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Dinner

for the parents of the First Baby of 2025



Jamestown St.
Columbia, KY

REVIEW

from Page A8



203 in Attendance

November

Lindsey Wilson College (LWC) honored area veterans on Monday, November 11, when it hosted its 22nd Annual Veterans Day Appreciation Luncheon. The heartfelt event was held at the Adair County VFW Post 6097 with 203 veterans and their families in attendance. The veterans enjoyed food provided by the Roberta D. Cranmer Dining and Conference Center and LWC students and staff assisted veterans during the event.

The Joyful Hearts Quilt Guild gave away handmade,

patriotic quilts to 17 lucky veterans chosen by random drawing. The members of the local quilt guild worked together over the past year to provide custom quilts for the veterans.

The Veterans Appreciation Luncheon concluded with a piano solo from LWC art freshman Lucy Lu from Tokyo, Japan, as well as a performance by Lindsey Wilson's choral ensembles under the direction of LWC Associate Professor of Music and Director of Choral Programs, Gerald Chafin. To view more pictures from the event visit: <https://flickr/s/aHBqjBRvfS>.



Lynda Wilkerson, LCSW, speaks to members of the Adair County Fiscal Court concerning an opioid initiative.

December

On November 26, at 6:00 p.m., the Adair County Fiscal Court convened their regular meeting to discuss an opioid proposal, a contract with Cumberland County and an emergency management director ordinance, among other matters. The meeting began with a call to order, a pledge of allegiance to the flag, prayer and roll call. The first action taken was to accept the meeting agenda. Then the board voted to approve the minutes of previous meetings held on October 22 and August 27.

Lynda Wilkerson, a licensed social worker in Columbia, spoke to the court concerning an opioid proposal. The proposal would provide drug disposal kits to the community for neutralizing the danger of opioid availability for misuse by the public. Community

members who legally have certain medications are at risk of seeing those drugs misused by children in the home and become targets for break-ins by people looking to obtain these drugs through theft.

The project involves the distribution of the Deterra pouch drug deactivation system, an environmentally friendly, evidence-based solution for making opioids harmless. It should be available at the first of the year at the library, local pharmacies, and through other sources such as Emergency Medical Services (EMS) personnel and some counseling centers. Wilkerson indicated that presentations are planned especially for grandparents who may have unnecessary medications in the home while raising their children. The court ultimately voted to fund the project.



BEST NEW YEAR'S EVER

It's time for a new year, already. Times have changed. I used to party every New Year's Eve but now I'm one of those people who watch the ball drop with the dogs. The best new year I ever celebrated was fifty years ago and I remember it as if it were yesterday.

My father died in November of 1974. So, Thanksgiving and Christmas were not cheerful for me. A friend invited me to go with him and some friends to Vermont snowmobiling. I didn't hesitate to say "yes!"

He and some of his buddies went to the cabin earlier in the week and I rode to Vermont with one of their girlfriends. We got there in the evening; snow was on the ground. We stayed in a cabin with no central heating or plumbing. We kept warm with a wood burning stove.

Before midnight we all got suited up and jumped on snowmobiles and rode

to the mountain top. The guys had been there earlier in the day and had made a fire pit. The coals were just right to grill the steaks we had brought with us. We made baked potatoes and welcomed the New Year on the mountain top eating steak and potatoes with our mittened hands. I'll never forget the feeling.

We spent the next few days hanging around the woodstove, going out on the snowmobiles for rides. No cell phones or television. Just a bunch of friends having a good time.

It was my birthday while we were there. The guys took off on the snowmobiles leaving the girls behind. I was miffed at my guy. Here it was - my birthday - and off he went with the guys. The girls were up to something, and I just hung out.

The guys came back. They had been to town buying me birthday presents and cards. The girls had made me a cake in the wood stove.

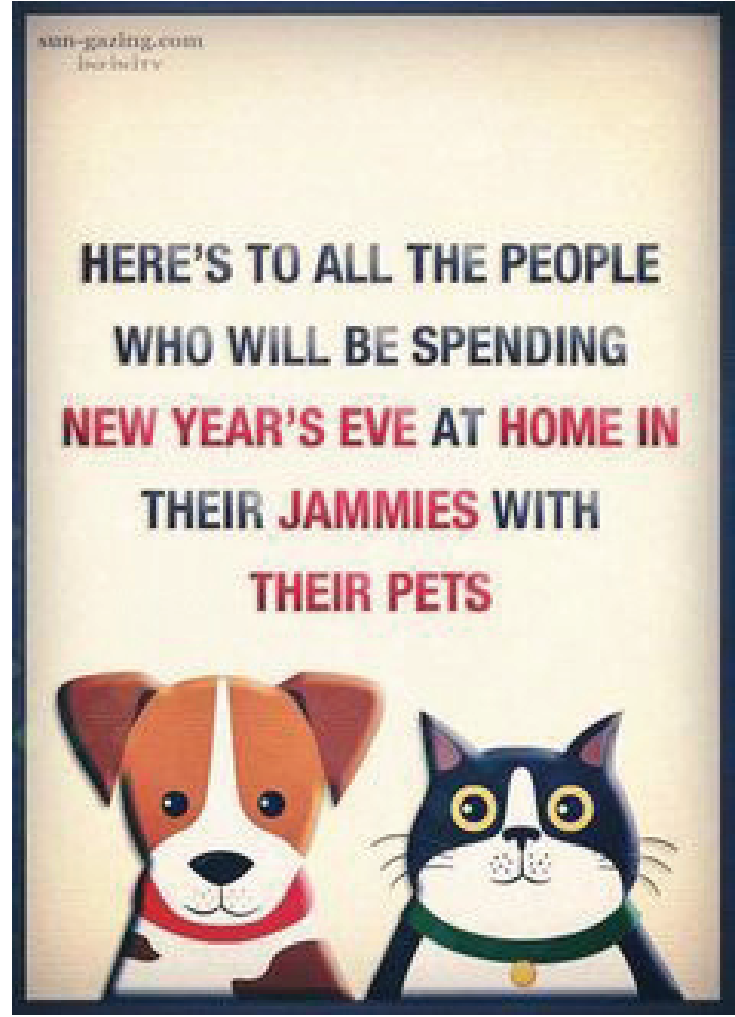
I got jacks and a yoyo. I still have them. After that Jimmy and I went for a ride, just the two of us.

He took me to a house that was a silo. Each room was on a separate floor. There was a spiral staircase that led to each room. The windows were stained glass. The owners invited us in. We stayed and visited for a

spell and then went back to the cabin.

The next morning, we headed home. That new year will always be special to me. I started the year refreshed and ready to face the world.

HAPPY NEW YEAR EVERYONE!



New Year's resolutions: super success strategies

By: Bryan Golden

Almost 90 percent of Americans will make at least one New Year's resolution. Less than 20 percent will succeed in accomplishing even one.

The beginning of the year is a great time for life improving resolutions. Common resolutions include losing weight, giving up smoking, maintaining a budget, saving money, finding a better job, getting healthier, becoming more organized, and spending more time with family.

Whatever your resolutions, here are some specific strategies to help you succeed. First and foremost is to take the first step, which is to start. Without action, there will be no success. Action creates results. Intention alone will not work.

Have written goals

stating what you want to accomplish. If you want to lose weight, how much and by when? If you want to live within a budget, what is the amount? If you want to continue your education, what school will you go to and which classes will you take?

Take small but consistent steps. Habits are formed by frequent repetition over time. Change occurs by the same process. A resolution is not all or nothing. Partial change is okay. Any progress in the desired direction, regardless of how small, is a success. Accomplishing a resolution is a process, not a one-time effort.

Positive goals are more effective than negative ones. Rather than saying you will eat less, resolve to have a healthier diet. Instead of spending less time at work you can endeavor to spend more time at home. Bad habits can't just be eliminated;

they have to be replaced by good ones.

Identify potential obstacles so they don't surprise you. If you experience a setback, don't give up. Don't blame yourself if you stumble. Failure only occurs when you stop trying. Difficulties are an opportunity to learn. If you slide backwards, get back on track, get back in gear and resume your progress.

Don't keep your plans a secret. Develop a support system utilizing friends and family. Visualize how great you will feel as you succeed. Take credit for all accomplishments. It doesn't matter if your progress is slower than you would like.

Don't try to change too many things at once or you risk becoming overwhelmed and discouraged. You can have a long list of resolutions so long as you realize all of the items don't have to be addressed

simultaneously. Each accomplishment can be followed by another. Change can begin at any time, not just on January 1.

Believe in yourself and your ability to change. Change can feel difficult, uncomfortable, or painful but you can do it. Become determined to succeed. Don't procrastinate. Although doing nothing is often an appealing alternative, it leads to frustration.

Each day is a new opportunity to work on your resolutions. If you were successful yesterday, fantastic, keep going. If yesterday was a disappointment, today is a new chance to make progress. Replace the word "try" with "will." Do whatever it takes to get the results you want.

Week 7 - Basketball Contest Results (last week's winners)

This week's Adair Progress Basketball Contest have been adjudicated by our expert judges. The winners this week are as follows:

- Allen Loy of Russell Springs (1st place) - \$25
- Bob Bell (2nd place) - a six-pack of Ski
- Robert Loy (3rd place) - a

Pizza Hut coupon for 1 large 1-topping pizza

We look forward to receiving more entries each week from members

of the community. (Due to the New Year's holiday, this week's winners will be posted the week after New Year's Day.)