

ASK Dr. Angelia

April is Awareness and Prevention Month



The therapist said to me: "You need to learn to trust again." When she said this just moments after I admitted I had been sexually abused as a child by a man I trusted. I felt she didn't understand the depth of my fear, disgust, anger, and helplessness. Anonymous Survivor

In my personal experience and understanding, I am a survivor of multiple traumatic events. As a survivor, I have spent my professional career researching, educating and speaking my truth. April is the annual awareness month for sexual assault survivors and child abuse prevention month.

According to the U.S. Department of Health

and Human Services, Kentucky has one of the highest rates of sexual assault and child abuse. As an assault victim, I know the trauma can have many lasting effects and consequences on one's life without trauma intervention.

As a therapist for The Adanta Sexual Assault Resource Center (ASARC), this program provides services for child and adult victims of sexual assault. Specifically, the Lake Cumberland Children's Advocacy Center (LCCAC), offers services for child sexual assault victims. Services from ASARC and LCCAC are free through national and state grants. The need is great; if you or someone you know needs services, please reach

out for help.

Public awareness, education, prevention, early intervention and trauma-centered treatment are necessary to break the cycle of violence that no one wants to talk about. We need to intensify efforts to expand the availability of trauma-informed care. Trauma-informed care means treating a whole person, considering past trauma, the resulting symptoms and adapted coping mechanisms due to the pain and move past the trauma to healing.

It is time for all to stand up and not allow the abuse of a single person. Everyone should practice empathy and tolerance because you never know what someone has been

through. If you are or someone you love needs help, please get the help needed. There is help for victims and anyone seeking help can get mental health services through telehealth from the privacy of home. The year of Covid-19 had one great outcome; mental health and trauma informed care services can be accessed with a phone call. So, reach out and get help.

Remember Psalm 147:3, "He heals the brokenhearted and bandages their wounds".

Love God and All People. Amen.

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Community Calendar

Spring Revival

Spring Revival at Fairview Separate Baptist Church on Highway 55 in Jamestown will begin on Friday April 12 at 6:30 CST. Brother Doug Baldwin, pastor and Brother Troy Coffey, Evangelist invites everyone to attend.

Russell County Southern Baptist WMU Meeting

Jamestown First Baptist Church, 165 W. Cumberland Avenue in Jamestown will host Russell County Southern Baptist Association WMU meeting Thursday, April 11, 6:00 PM (CDT). Churches in the Association are being asked to bring diapers, sizes 4, 5, or 6, baby lotion, and baby wipes for the ARC Pregnancy Center in Russell Springs. Everyone is welcome.

BRCOG Women's Conference 2024

Walking by Faith April 20 at the Bernard Ridge Church of God Sanctuary. Sign-in-9:00 AM CST. Service starts at 9:30 AM CST Pre-registration ends April 7. Music, speakers, testimonials, and lunch. For more information or to pre-register, reach out to Virginia Garner 270-585-3543 (call or text)

Lucenda Cemetery Board of Directors Meeting Dates

The Lucenda Cemetery Board of Directors will meet in 2024 at 6:00 CST via Zoom on the following dates: March 2, June 1, September 7 and December 7. Please contact Denise Whitaker at either 606-308-3835 or bermise777@gmail.com at least 24 hours prior to the meeting for sign in instructions.

Win an Autographed Basketball Signed by Coach Calipari

Contact the Russell County Extension Office (270-866-4477) for more information, or Find Russell County Extension Homemakers on Facebook. Donations: \$5 per ticket or 5 tickets for \$20. All proceeds go to the Russell County Extension Homemakers' scholarship fund and community service projects.

SCHOLARSHIP AVAILABLE

Russell County Extension Homemakers will be giving a \$1000 scholarship. For requirements or more information, visit <http://russell.ca.uky.edu> or contact the Russell County Extension Office at 270-866-4477. Applications are available at RCHS, the Russell County Extension Office, or online. The deadline to submit an application is March 29 at 4:00 p.m

D.A.V. Meeting

The D.A.V. meets the 4th Monday of each month at 6:00 P.M. CST at 155 Owentown School Road Russell Springs, KY

Would you like to become a member of Business & Professional Women (BPW)?

The group meets every fourth Tuesday each month at 12:00. Location varies. Visitors welcome! For more information, contact BPW President, Barbara Sharpe at 270-343-1720.

Wolf Creek National Fish Hatchery Events January-March, 2024

NOTE: The 2nd Tuesday of every month Friends of Wolf Creek NFH hold their monthly board meeting at 1pm CST in the hatchery classroom. All are welcome!

God's Food Pantry of Russell County

God's Food Pantry is in need of peanut butter, Ramen Noodles, Spaghettios and cereal for the month of March. God's Food Pantry of Russell County is open Monday-Wednesday-Friday from 12:00-4:00 PM and the last Saturday each month from 8:00 AM-12:00 PM. The Pantry is located at 55 Dan Street in Russell Springs (one block off of Main Street). The little gray building with the red door. Call for information 270-866-7992

Adult Bereavement Group

A new adult bereavement group will begin at the Russell County Public Library on Thursday, March 2 from 10:00-11:30 AM CST. The group will meet on the FIRST THURSDAY OF EACH MONTH and is free and open to the public. There is a limit of 15 attendees. To join the group, contact the RC Library at 270-343-7323 or the Hospice of Lake Cumberland office at 606-679-4389.

Addiction Support Group

SMART Recovery – Overcome your addiction! Group support for any type of harmful habit (alcohol, drug, gambling, self-injury, eating, spending, etc.) using research-based methods. Meet every Friday at Noon at the Russell County Health Department. Use side environmental entrance. For more info, call 270-343-2181.

Al-Anon

("A mutual support program for people whose lives have been affected by someone else's drinking") Monday nights 6:00 PM The Church at the Springs, Russell Springs, KY

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Alcoholics Anonymous(AA) Women

Saturday mornings at 11:00 AM Senior Citizens Center, Russell Springs, KY

Alcoholics Anonymous(AA)

Wednesday nights at 7:00 PM Senior Citizens Center, Russell Springs, KY

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY. Sunday nights at 5:15(meal) 6:00 P.M. Large Group, The Springs, 226 Jamestown St., Russell Springs. Monday nights at 6:00 P.M. Solid Rock Church 189 West Drive Russell Springs

Community Meeting Schedules

Russell Springs Council – 2nd Thursday of each month at the municipal room at the City Hall at 6 p.m.

Jamestown Council – 3rd Thursday of each month in the basement of Jamestown City Hall at 6 p.m.

Fiscal Court – 2nd Monday of each month in the Russell County Courthouse at 6 p.m.

School Board – 3rd Monday of each month at various locations at 6 p.m.

Russell County Chamber of Commerce – 3rd Tuesday of each month at various local businesses at 12 noon (CST). Contact the chamber office at (270) 866-4303 for details of this month's meeting location.

Lake Cumberland Area

Development District – Board of Directors – 4th Thursday of every odd numbered month at the Area Development District Office at 11 a.m. September meeting will be at Lake Cumberland State Park at 6:00 PM CST

Russell County Health Department Board – Local health board meetings are held annually and occur in February. District board meetings are held quarterly. Next meeting is February 27.

Russell County Ambulance Board – 2nd Tuesday of each month.

Russell County Library Board – 2nd Tuesday of each month at Jamestown Library at 4 p.m.

County Extension Office Board – 3 meetings a year. Located at the Extension Office.

Partners In Prevention – 4th Thursday of each month at the Russell County Auditorium/ Natatorium Complex at 12 noon.

Airport Board – 1st Tuesday of each month at the airport at 5 p.m.

Lake Cumberland Tourist Commission Board – 3rd Wednesday of each month at the Tourist Commission, located at 650 S. Hwy. 127 between Arby's and Kentucky Fried Chicken restaurants, at 12:30 p.m.

County Conservation District – 1st Monday of each month at the district conference room, located at 159 Ferco Way, Jamestown, at 12 noon. (November-March) 6:00 PM (April-October).

Russell County Industrial Development Authority – 4th Monday of each month at Duo

County Telephone, at 8:30 a.m.

Russell County School Site-Based Decision Making Council Regular Monthly Meetings(August-May)

Russell County High School-3rd Wednesday of every month beginning at 4:30 P.M.

Russell County Middle School-3rd Tuesday of every month beginning at 4:00 P.M.

Russell Springs Elementary School-Last Monday of each month beginning at 3:30 P.M.

Jamestown Elementary School-3rd Tuesday of each month beginning at 4:00 P.M.

Salem Elementary School-2nd Tuesday of each month beginning at 3:00 P.M.

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, April 12, 2024, 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: 460 Lawless Road, Jamestown, KY 42629 Map No. 023-00-00-060.01
LAKEVIEW LOAN SERVICING, LLC v. BRUCE GLOVER and JENNIFER COFFEY
Civil Action No. 23-CI-00191 Amount to be raised: \$103,106.73

SALE NO. 2

Property Address: 147 Virginia Avenue, Jamestown, KY 42629 Map No. 034-90-06-010.00
U.S. BANK TRUST NATIONAL ASSOCIATION, AS TRUSTEE FOR LB-DWELLING SERIES V TRUST v. CATHY SULLIVAN AKA CATHY A. SULLIVAN; LVNV FUNDING, LLC.; DISCOVER BANK; RUSSELL COUNTY HOSPITAL and RUSSELL COUNTY, KENTUCKY
Civil Action No. 23-CI-00168 Amount to be raised: \$26,487.71

SALE NO. 3

Property Address: Lot 117, Edgewater Division Map No. 065-30-02-117.00
INDEPENDENT CAPITAL HOLDINGS, LLC v. SATYANDER DUDEE; COMMONWEALTH OF KENUCKY, COUNTY OF RUSSELL; RTLF-KY, LLC, AND, UNKNOWN SPOUSE, IF ANY, OF SATYANDER S. DUDEE
Civil Action No. 23-CI-00249 Amount to be raised: \$5,541.48

SALE NO. 4

Property Address: 38 Rolling Hills Road, Russell Springs, KY 42642 Map No. 053-30-02-001.00
MIDFIRST BANK v. TIFFANY GARNER; BRANDON GARNER; CITIBANK NATIONAL ASSOCIATION, FKA, CITIBANK (South Dakota), N.A.
Civil Action No. 23-CI-00263 Amount to be raised: \$125,558.22