



Participants in the Southern Hills Garden Club planting at the Ashland riverfront.

CLUB NEWS

The Southern Hills Garden Club recently joined forces with the Paul Blazer Horticulture program to plant the “A” triangle flower bed at the Ashland riverfront. This is the first year the club had the opportunity to work hand in hand with the horticulture students and their director, Joe Childers. Horticulture students included Ryder Phillips, Rilee Layman Bohanon and Greer Campbell, who also grew the flowers for the bed the community will enjoy all summer.

The planting initiative was headed up by Marybeth Reams, vice president of SHGC, and Karen Hogsten, along with Cathy Wilson, president of SHGC. Honorary member Jack Hogsten and his grandfather, Tony Hogsten, prepared the bed prior to planting. Mayor Chuck Charles was invited to the planting and jumped right in and got his hands dirty. D.J. Rhymer, city commissioner, also donated the mulch to help complete the project.

The national garden club organization strongly encourages the promotion and action of youth gardening. The SHGC will continue to seek out youth gardening opportunities in the community. National Garden Week is June 1 through 7.

WHAT'S HAPPENING

Teen games offered at library

**FLATWOODS**

Teen’s Yard Games will be from noon to 4 p.m. June 7 at the Flatwoods branch of the Greenup County Public Library. Games for those 13 to 18 will include Mega Jenga, badminton, horseshoes, pickle ball and others.

The library is at 1705 Argillite Road.

Wildflower Festival scheduled

**RUSH**

The Rush Wildflower Festival will be from 9 a.m. to noon Saturday at 17000 Ky. 854. Musical performers will include Ditch Lilies, Meena Atif, Alicia New, Dava Aiyanna, Lacey Quinlan, Better Off Fred, Rogue Sheep, The Mountain Laurels, Petey Quatro and The Part Times, The Mason and Taylor Band, Janean Freeman, Mothercreek, Emily Jamerson, Native Invaders, The Laurelys and Carla Gover.

Violin recital features Chamis, Esque students

STAFF REPORT

Kathy Chamis and Cari Esque’s annual Spring Violin Recital at the Highlands Museum included a special piano performance by Letha Sparks and several songs by the group “Friends in Christ,” with members Jim Adams, Hank Carroll, John Glover and Clint Ross.

Violin students include Emily Pennington, Alexandria “Alex” Caldwell, Guiana Ashley and Zeke Adkins. Each student played an assortment of pieces ranging from patriotic to religious to pop.

The recital was concluded by a solo performance by Ross, who showcased his talent on the mandolin.

Fight survival responses

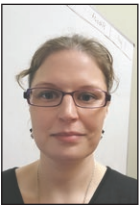
When the brain perceives potential threat or danger, it activates our inborn survival system which stimulates physical changes that help us do one of five standard survival responses, which I call the Five Fs. The two most commonly known are “fight or flight.” Fight may seem obvious on the surface, but there are interesting depths to it.

At its heart, fight is about verbally or physically confronting the potential danger or threat. Physical fight responses are more common in men than women and I think societal roles play a part in that. Men are allowed to be physical and confrontational because it’s manly, but women are told not to do either because it isn’t ladylike.

Direct physical or verbal confrontation isn’t all there is to fight responses. Competitiveness is a big one. By competing intensely and then winning, a person feels a sense of

accomplishment and capability which can help them feel less upset and less out of control about whatever the real danger or threat is. If you’ve met someone who makes playing even silly casual games an intense competition, it might be fight in action.

Manipulation tactics are common fight responses. These tactics are about trying to dominate or control another person or a situation. While it may not be a direct assault, manipulation is unhealthy, unfair and takes a toll on the recipient(s). Manipulation can be quite subtle. Think of a masterful con artist where you have no idea you’ve been had until it is too late. Manipulation can be very direct such as a guilt trip or emotional black mail. A direct example of that, that I have seen in my clients lives is the ole “If you leave me, I’ll kill myself.” If a person



JESSICA HEWITT

threatens self-harm, always take it at face value and please reach out for the appropriate resources such as calling 911 or calling 988 the national crisis line.

Fight responses can be direct verbal aggression but also passive aggressiveness and sarcasm. When calling out sarcasm or passive aggressiveness, it is not unusual for the “I was just joking” claim to be made. Or sometimes it goes a step further “You don’t have a sense of humor” or “you’re so sensitive.” If it was a joke and if the person didn’t like it, that’s allowed. And if you think a person doesn’t have a sense of humor but continue to try to allegedly joke with them, it is insensitive on the face of it. And even if a person is legitimately sensitive, there is nothing wrong with that. Feelings happen to all of us and they are hard to handle.

Reactive abuse ties into fight responses. Reactive abuse is when someone intentionally provokes someone else using known triggers

until that person’s survival system is activated and they act out trying to survive. Then the button pusher plays the victim when in reality they were the aggressor. It is very unpleasant to experience and I see people struggle with it everyday.

There is one universal way I think most people use fight: judging ourselves. I have yet to meet a person who doesn’t judge themselves. We often offer support and understanding to loved ones, but think we have to metaphorically kick our own butts to make ourselves complete a task, perform at a better level or achieve a goal. If it’s not what you’d tell a loved one but you tell yourself, then you do not love yourself the way you love another and that is a very heavy weight to carry over a lifetime.

**JESSICA HEWITT**, a national certified counselor and licensed professional counselor in West Virginia with 12 years of clinical experience, has a masters of education in counseling and human development. This column is not intended to diagnose or treat any issue. It is intended only for enjoyment.

THIS WEEK IN THE TRI-STATE

Sunday

- 12:40 p.m. — Feed and Seed Ministries, 1500 Central Ave.; devotion at 1 p.m. followed by a meal.
- 5 p.m. — International Folklanders Dance Group, Folk Dance House, Ponderosa Estates. For more information, call (606) 928-9372.

Monday

- 8 to 9 a.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Ashland Rotary Club, Ashland Elks Lodge, 900 Carter Ave. Lunch is \$9; public welcome.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 5:30 p.m. — Boyd County Republican Women’s Club, Belle Fonte Restaurant, 1320 Carter Ave., Ashland.
- 5:30 p.m. — The Ukelele Club, Greenup County Extension Office in Wurtland.

Tuesday

- 8 a.m. — Kiwanis Breakfast Club, Ashland YMCA.
- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, Flatwoods branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Downtown Ashland Lions Club, Elks Lodge, 900 Carter Ave.

- 4 to 5 p.m. — Men’s Grief Support Group, Community Hospice Care Center, 2330 Pol-lard Road, Ashland. (606) 329-1890.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 6 p.m. — Little Sandy Beekeepers, Carter County Extension Office. (606) 474-6686.
- 7 p.m. — Cricut Club, Flatwoods branch, Greenup County Public Library.

Wednesday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, main branch, Greenup County Public Library.
- 11 a.m. — Book Club, McKell branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Ashland Kiwanis Club, Gattiland.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

Thursday

- 8 to 9 a.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- Noon — Optimist Club of Ashland, Ashland Elks Lodge, 900 Carter Ave.
- Noon — Russell Rotary Club, Bridges Christian Church. New members welcome.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.

- 1 p.m. — Story Hour, McKell branch, Greenup County Public Library.
- 3:30 p.m. — Teen Program, Flatwoods branch, Greenup County Public Library.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 5 to 7 p.m. — Ashland Area Woodcarvers, United Steelworkers Hall, 734 Carter Ave. New members accepted.
- 5:30 p.m. — TOPS of Westwood weigh in; Westwood Enterprise Baptist Church, 1820 Hoods Creek Pike. For more information, call (606) 836-3896.
- 6 p.m. — Rail City Dulcimer Society, Flatwoods branch of Greenup County Public Library. New members welcome. For more information, call (606) 836-6745 or 928-8106.
- 6 to 9 p.m. — Flatwoods Dance Club, Flatwoods Senior Center. Admission \$6. All are welcome; refreshments served. For more information, call (606) 494-2362.

Friday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- 4 p.m. — Dulcimer lessons, instructor Steve Justice, Raceland Christian Church on Caroline Road. (606) 836-4184.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

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To submit an item to This Week in the Tri-State, email lward@dai-lyindependent.com.

PUBLIC NOTICE

LEGAL NOTICE  
NOTICE OF APPOINTMENT  
COMMONWEALTH OF KENTUCKY, COUNTY OF BOYD

I, Mary Hall Sergeant, Clerk of the Boyd District Court, certify that the following have been appointed fiduciaries. Creditors having claims against said estates must file same with fiduciary within (6) six months from date of appointment.

CASE#	DATE OF APPT.	ESTATE	FIDUCIARY	ATTORNEY
24-P-350	05/21/2025	David Castle	Kristina Daman	Richard Martin
25-P-124	05/08/2025	Brenda S. Hedrick	Susan R. Black	Daniel T. Yon
25-P-170	05/08/2025	Patricia L. Sorrentina	Samuel Nelson	
25-P-178	04/30/2025	Lillian Mankin	Tracy Trimboli	Derik Taylor
25-P-180	05/19/2025	Roger Ray Mayo	Karen Good & Hayley Ferguson	
25-P-181	04/30/2025	Eva Jean Hensley	Buckie L. Hensley	
25-P-184	05/12/2025	Meredith Williams	Raymond Williams	
25-P-186	05/08/2025	Hayden Blaine Randolph	Samantha Randolph	
25-P-187	05/06/2025	Nancy Wheeler	Earl Wheeler	
25-P-188	05/14/2025	Wanda B. McComis	Roy Brent Cox	D. Luke Vincent
25-P-191	05/08/2025	Cheryl K. McGarey	Jason McGarey & Amy McGarey	
25-P-194	05/19/2025	George L. Brown Jr.	Jason Gullett	
25-P-198	05/19/2025	William Mark Pack	Hope Holland	Derik Taylor
25-P-199	05/14/2025	Christine Stewart	Timothy Stewart	
25-P-202	05/19/2025	Gladys C. Prosser	Dennis K. Miles	
25-P-203	05/16/2025	Charles Boullin	Angie Gibson	Marie Troxler
25-P-204	05/20/2025	Kay Goody	Pamela Davis & Susan Madden	
25-P-209	05/20/2025	William Sheridan Melvin	William Joseph Melvin	John Thompson
25-P-211	05/21/2025	Avinell Castle	Kristina Daman	Richard Martin

Chelsea Chop is catchy new name for classic gardening technique

BY JESSICA DAMIANO  
ASSOCIATED PRESS

What’s the deal with the Chelsea Chop? Are you gardeners familiar with it?

After hearing about it recently, I did a bit of research. The earliest reference I could find dates back to the early 2000s, so it might appear I’m late to the party, but I’m not — and you might not be, either.

After all, the pruning method, named for the

Royal Horticultural Society’s Chelsea Flower Show, which is held every May in the U.K., is one I’ve been practicing and advocating for all along, without the garden show tie-in. But things with catchy names tend to take on a life of their own, as the Chelsea Chop has on social media.

And that’s a good thing because it popularizes a useful technique.