

# GOOD NEWS AT EASTER



Dawn Reed

It was the first time we had been to the jail since COVID. Though we'd prayed for them often, seeing the women face to face was what we had longed for.

At 7 a.m. sharp on Easter morning, girls trickled in from their cells, sitting on hard plastic chairs, some on stacks of pop crates. They were at an all-time low. If anyone needed to hear the Good News it was them.

Many of the women have lived extremely hard lives. There have been no godly moms or influences. The legacy passed down has been a life of drugs. More than a few are also without loving and faithful fathers in their lives. They've often looked for love in the wrong places.

"We just came to remind you that Jesus still loves you," I told them. "He STILL loves you," I emphasized. Tears began to flow.

By this point in their lives, incarcerated women typically feel they are beyond the love of Jesus. They have promised too many things to Him, too many times. They feel unworthy of His love-ever. While lying on their

bunks, the devil pounds their minds with an endless list of mistakes and failures. Since their families have given up on them, they think Jesus probably has, too. They feel hopeless.

The import of this day, this crucial lesson, had weighed heavy on our hearts. I swallowed hard, took an erasable marker in my hand, and began to draw out the Easter story on the whiteboard.

Through roughly drawn pictures, I explained Jesus' death, burial, and resurrection. We had one verse to share: John 3:16 and it was all we needed. At the end of our time, seven women prayed to accept Christ as their personal Savior. Praise the Lord!

We encouraged them to write down the date. They could remember it as the day that changed everything. Truly that first Easter WAS the day that changed everything!

Luke 4:16-18 tells that Jesus went to the synagogue, took the scroll of the prophet Isaiah, and read: "The Spirit of the Lord is on me, because He has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free..."

The poor, prisoners, the blind, and oppressed are all around us. They need to hear the Good News!

# Dear Dietitian

Dear Dietitian,

These days I am traveling a lot for work and eating out once, sometimes twice a day. How do I make healthy food choices?

Signed,  
Chris

Dear Chris,

Traveling for business is often hectic and leaves little time for meal planning. The key to success is to plan ahead. Try to stay on your regular eating pattern as much as possible. Use these tips for a healthier experience:

Eat three meals a day and have healthy snacks available when you need them. Things like fruit, nuts, and popcorn travel well. You can make trail mix with roasted nuts and raisins.

Restaurants with 20 outlets or more are required to list the calorie amount of food on their menus. Choose a meal with about 500 calories.

Think twice before ordering appetizers, which are often deep-fried and may contain over 1000 calories.

Choose pasta with red sauce versus white sauce.

Choose lean, grilled meats: chicken breast, beef or tenderloin, pork tenderloin, or fish. Skip the fancy sauces, as these are often loaded with fat.

Ask for a to-go box. Many servings in restaurants will last for two meals.

Ask for salad

dressings, butter, and sour cream on the side. These are delicious additives but use them moderately.

Beware of salad entrees. You may think you are making a healthy choice, but a cobb salad, crispy (fried) chicken salad, and chicken Caesar salad contain over 1,000 calories each. However, ordering a garden salad before your meal is a good idea; it will help fill you up.

Skip dessert.

Avoid sugary drinks – regular soda pop, lemonade, margaritas, piña coladas, etc. If it has been a long week, and it's time for a libation, have a glass of wine, a light beer, or a vodka tonic.

Finally, do not skip meals or let yourself get too hungry. That is when we tend to over-compensate and eat anything in sight!

Until next time, be healthy!

Dear Dietitian



Leanne McCrate, RDN, LD, 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 [deardi-tian411@gmail.com](mailto:deardi-tian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.



# ASK Dr. Angelia

Let Go, Heal and Live In Joy

Life hurts. There will be events, situations and people that hurt you. In a counseling session, someone ask, "How do you let go of the past?" This question gave me pause. I took a deep breath, my brain spinning in a life-reflection, time-warp of life tragedies moment by moment with time spent healing and all that brought me to here. I responded with this, my truth, "It's a process and it takes time to heal; but, you will heal from speaking your truth."

In the midst of and after life-altering traumatic events, relationships and situations, you heal inside to the point at which, you can speak your truth about the experience. In the beginning, you may speak in whispers and tears; but, when you put your truth into words, the feelings spring forth from your soul. At first, you may only be able to share pieces and parts. With time and through the healing process, the words come easier and as you can speak your full truth – you heal. As you speak your truth, you are able to let go of the past and heal."

Founder and CEO of Psych Central, John Grohol, provides insight into the process of letting go. He writes that the past does not disappear on its own; it

is a conscious choice to let go of past hurt. At this juncture, we have a choice to live fully or remain a victim. John Grohol interjects the perfect question, "Will you let your past pain become your identity as a victim? Letting go is a release old life patterns, people, events and feelings. Everyone's feelings are important, yours, mine and every person you encounter– because we are all special, remarkable, complex human beings. Even with trauma and tragedy, you can choose to live by letting go of every past hurt. There is so much joy to be lived in this life; No one can take away your joy - unless you allow it by holding on to past hurt.

Finally, remember my friends and readers, embrace [Philippians 4:6-7](#) "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." 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)

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**KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT**

KENTUCKY DAILY GRAIN PRICES bids for next day				
Corn #2 Yellow - Louisville (7.12-7.35) Pennyrile (7.33-7.43)				
Soybeans #1 Y - Louisville (16.50) Pennyrile (16.51-16.52)				
Wheat #2 SRW - Louisville (NA) Pennyrile (9.10-9.16)				

WEEKLY FEED INGREDIENT WHOLESALE PRICES, \$ PER TON Owensboro, KY				
Soybean Meal 48% .....517.10				
Soybean Hulls .....220.00				

AUCTION			
	This Week	Last Reported 4/13/2022	Last Year
Total Receipts:	1,197	594	771
Feeder Cattle:	1,046(87.4%)	551(92.8%)	643(83.4%)
Slaughter Cattle:	77(6.4%)	37(6.2%)	59(7.7%)
Replacement Cattle:	74(6.2%)	6(1.0%)	69(8.9%)

FEEDER CATTLE				
STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
3	260	260	180.00-195.00	185.00
2	305-315	310	182.50-193.00	187.83
11	308	308	214.00	214.00
9	355-397	379	180.00-190.00	182.91
4	397	397	200.00	200.00
14	410-445	443	180.00-195.00	190.91
12	400-430	413	200.00-205.00	202.86
26	457-499	486	175.00-190.00	180.31
11	465-493	490	193.00-195.00	194.83
24	502-548	518	165.00-181.00	172.05
17	511-543	523	183.00-193.00	189.12
13	559-592	575	167.00-179.50	173.69
42	606-647	626	160.00-171.50	167.95
25	600-610	609	174.75-175.00	174.78
9	660-685	667	157.50-162.00	160.64
26	650-651	651	162.75-163.00	162.76
5	710-737	725	142.00-150.00	145.77
13	750-777	771	139.50-144.00	142.94
64	771	771	155.00	155.00
18	803-837	824	132.00-139.00	135.02
132	806-841	822	148.75-151.60	150.23
3	873	873	136.00	136.00
52	939	939	140.25	140.25
1	975	975	117.00	117.00
1	1050	1050	120.00	120.00
STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	335	335	150.00	150.00
3	420-445	435	130.00-150.00	143.26
3	467-495	476	142.50-152.00	145.79
3	500-545	515	155.00-156.00	155.65
3	582-590	585	152.00-164.00	156.04
2	610-615	613	139.00-143.00	140.99
2	660-665	663	148.00-155.00	151.51
3	740	740	125.50	125.50
STEERS - Large 2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	315	315	177.50	177.50
1	475	475	165.00	165.00
6	500-530	520	160.00-163.00	161.85
1	585	585	166.00	166.00
1	645	645	140.00	140.00
DAIRY STEERS - Large 3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	270	270	97.50	97.50
HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
2	200-235	218	172.50	172.50
4	257-285	271	160.00-162.50	161.19
6	300-312	310	158.00-170.00	168.06
2	345	345	175.00	175.00
4	355-380	368	162.00-177.50	169.85
HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	335	335	127.50	127.50
3	455-462	460	139.00-140.00	139.33
3	515-540	525	140.00-144.00	141.37
7	565-592	588	130.00-132.00	131.73
3	620-630	623	116.50-125.00	119.36
1	705	705	122.00	122.00
1	805	805	103.00	103.00
HEIFERS - Large 1 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
3	468	468	146.00	146.00
4	576	576	143.50	143.50
2	622	622	130.00	130.00
6	721	721	137.50	137.50
6	765	765	134.00	134.00
HEIFERS - Large 2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	245	245	155.00	155.00
2	320-345	333	145.00-148.00	146.56
1	365	365	142.50	142.50
4	410-430	424	155.00-160.00	157.46
6	460-490	479	145.00-150.00	146.90
10	515-547	541	145.00-147.50	146.15
BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	205	205	189.00	189.00
2	253	253	170.00	170.00
1	345	345	180.00	180.00
4	380-392	386	170.00-184.00	177.11
6	357-370	366	190.00	190.00
3	410-420	413	160.00-164.00	162.65
1	445	445	180.00	180.00
4	460-490	476	160.00-167.00	163.64
1	470	470	180.00	180.00
4	515-522	520	158.00-160.00	159.00
3	586	586	153.00	153.00
11	600-640	621	145.00-158.00	151.91
4	715-745	736	130.00-140.00	137.07
3	750-755	752	136.00-139.00	138.00
1	845	845	118.00	118.00
6	852-885	861	119.00-123.00	122.15
BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	355	355	155.00	155.00
3	400-440	425	130.00-147.50	136.35
5	505-545	521	130.00-145.00	140.25
1	570	570	120.00	120.00
2	605	605	135.00	135.00
1	880	880	110.00	110.00
BULLS - Large 1 (Per Cwt / Actual Wt)				
Head	Wt Range	Avg Wt	Price Range	Avg Price
1	370	370	160.00	160.00
1	555	555	146.00	146.00
1	675	675	139.00	139.00

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