

ASK Dr. Angelia

WHAT DO YOU BELIEVE?



If you were asked what you believe in, what would you say? Do you know what you believe in? Are you living a life that reflects your deepest beliefs so that you reflect those beliefs to people in your path?

Every person has core beliefs formed as a child. Core beliefs are your life rules – your truth. Your beliefs form your character and permeate every area of your life. As an adult, I don't believe everything I did as a child, although the core values are the same. As adults, we continue to reflect on core beliefs through our life experiences. In this way, we continuously grow.

In contrast, if you have core beliefs that are dysfunctional,

those can be disputed, challenged and abandoned. For example, if you believe that no-one can love you, it is impossible to be in a relationship with people who love you. If you believe that you are a failure, it is impossible to be successful. If you believe the world is a scary place, then it is impossible for you to feel safe. If you believe you must be perfect, you always miss the mark. If you believe I'm going to be lonely, you will push people away. Dysfunctional beliefs lead to life problems and need to be disputed. We tell ourselves so much that is not true.

We are creators of our own truth. When we speak our truth, it becomes our reality.

We create our reality through our thoughts. Our thoughts and beliefs control the decisions we make, and those decisions dictate the course of our lives. Our life course determines whether we live a fulfilling life through becoming aware of negative beliefs and challenging them as untrue negative thoughts.

Beliefs are the foundation of life. They drive everything. We struggle with dysfunctional beliefs or we change them. I recommend the latter. During an earlier time in my life, I had some dysfunctional beliefs, and they caused me many problems. When I challenged those beliefs, I began to change and so did my life. I am

forever grateful for all the help I received to make those changes. That is why I became a helper. So that I could help others make life shifts for successful outcomes.

Finally, at Christmas, I am reminded of the greatest belief of all – the belief in Jesus. Remember these truths: 1 John 4:4, "But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world." Love God and all People. Amen.

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You Are Not Alone: Coping With Grief Triggers During the Holidays

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- Prepare and plan. Turn dates into celebrations or a time for healing. Surround yourself

with distractions in anticipation of a difficult anniversary.

- Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.

- Reflect on your memories. Tell stories, write or find ways to communicate that are most comfortable to you.

- Create a tradition. Use the date for a special remembrance or celebration.

- Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.

- Volunteer your time to a cause. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback.

Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging

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expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Upcoming FCS Extension Programs:
 Call 270-866-4477 to RSVP- Space is limited!

December 9, 2024

10:00 AM
 DIY Ornaments
 December 10, 2024

12:00 PM
 Preparing Your Garden for Spring
 December 16, 2024

5:00 PM
 Cooking the Calendar

Friends of Wolf Creek National Fish Hatchery are now offering **10% OFF** items in their gift shop for the month of December only.
Can't wait to see you there!

Present this coupon for **10% OFF** Items from the Gift Shop FROM DEC. 1ST - DEC. 31ST

50 Kendall Rd. • Jamestown, KY 42629

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, December 20, 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 therein in each separate action)

SALE NO. 1

Property Address: 90 Deer Trail Circle, Jamestown, Kentucky 42629 (previously erroneously referred to as 114 Deer Trail Circle)
 Map No. 047-50-03-032.00
 KENTUCKY HOUSING CORPORATION v. KAITLYN JANE COOK, LUCAS COOK, JAMES M. COMBS A/K/A JAMES MICHAEL COMBS, AND, C&D LAND & LIVESTOCK
 Civil Action No. 24-CI-00136 Amount to be raised: \$130,962.50

M GAIL WILSON, MASTER COMMISSIONER, RUSSELL CIRCUIT COURT

Reading the Newspaper Helps Your Brain Grow!



Community Calendar

Christmas Cantata at The Springs

"A Light Still Shines" Christmas Cantata will be performed Friday, December 13th at The Springs. Pastor Taylor Evans and the congregation invites everyone to attend this special night. Performance will start at 5:30pm with a meal being served afterwards. The Springs is located at 226 Jamestown St., Russell Springs.

Jack Lawless Cemetery

Jack Lawless Cemetery is located on Lawless Cemetery Road in Jamestown, KY. For upkeep of cemetery grounds, donations can be made to Tammy Johnson 1547 Hwy. 379, Russell Springs, KY 42642 (270-566-2686) or Donnie Knight 1375 Warriner Ridge Rd., Jamestown, KY 42629 (270-507-9402).

Senior Community Service Employment Program

Accepting applications for part-time positions in Adair, Clinton, Cumberland, Laurel, McCreary, Pulaski, Rockcastle, Russell, Wayne, and Whitley. Must be 55+ years of age, meet limited income guidelines, be unemployed and looking for employment. Call Connie Foster at 606-210-1129 or Jolene Aleman at 270-566-5316 or visit www.goodwill.org/SCSEP Let us help you re-enter the workforce!

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.

TOPS

Take Off Pounds Sensibly is a weight loss support program whose goal is to help men/women/youth to become healthier by losing weight in a sensible manner. The local chapter, TOPS 396 Russell Springs meets Mondays at 5pm at Liberty Baptist Church, 215 Wilson Street in Russell Springs. Online memberships and virtual chapter memberships are also available. Yearly membership dues are less than \$50, first visit is free. Questions? Text/call Bonnie, chapter leader, 270-566-1284 or visit TOPS.Club.org

God's Food Pantry of Russell County

God's Food Pantry of Russell County is open Monday-Wednesday-Friday from 12:00-4:00 PM. The pantry is located at 101 Brian Walters Dr. In Russell Springs. 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 6:30 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.