

An Encouraging Word

By Tom Cox



The Way of the Cross
Mark 8:27-38 tells us about the way of the cross. Jesus asked his disciples who people were saying he was. They answered that people thought he was one of the prophets who had come back to life. Then Jesus asked them who they thought he was. Peter answered for the group, "You are the Messiah."
Jesus then began to teach them what kind of Messiah he would be. He would suffer many things and even be killed, but after three days he would rise to life again. Peter could not accept this idea, and he even had enough nerve to rebuke Jesus! Jesus in turn rebuked Peter quite harshly for having human concerns rather than the concerns of God.
What follows is some of the most important teaching about what it means to be a Christian. "Then he called the crowd to him along with

his disciples and said: 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels.'" (Mark 8:34-38).
One of the greatest misunderstandings about Christianity is the thought that it is an easy life. Jesus says quite the opposite! Just as Jesus had to make sacrifices to leave heaven, take on a human form and die on a cross, his followers too

must make sacrifices. Many would-be followers of Jesus pursue the pleasures the world has to offer, but Jesus says the life of a disciple is one of self-denial, to the point where we must take up our own cross and follow him. That doesn't sound like a life of leisure now, does it?
We must constantly ask ourselves some tough questions: Do I have a cross on my back? Am I living selflessly? What am I denying myself in order to live for Jesus?
This is a difficult teaching, but one that every professing Christian must take seriously. To miss this point is to miss everything! Eternity is at stake!
Here's hoping that you find some splinters in your shoulder!
For more inspirational writings by Tom Cox, go to www.jesustrek.wordpress.com.

Kinniconick Homemakers

By Donna Carver

The Kinniconick Homemakers met Tuesday, March 11, at the home of Ruby Rayburn at Noon. Our hostess Leoma Rigdon blessed the meal of chicken and dumplings, mashed potatoes, green bean slaw, salad and dessert. Our table was beautifully decorated for St. Patrick's Day, by Marsha Wells.

After the delicious meal, our president, Leoma Rigdon, led in the pledge to the flag and the meeting was called to order.

Our devotional leader, Ruby Hord, read a selection, "Spring Brings Renewal" by Ticky Adams from Clay County. Ticky talks about the signs of Spring: Sprigs of grass appearing; birds, singing their beautiful songs; and flowers of red, blue, and purple pushing up through the ground. She reminds us that spring is a time for putting things of old behind us and looking forward to the new. Spring is a time to forget and forgive. Spring forward with a renewal of your mind and body.

After the devotional, Donna Carver read the minutes of the last meeting, which were approved. Members responded to roll call by answering this question, "What would you do if you found a pot of gold at the end of a rainbow?" Our 92-year-old member said that she would take the whole pot to Heaven with her. Two of us said we would put the money in the bank and decide later what to do with it, and others said they would go on vacations and cruises.

The treasury report was given and club dues and "Coins for Change" were collected.

The meeting was then turned over to our president, who discussed the following new business.

- Skills Day – March 26 at Fleming County Extension Office, from 10:00 a.m. to 3:00 p.m. Registration fee is \$4.00 and is due by March 17. Check in time is from 9:30 a.m. - 10:00 a.m.

After discussion of new business, Donna Carver taught the lesson "Self-Care, Self Pampering." Life can be stressful; therefore it is important to take time for yourself. Self care can be easy, accessible, and potentially very helpful for your mind, body, and soul.

Some suggestions for self care are:

- Schedule doctor ap-

pointments and preventative health care.

- Let others help you. You do not have to do everything yourself!
- Set aside a day to not worry or grieve. Say, "I will do that tomorrow, but not today, I am going to relax and be content."
- Read a good book. Soak in a hot tub of water. Watch a movie in your pajamas.
- Buy something pretty for yourself. Wear your favorite color. Burn fragrance candles or use oils.
- Take an afternoon and do nothing. Eat a sweet treat and don't feel guilty about it!
- Take a nature walk. Visit a state park.
- Touch base with friend you have not recently seen.
- Sit in the sun as it streams through a window. Breathe in the warmth of the sun.

A vial of lemongrass oil was passed around for members to smell the fragrance. We learned that lemongrass is distilled from the leaves and woody stalks of the

lemongrass plant found in Southeast Asia, South America and other tropical regions where there are warm, moist climates. Lemongrass oil has skin cleansing properties and can be used as spot treatments for blemishes. It purifies the air, can be added to laundry and dishwashers and it enhances sleep support and has been used as a sedative, by applying it to wrists, back of neck, temples and feet.

After the lesson, the members did a word search "St. Paddy's Day Parade" and Leoma Rigdon was the winner. Ruby Rayburn had a copy of "The Irish Blessing" which she asked Donna Carver to read.

Before the meeting was adjourned, gifts were presented to Ruby Rayburn and her daughters, Marsha Wells and Karen Edwards, (not present), who all had birthdays this month. Happy Birthday, girls!

Our next meeting will be April 8, at Noon, at the home of Ruby Rayburn.



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WESTERN LEWIS-RECTORVILLE WATER AND GAS DISTRICT NOTICE OF PROPOSED RATE INCREASE

In accordance with the requirements of the Public Service Commission of the Commonwealth of Kentucky, as set out in 807 KAR 5:068, Section 5(1)(B) notice is given the members of the Western Lewis-Rectorville Water and Gas District of a filing of an application with the Public Service Commission, 211 Sower Blvd., PO Box 615, Frankfort, KY 40602 for permission to adjust their rate schedule as set forth herein.

It is contemplated the new rates would become effective April 1, 2025.

CURRENT MONTHLY RATES OF SERVICE ALL CUSTOMERS

| | | |
|---------------------|---------|-------------------|
| First 1,000 Gallons | \$20.72 | Minimum Bill |
| Next 4,000 Gallons | \$7.22 | Per 1,000 Gallons |
| Over 5,000 Gallons | \$5.43 | Per 1,000 Gallons |

PROPOSED MONTHLY RATES OF SERVICE ALL CUSTOMERS

| | | |
|---------------------|---------|-------------------|
| First 1,000 Gallons | \$20.76 | Minimum Bill |
| Next 4,000 Gallons | \$7.26 | Per 1,000 Gallons |
| Over 5,000 Gallons | \$5.47 | Per 1,000 Gallons |

- The average Residential bill of 3,000 gallons would increase by \$0.12 from \$35.16 to \$35.28 for a percentage increase of 0.34%. The next 4,000 gallons charge will increase \$0.04 per 1,000 gallons or 0.55%. Over 5,000 gallons charge will increase \$0.04 per 1,000 gallons or 0.74%.
- A person may examine the application at the offices of the Western Lewis-Rectorville Water and Gas District, 8044 KY 3161, Maysville, KY 41056.
- A person may examine the application at the commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the commission's website at <http://psc.ky.gov>
- Comments regarding the application may be submitted to the Public Service Commission through its website or by mail to the Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602.
- The proposed rates are required under the terms of an agreement between the Western Lewis-Rectorville Water and Gas District and the United States Department of Agriculture-Rural Development, KRS 278.023 does not grant the Public Service Commission any discretionary authority to modify or to defer the issuance of all necessary orders to implement the terms of that agreement.

Signed: Terry Thomas, Chairman
Western Lewis-Rectorville Water and Gas District
8044 KY 3161
Maysville, KY 41056

Public Notice 11, 12, 13

The Tollesboro Lions Club to host several events in the upcoming weeks

By Craig Stanfield
Auntie Anne's Pretzels

Auntie Anne's Pretzels will appear at the Tollesboro Lions Club on March 26th from noon until 6 pm hosted to benefit the Tollesboro Elementary School Boy's Basketball Team. The popular snack is visiting with their portable food truck as it has for the past few years! Always popular in the local community, soft pretzels may be purchased by the individual soft pretzel, a pretzel dog (a hot dog wrapped in a pretzel!), or a bucket of pretzel pieces! They offer a wide selection of toppings and flavors, and they are extremely delicious!
Tollesboro Lions Club to host Arbor Day Tree Give-away to celebrate (KY) Arbor Day

The Tollesboro Lions Club has once again partnered with the Kentucky Division of Forestry and with Kentucky State University to provide trees to give-away to the public at large for Arbor Day. These trees are offered to the public *for free* (which is *great!*), but require planting. By agreeing to pick up and plant the trees, it will require you to "get outside" and do a little exercise (digging to plant the trees), an added benefit to your health (just don't over-do it!). Feel free to contact Craig Stanfield (606-301-3350 or 606-798-2009) to order/arrange pickup of trees, compliments of the Tollesboro Lions Club in a partnership with the Kentucky Division of Forestry and Kentucky State University!

Multiple events to take place at the Tollesboro Lions Club Fairgrounds April 5th!

The Tollesboro Lions Club will be hosting a number of events April 5th! There will be a Community Easter Egg Hunt (Sensory Hour Easter Egg Hunt will take place from noon until one; the regular Easter Egg Hunt with classes divided by age groups will begin at 1 p.m.) A Garden Tractor Pull will be held upon the grounds with weigh-in beginning at 3 p.m. with the pull to begin at 4 p.m. A Poker Run is planned in the evening to benefit the Tollesboro Elementary School PTO. In addition, any trees left over from the April 4th Arbor Day Tree Give-away will be available and offered to the public for pickup

at the Fairgrounds.
Spring Trade Days event at The Tollesboro Lions Club

The Spring Tollesboro Lions Club Trade Days Event will be the weekend of May 1-3. The Trade Days events are Flea Market/Court Day type events, offering arts and crafts, baked and home-made goods, new items, antiques, guns, knives and more! Weekend rate is just \$30 without electric connections, or \$45 with electric connections. Admission and parking are free. Events are open Thursday 10 a.m. until dark, with Friday and Saturday events beginning at 8 a.m. until dark, with Sunday beginning at 9 a.m. through 4 p.m. To reserve vendor space, contact Richard "Skeeter" Shaw 606-798-6134 or 606-356-8043.

COMMUNITY EVENTS

BEGINNING AGAIN GROUP OF ALCOHOLICS ANONYMOUS - Sunday at 6:30 p.m. in the Community Room at Holy Redeemer Catholic Church, 239 KY 59, Vanceburg.

LEWIS COUNTY 4-H/FFA LIVESTOCK CLUB - The Lewis County 4-H/Livestock Club will be having an informational meeting on Monday, March 31, at 6:00 p.m. at the Lewis County Extension Office (284 Second Street, Vanceburg, KY 41179). This club is open to young people in Lewis County that are between the ages of 5-21 as of January 1, 2025. This meeting is for anyone who wants to know more about the livestock program. For more information/questions, please contact Lewis County 4-H Agent Ashley Hunt at 606-796-2732 or by emailing ashley.mhunt@uky.edu. If you are unable to attend, please contact Ashley as well!

LEWIS COUNTY 4-H COMMUNICATIONS CONTEST - Lewis County 4-H will be hosting a county-wide communications contest on Tuesday, April 15, at Lewis County Central Elementary beginning with Sign-In at 6:00 p.m. The contest will start at 6:30 p.m. with awards presented following the tallying of scores. Winners will advance to the Area Communications Contest held in May. Any Lewis County youth ages 9-18 are encouraged to compete! There are two divisions for the contest: Speeches and Demonstrations. Speeches can be on any topic. For 9-13-year-olds, speeches should be 3-5 minutes. For 14-18-year-olds, they should be 5-7 minutes. Demonstrations must fall into one of following categories: Agriculture & Animal Science, Visual Arts, Performance Arts, Clothing & Textiles, Family and Consumer Sciences, Foods, Health, Natural Resources, Shooting Sports, Science, Engineering, and Technology. Demonstrations must use a posterboard or tri-fold poster. Planning guides for both Speech and Demonstrations can be obtained by calling the Lewis County Extension Office at 606-796-2732. Youth are encouraged to wear business casual clothing for the event. Registration is due by April 10 and can be completed by calling the Lewis County Extension Office. Any questions regarding the competition can be directed to Ashley Hunt (ashley.mhunt@uky.edu OR 606-796-2732).

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THE LEWIS COUNTY HERALD

Carol Applegate Estate On-Line Absolute Auction

Located: 1360 Simmons Rd., Tollesboro, KY 41189

2 Bedroom House and .80 Ac Lot - 2010 Chevrolet Cobalt - John Deere Lawn Mower - Personal Property

Auction Begins March 24th 5 p.m. -

Auction Begins to End March 31st 6 p.m.

Open House Preview Dates: Wed., March 19th, 3-5 p.m. - Wed., March 26th, 3-5 p.m.

Pickup Dates and Location: Tues., April 1st, 4-6 p.m. - Thurs., April 3rd, 4-6 p.m. - 1360 Simmons Rd., Tollesboro, KY.

Register to Bid @ www.chuckmarshall.com - View Catalog
REAL ESTATE - 2 Bedroom, 1 bath House situated on a .80 Ac Lot (per PVA), LR, Kitchen w/ wood cabinets, Stove, Refrigerator, Washer and Dryer in Utility room, 1 bath w/ walk-in shower, Central H/A, Metal Roof, 2 porches, Wheelchair ramp, rural water, sewer, property includes a 10ft X 7.5ft storage building, spacious backyard with a Grape Arbor.

Automobile - 2010 Chevrolet Cobalt car, 4 cylinder automatic, 101, 400 miles, 2 extra tires in trunk.
John Deere S100 Riding Lawnmower, 42-inch Deck, 81 hours, purchased New in April 2022.

Personal Property: Chest deep freezer, microwave, small kitchen appliances, skillets, Jazzy scooter (no charger), Electric mobile chair (lights up and responds when plugged in), hospital bed (electric and manual), single axle Lawn cart, electric Craftsman weed eater, extension cords, battery jumper cables, 5-gal and 2-gal gas cans, Living room furniture, wood desk, wood table and 5 matching chairs, 35 Day wall clock, Lamps, small cabinets, several Lots of Albums, CDs, Cassettes of Various Artists, Several Lots of Electronic Equipment: Turntables, Receivers, Equalizers, Amplifiers, Speakers, Camcorders, Cameras, Jewelry Boxes, Collectibles, Dolls, Artwork, Telescope, concrete yard statues, patio tables, animal cage. Many more items listed in Auction catalog – to view www.chuckmarshall.com

Owner: Carol Applegate Estate Marie Bowles, Executrix
Tom Bertram, Attorney

Terms: Real Estate -10% buyer's premium will be added to all final bids to determine final Contract purchase sale price.

Real Estate: Non-refundable escrow deposit of 10% of purchase price (sale price plus buyer's premium) is due within 48 hrs. of auction close. Balance due in 30 days, at closing, on or before May 1st, 2025. **Personal Property:** -10% buyer's premium will be added to all final bids to determine final sale price. Full payment due day of pickup.

Personal Property Payment/Pickup: We accept cash, good check or credit card (plus 4% convenience fee). We do not charge the credit card on file - if you want to pay with a card, please present it at pickup. **Notes:** Our auctions feature staggered closings. **Contingencies:** Property (real and personal) is selling as-is, where-is. No financial contingencies.

For Questions, please contact Auctioneers Chuck Marshall @ 606-782-0374, Ronnie Lawson @ 859-494-9305 or the Office @ 606-845-5010 please visit www.auctionzip.com (Auctioneers ID#1198) or <https://www.chuckmarshall.com>

Although all information in all advertisements is obtained from sources deemed reliable, the auctioneer/broker and owners make no warranty or guarantee actual or implied as to the accuracy of the information. Lead paint could be present in any home built prior to 1978. Make your inspection prior to the sale date. The buyer will be required to sign a disclosure statement of lead-based hazards along with a waiver of a 10-day post sale inspection. It is for this reason that the prospective buyers should avail themselves of the opportunity to make inspection of property (personal) prior to bidding. Our company is not responsible for accidents. Property to sell in "as is condition".

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