



ASK Dr. Angelia

A Baby Boy is Born

Anxiously anticipating for 9 long months, we welcomed a baby boy into the family! The emotion experienced was like no other. There were tears, laughter, shaking, hugs and hyperventilation. Everyone was affected in the deepest way.

Arriving at the hospital, we learned he had arrived and was in the nursery. That's all it took as we jumped out of the vehicle and started a fast walk toward the front door. Post Covid, hospitals are more secure, and the lady offered me mask. Next, they buzzed me into the Women's Center and I made it to the nursery within minutes of his birth. Peering into the

nursery, there he was – a beautiful baby boy looking much like the baby boy I gave birth to 40 years ago and my grandson who was also born in this hospital 20 years ago.

When the life of a family is continued through birth, it is a joyous event that humbles you to your knees. The miracle of seeing that little face and knowing he came straight from God is more that you can comprehend. It reminded me of the generations that came before him that are no longer with us – yet I know he was chosen by God for and by our family. Not a coincidence, I dreamed about my mother last

night knowing how happy she is seeing the continuation of the family through the birth of her Great, Great Grandson.

“Every child begins the world again.” — Henry David Thoreau

A birth is a new beginning for the family. The wonderment and dreams of all that will take place in the future immediately comes to the forefront. It is a joy like no other seeing the parents embrace their newborn baby and the start of their family. It is a new beginning with them surrounded by all of their loving family. The arrival of a new baby is exhilarating — newborns represent life, hope and

the promise of love.

Remember my friends and readers, embrace 1 Samuel 1:27-28 “For this child I prayed, and the Lord has granted me my petition that I made to him. Therefore, I have lent him to the Lord. As long as he lives, he is lent to the Lord.” And he worshiped the Lord there.”

Love God and All People. Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator angelia.s.bryant@gmail.com [270.566.1122](tel:270.566.1122)

THE ONLY-NESS OF NOAH



Dawn Reed

Genesis 6:5-6 reveals the state of the world before the flood: “The LORD saw how great man’s wickedness on the earth had become... and His heart was filled with pain.”

A bit later we read of all those living in the whole world, there was one righteous man: Noah. He was blameless among the people, and he walked with God. He was the only one.

Noah walked like his great grandpa Enoch. No doubt he’d heard the story of his sudden disappearance when God had taken him (Gen. 5:24).

It was not recorded that Noah’s grandfather, Methuselah, or father, Lamech, walked with God or had any thought toward Him.

Noah had brothers and sisters who were not known to walk with the Lord.

In Genesis 6:13 God said to Noah: “I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth.” That included his outside family-brothers, sisters, cousins. It included his neighbors and townspeople. Second Peter

2:5 tells us Noah was a preacher of righteousness. But no one listened. They saw the ark. They knew Noah walked with God, but they did not heed. Sad story. Noah kept moving forward.

Over and over I read “Noah did everything just as God commanded.” Even when he had never seen a flood. Even when the task was overwhelming. Even when it was just him.

Noah had the courage and gumption to follow through with the gigantic and difficult task God had given him. When so many others did not follow God, it was vital that he press on. He had to listen and do exactly what God said or the boat would sink and his immediate family would die.

The only-ness of Noah has weighed heavy on my heart for days. I don’t ever want to forget that Scripture involves real people with real emotions-flesh and blood men and women who faithfully followed God when it was not comfortable.

Following God in 2022 is wonderful and rewarding. We may also find that it is not always easy.

If you are following God like Noah, you press on. Without con-fetti, without streamers, without cheerleaders, keep going. God sees you. When it’s hard, He knows. When you’re tired, He gets it. When your family doesn’t embrace it. Keeping walking. Even if you’re the only one.



HAVE A FAMILY DISASTER PLAN

Disasters and emergencies can happen at any time to anyone. It is important to think about how you will respond BEFORE something happens. With your family or household members, discuss how to prepare and respond to the types of emergencies that are most likely to happen where you live, learn, work and play.

Here are a few easy steps to start your emergency communication plan:

Understand how to receive emergency alerts and warnings. Make sure all household members are able to get alerts about an emergency from local officials. Check with your local emergency management

agency to see what is available in your area.

Discuss family/household plans for disasters that may affect your area and plan where to go. Plan together in advance so that everyone in the household understands where to go during a different type of disaster like a hurricane, tornado, or wildfire.

Collect information. Create a paper copy of the contact information for your family that includes: phone numbers (cell, home, work), email address, social media info, medical facilities contacts, doctors and other service providers.

Identify information and pick an emergency meeting place. Decide on safe, familiar places

where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Examples of meeting places may include: a mailbox at the end of the driveway, or a neighbor’s house; the library, a community center, place of worship or family friend’s house. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

Share information. Make sure everyone carries a copy in his or her backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

Practice your plan. Have regular household meetings to review your emergency plans, communication plans and meeting place after a

disaster, and then practice, just like you would a fire drill.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the “52 Weeks to Health” banner to learn more about each of these areas.

Lakefest Mike Hill 10K steeped in tradition

By Lisa Coffey Times Journal

Lakefest Run...possibly one of the oldest foot races in Kentucky.

Even though the events have changed from its beginning in 1969, Lakefest has been one of the longest-running Fourth of July celebrations in Kentucky.

The list of events over the years have changed-some added, and some have become obsolete (such as the Tobacco Spitting contest), but one event has been on the list almost every year - the Lakefest 10K.

It began in 1977 as a two-and-half mile race dubbed a “marathon.”

The length was increased to three miles a year or two later, and finally to the 10,000 meters, or 10K we know it as today.

The name changed, too.

It began being called a “mini-marathon.”

The race began at Monument Square with runners heading toward the Jamestown Marina.

At 3.1 miles, runners

turned around and ran 3.1 miles back to the square where they finished their 6.2 (10K) miles.

The course consisted of several “gently rolling hills,” and the difficulty of it has been bragged about from runners near and far.

Mike Hill, a local businessman/civic leader, coordinated the race for several years.

When Hill unexpectedly passed away in 2007, the race was renamed for him and became the Lakefest Mike Hill 10K.

A 5K was added in the years that followed for those who were looking for a little less challenging of a course.

In 2018, due to safety concerns, the route for both races changed and headed north on U.S. 127.

This year will mark 45 years for this race, and it, like most of us, has had its good years and challenging years (the celebration was cancelled two years for construction of the courthouse and the closing of Fruit of the Loom).

Thankfully, like most of us, it has endured.

NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, July 15, 2022, at the hour of 9:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon (unless otherwise indicated) the following terms and conditions:

- A) For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner’s bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.
- B) Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.
- C) The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk’s Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

The Master Commissioner Sale/Deed is not a warranty of good title. Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner’s Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner’s Sale.

Bidder should examine the records of the Russell Circuit Clerk and the Russell County Clerk prior to the sale for further information. Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

SALE NO. 1

Property Address: Lot Nos. 26, 27 and 28 in Block “B: Pleasant Acres Subdivision **Property ID: 057-30-02-026.00**
Estate of Margaret Corlett, deceased, Daniel Cullinane, Executor v. Commonwealth of Kentucky, Finance and Administration Cabinet Civil Action No. 21-CI-00104 Being sold pursuant to Judgment.

SALE NO. 2

Property Address: Lot 215, Stillwater Subdivision **Property ID: 076-20-01-215.00**
Mid South Capital Partners, LP v. Jack Paraison, Unknown Spouse, if any, of Jack Paraison, the Commonwealth of Kentucky, County of Russell, Russell County Investments, LLC, Civil Action No. 21-CI-00274 Amount to be raised: \$8,832.02

SALE NO. 3

Property Address: 154 Milton Heights, Russell Springs, KY 42642 **Property ID: 032-50-06-004.00**
Mid South Capital Partners, LP v. Ricky Cook, Jill Cook, the Commonwealth of Kentucky, County of Russell Springs, City of Russell Springs, Kentucky, Christian E. Freeman Civil Action No. 22-CI-00107 Amount to be raised: \$4,347.87

SALE NO. 4

Property Address: Lot No. 65 of Edgewater Division **Property ID: 065-30-02-065.00 and/or 65SW-65**
Mid South Capital Partners, LP v. Richard Dearing, Unknown Spouse, if any, of Richard Dearing, the Commonwealth of Kentucky, County of Russell, MTAG as C/F MGD-KY, LLC, Civil Action No. 22-CI-00134 Amount to be raised: \$6,424.00