age Wave and Edward Jones. This year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

**Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress – at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.

**Don't overreact to the headlines.** A lot can happen during a year. Consider inflation – it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events.

These aren't the only financial resolutions you can make – but following them may help you develop positive habits that can help you face the future with confidence.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Member SIPC



## Edward Jones

MAKING SENSE OF INVESTING

**ADAM STILLE**  
36 Joe T. Petty Drive  
Russell Springs, KY 42642  
(270) 866-6818 • [www.edwardjones.com](http://www.edwardjones.com)

## Hidden Treasures with Love

### DEAD WEIGHT

*Acts-27-18-And we being exceedingly tossed with a tempest, the next day they lighted the ship, and the third day we cast out with our own hands the tackling of the ship.*

*Heb-12-1-Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.* The weight of sin is an overpowering force that oppresses our spiritual emotions, separating us from Almighty God!

*Isa-59-2-But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.* Church people are as the ship in Acts 27, exceedingly tossed to and fro, not by the sea, but by sin! The dead weight of sin, such as TV and internet should be returned back to the druids of hell, from which it came from! Let us strive for perfection! *Mt-5-48-Be ye therefore perfect, even as your father which is in heaven is perfect.* Most church people will say impossible. Paul said, I can do all things through Christ who strengthens me! Few are pressing toward the mark of high calling, while many are being deceived by ungodly ministers. *Mt-24-11-And many false prophets shall rise and deceive many.*

The world is designed to demoralize our hope of eternal life! *Key verse-James-4-4-Know ye not that the friendship of the world is enmity with God, whosoever therefore will be a friend of the world is the enemy of God.* So easy a child can understand! Hell's ministers smoke, drink beer, watch hell on TV, and lust for the ungodliness of the internet. Such entertainment is the Trojan Horse! Hidden Treasures will continue to call sin by name in the hope of helping one person to see the fullness of God's enemy trying to destroy the sanctification in the church of Jesus Christ. The world is designed to spiritual kill and remember *Ro-6-23-For the wages of sin is death!*

Dead Weight by Mike Willen with more Love than you Know!!!