

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.

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. — Women's Grief Support Group, Community Hospice Care Center, 2330 Pollard Road, Ashland. (606) 329-1890.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 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.

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

Seeking the elusive work-life balance, one step at a time

BY CATHY BUSSEWITZ
ASSOCIATED PRESS

NEW YORK The moment I knew I had to get serious about work-life balance came without warning. I was writing a high-profile news story during the pandemic when my heart began pounding like a jackhammer.

I took a quick, deep breath and held it, hoping to calm the arrhythmia. It was a technique I'd learned to relieve occasional palpitations caused by my rare congenital heart defect. But this time was different. The room went dark. I couldn't see. Then, just as quickly, my vision returned.

In the days that followed, I learned I needed to have a defibrillator surgically implanted as soon as possible. My cardiologist told me: it's time to reduce stress. That was a prescription I, like many Americans, didn't know how to fill, especially as the parent of a young child.

But the health scare and a cancer diagnosis that followed meant I had to try. Now, as I continue this journey, I'm launching a series called "Working Well." While exploring ways to improve my own well-being at work, I'll share experts' insights and tips with readers who hope to do the same.

We've been through a lot the past few years: A global pandemic took loved ones' lives and left parents juggling full-time jobs with no childcare. College graduates navigated their first professional jobs without



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lunch buddies or in-person mentors. Elections and wars divided families and places of work. It's no surprise workers feel burned-out.

But along with these challenges came a growing sense that we could choose to build our professional lives in a different, healthier way. Companies experimented with hybrid work models. Younger generations talked more proactively about mental health. Employers looking to retain workers launched in-house yoga and stress-reduction programs.

The topic is personal for me. After I received my defibrillator, I took steps to find that elusive work-life balance. I experimented with a four-day workweek. That helped me find time to exercise, cook healthy meals and occasionally pause.

Just as I was getting into a groove, a routine mammogram revealed breast cancer. There would be surgery. I was given frightening handouts and bluntly told about procedures that

would make me feel like a piece of meat. There would be months of chemotherapy. Thirty rounds of radiation. My heart condition complicated every treatment plan.

With the life-threatening diagnosis also came lessons in healing. For the first time in my life, I was forced to slow down enough that I could listen to my body. When I was tired in the afternoon, instead of having chocolate or coffee, I took a nap. I timed my chemotherapy appointments so I'd be well enough to walk to the bus stop on my son's first day of kindergarten, celebrate his birthday and walk house-to-house on Halloween.

My oncologist encouraged me to exercise through chemotherapy. I swam laps at the town pool, under the green leaves of the oak trees, swapping my wig or turban for a swim cap discreetly. I tried yin yoga. I took walks. When I felt lightheaded, I rested. When I felt stronger, I

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CARE

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spritz of Windex — also containing surfactants — can work, too. Avoid anything with bleach, and steer clear of abrasive cleaners. A

non-abrasive toothpaste might do the trick for harder stones, but never use it on delicate gems like pearls or opals.

Precious metals

Metal jewelry tends to be durable, but knowing the specific metal and how it's made matters. Sterling silver, for

instance, tarnishes easily — especially if it's not worn often or if you live in a home with a gas stove. "When a gas stove is lit, it releases trace amounts of sulfur gas," said White. "It's harmless to people, but over time it will tarnish silver."

Gold can generally be

worn in the shower, as long as the piece isn't gold-plated. Plated gold involves a thin layer of gold electroplated onto another metal, and that layer can wear off with friction or exposure to soaps and chemicals.

And whatever the metal, store pieces separately. "If two pieces

of metal rub against each other, it increases surface scratches," said Emily Cobb, jewelry designer, metalsmith and instructor at Massachusetts College of Art and Design.

Diamonds, pearls

Gemstone care varies widely depending on hardness. The Mohs scale — a tool used by gemologists — measures a mineral's resistance to scratching, from talc at one to diamond at 10.

Diamonds, rubies, sapphires and emeralds are considered hard stones and fairly durable. Even so, jewelry with gemstones should have its settings inspected every few years to avoid losing a stone due to a loose prong.

Softer stones like pearls and opals require more delicate treatment. Avoid applying hairspray, perfume or lotion when wearing them. Pearls should be restrung every few years, while opals should be kept out of direct sunlight, which can alter their color.

"Body lotion and soaps can build up in a gemstone's setting," said Cobb. "It can get caked in and dull the shine. A simple cleaning goes a long way — and if at all possible, take off your jewelry before the shower."

Keep ticking

Luxury watches require regular servicing, but make sure you know

what's covered in your warranty. Taking your watch to an uncertified technician can void it.

Also, avoid exposing watches to magnets, which can interfere with internal components and cause them to stick or stop. To clean, use a damp cloth to gently wipe the band.

Storage

Necklaces, meanwhile, need thoughtful storage.

"Necklaces should ideally be stored separately," said Simone Paasche, creative director at Spur Jewelry, a New York-based company that redesigns heirloom pieces.

"If they are stored individually and will remain stationary, they do not need to be stretched out," she said. "Many jewelry boxes have little hooks, which are great."

Layered looks — dubbed "neckmess" on social media — are popular, but when removing them, do so one at a time to avoid tangles. And always close the clasp before putting a necklace away, said Jennifer Gandia, co-owner of Greenwich St. Jewelers in New York City.

"This reduces the chance of knots or tangling with another necklace," she said.

Need to store one on the go? A plastic zipper bag will do in a pinch. Just don't wrap it in a tissue.

"You might forget and throw it away," Gandia said.

85%

of Kentuckians think that publishing PUBLIC NOTICES in NEWSPAPERS should be required.

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*Kentucky State Study 2023; conducted by Coda Ventures