

Pet of the week: Odette

SUBMITTED PHOTO

Odette is *The Daily Independent's* Pet of the Week. She is an 11-year-old toy poodle who loves adventure. According to her owner, her favorite activities are trying to trip Dad, barking at squirrels at the dog park, and she is very passionate about neighborhood watch. Odette is one of hundreds of social media submissions for Pet of the Week in 2026.



UNITED WAY PHOTO

United Way of Northeast Kentucky distributed 1,500 turkeys on Saturday for Thanksgiving.

United Way, WellCare give away thousands of turkeys

STAFF REPORT

United Way of Northeast Kentucky, in partnership with WellCare of Kentucky, provided 1,500 Thanksgiving turkeys in a giveaway on Saturday.

The initiative reached families in 19 counties — Bath, Boyd, Breathitt, Carter, Elliott, Floyd, Greenup, Johnson, Lawrence, Lee, Lewis, Magoffin, Martin, Menifee, Morgan, Owsley, Pike, Rowan and Wolfe.

"Thanksgiving is about family, gratitude and coming together, but for many families, the rising cost of groceries has made even a traditional Thanksgiving dinner difficult to afford," said Marshall Tyson, CEO/Executive Director of United Way NEKY. "We want families to know that they are not alone. By providing 1,500 turkeys across 19 counties, we hope to ease some of that financial stress and make sure more families can sit around the table, share a meal and enjoy the blessings of Thanksgiving."

Tyson said WellCare of Kentucky has been an "incredible partner."

United Way also thanked the National Wild Turkey Federation and Walmart of Cannonsburg for their support in the initiative.

The South Point NWTF location distributed an additional 1,350 turkeys on Saturday.

United Way NEKY posted on social media a "thank you" to Ashland Mayor Chuck Charles, and expressed gratitude toward Ken O'Roark, Cavin Fitzpatrick, Corbin Fitzpatrick and Chord Fitzpatrick for helping deliver turkeys to surrounding counties.

Giving makes us more grateful

From Thanksgiving to Christmas, we tend to spend more time reflecting on how we have been blessed; family, friends, and the good things in our lives.

We also make special efforts to share those blessings. Giving Tuesday's 2025 GivingPulse survey found that the amount of people reporting they volunteered rose from 24% in the first quarter to 30% in the fourth. The amount who gave money increased from 37% to 42%.

Gratitude and generosity seem to go hand in hand. When we appreciate what we have received, we often become more willing to share with others.

Just last week, I witnessed a man experiencing homelessness give money to someone who needed gas. He explained that he was grateful for what he had and happy to help. He even asked about opportunities to volunteer at the local soup kitchen.



TJ TORGERSON

Here was a man with very little, yet he was looking for ways to give. His generosity wasn't fueled by wealth. It was fueled by gratitude.

Research supports the connection between gratitude and generosity. In a 2010 experiment, psychologist David DeSteno and his colleagues found that people experiencing gratitude were more willing to share money in an economic game, even when doing so came at a personal cost.

In 2017, researchers Lawrence Ma, Richard Tunney and Eamonn Ferguson analyzed 91 studies involving more than 18,000 people. Their findings, published in Psychological Bulletin, revealed a meaningful connection between gratitude and what researchers call "prosocial behavior." By "prosocial behavior" they mean actions that benefit others, such as helping, sharing and giving.

In other words, grateful people tend to be generous people.

But here's something interesting: The relationship may work both ways.

In a four-year study of 566 students, researchers found that students who became more grateful also tended to become more helpful. The reverse was true as well: Students who became more helpful also tended to become more grateful.

The findings suggest that while gratitude can encourage generosity, practicing generosity may also help gratitude grow.

Perhaps that helps explain why both gratitude and generosity increase during the holidays. But most of us want to be and feel grateful throughout the year, not just at Thanksgiving. We want to spend less time focused on what we lack and more time appreciating what we have. Don't we?

One way to do that may be to turn our attention outward, to others. Because when we change what we are looking at we will change what we see.

And generosity isn't just about money. We can be generous with our time, abilities, and other resources, as well as our words of kindness and encouragement. Sometimes that means serving a meal or helping a neighbor. Sometimes it's as simple as inviting someone for coffee.

Giving Tuesday is Dec. 1 this year. It's a great opportunity to support a cause you care about.

But after the holiday season, why not find a local church or nonprofit (United Way, Hillcrest-Bruce Mission, River Cities Harvest, Neighbors Helping Neighbors) where you can volunteer or donate? Make generosity and gratitude part of your routine in 2027.

If you want to build a grateful life ... live a generous life.

TJ TORGERSON is the executive director of the Ashland Community Kitchen and pastor of Summit Church of the Nazarene.

CLASSIFIEDS! 606-326-2600

HELP WANTED!

WANTED!
SALES REP FOR HEALTH & WEIGHT LOSS COMPANY
LOSE UP TO 17 LBS IN 7 DAYS
UNLIMITED INCOME!
MEETING TUESDAY NIGHTS
AT THE CARL PERKINS CENTER ROOM C
859-948-4376
For More Information

FOR SALE!

FOR SALE!
BAD BOY TRACTOR
35 HP
VERY LOW MILES
$19,995
CALL
606-473-2288

TRAILER FOR RENT!

TRAILER FOR RENT
3 BEDROOM 2 BATH
$725.00/MO
OFF U.S. 23 ON BLAINE STREET
606-624-9208
606-483-1722

TRAILER FOR RENT
WESTWOOD AREA
2 BEDROOM, 1 BATH
INCLUDES STOVE AND REFRIGERATOR
W/D HOOK UP
$1,000 per mo
$1,000 Deposit. No HUD.
No Pets. Utilities Not Included.
Must Mow Own Grass.
606-325-7079

FOR RENT!

EFFICIENCY RENTALS
NO LEASE!
PRIVATE! NEAR CAVE RUN LAKE
FULLY FURNISHED...
ALL UTILITIES, WI-FI, SATELLITE TV!
CALL FOR MORE INFORMATION
606-776-6567

ESTATE SALES!

LIVING ESTATE SALE
2115 Coburn Ave ASHLAND• KY
Thursday & Friday 9:00AM-4:00PM
Saturday 9:00AM-2:00PM
NOVEMBER 26TH-28TH
COME SPEND BLACK FRIDAY WITH US!
By The Junque Ladies
Estatesales.net

Count On LOCAL PROS!
CONSIDER ONE OF THE HOME IMPROVEMENT OR LAWN & GARDEN PROFESSIONALS LISTED HERE!



PROFESSIONAL SERVICES!

KITCHEN/BATH REMODELING
INTERIOR/EXTERIOR PAINTING
WINDOWS/DOORS
DRYWALL REPAIR!
FREE ESTIMATES
Call David Summers
606-371-0261
LICENSED & INSURED!

TREE& SHRUB TRIMMING & REMOVAL
FREE EST.
PLEASE LEAVE MSG
928-2007
465-3325

LEGALS!

SALE for BLUEGRASS FLEET MAINTENANCE, INC. dba AFFORDABLE TOWING
Date of Sale November 30th, 2026 at 9:00am
Auction will be held at Bluegrass Fleet Maintenance, 101 Armco Blvd. Ashland, Ky. 41101
2011 CHEVROLET TRAVERSE
VIN: 1GNKVEED0BJ342569

- Help Wanted
- Professional Services
- Real Estate Sales or Rental Property
- Auctions/Estate Sales
- Upcoming Events
- Vehicles Sales
- Yard/Garage Sales
- For Sale/Wanted to Buy Items & More

TO ADVERTISE CALL 606-326-2600