

Hope ... like a muscle

At a recent one-year follow-up doctor's visit, the first thing my doctor said to me was, "You look like you feel good."

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NANCY KENNEDY

"Yes, I do feel good!" I said. She asked what had changed. The last time she saw me, she was putting a scope down my throat and into my stomach.

That was after "my sickness," as I call it — when I crashed and burned and had all kinds of physical ailments: waking up exhausted, terrible pains after eating anything, no energy. On top of that, I had gained 10 pounds in a year and felt old. I felt heavy — physically, mentally, emotionally.

So I started seeing a bunch of doctors to rule out anything serious.

At one appointment with my primary care doctor, he said all my tests were clear and that "crash and burn" was probably the best diagnosis.

When I told him my legs felt wobbly when I walked and my hips were stiff, he asked what I did for exercise.

I felt tears welling up. "Not much," I said. Then trying to make a joke, "I'm kind of a lost cause."

"Just start slow," he said, kindly. "Start small — 'use it or lose it.'

And you're NOT a lost cause."

I left there actually wanting to exercise. I started with chair yoga for seniors on YouTube and lasted about five minutes into the first 15-minute video. But I kept going. One day became two. Five minutes became 15.

Eventually, I ditched the chair and found a

trainer online who specializes in people like me — unsure, stiff, but willing to try. I added hand weights, low-impact cardio, lots of stretching and plenty of marching in place.

I discovered I love the step bench most of all. I can do it!

Over time, my muscles loosened, my legs stopped wobbling and I lost a few pounds.

Some days, even great. It feels like ... hope.

The other day, I heard someone say hope atrophies if ignored, and that small, almost stubborn acts can rebuild it. I'd heard that said about faith, but not hope.

But it makes sense.

During my step bench routine, there's a move where I raise one knee and hold it for five counts. I do fine raising the left, not so much raising the right.

The trainer says, "It's all about balance. Engage your core. Keep doing it, and you'll get better."

The physical core is your midsection. The hope "core" is God's

promises — His faithfulness, His fatherly care, His Spirit quietly strengthening faith.

Lately, I don't need naps as often. I can balance a little longer on my left leg. My hips are still stiff, but I can walk without wearing out.

I'm reminded of a line from the poem "Bare Bones" where Ullie-Kaye writes: "Hope is not always soft and lovely. ... Hope knows there's work to be done."

I keep returning to Romans 5:3-4, which reminds me that suffering produces endurance, endurance produces character, and character produces hope — and hope does not disappoint, because God's love has been poured out into our hearts through the Holy Spirit.

Every time I finish my step bench workout, I'm sweaty and breathing hard. But I'm still standing.

Some days I'm steadier than others. Some days my knees still wobble.

But I keep showing up. I keep engaging my core. I keep trusting that what's being worked — slowly, imperfectly — is getting stronger, body and soul.

And I'm thinking that maybe hope isn't a feeling.

Maybe it's simply...practice. Use it or lose it.

Contact Nancy Kennedy at 352-564-2927 (leave a message) or email at nkennedy@chronicleonline.com.

Bible calls for us to be kind to coon hunters, sort of

You might have heard about the young man who, in the midst of a wintery blast of snow and cold, decided to ask his 85-year-old neighbor if she needed anything from the grocery store.

"She said she did, so I gave her my list too," the young man said. "No sense in both of us going out in such bad weather."

Sadly, we're living in a day and time when neighborliness seems to be in short supply.

For many people, the idea of being good neighbors is a far cry from the biblical definition. Nowadays, we run the risk of being prosecuted for simply stepping foot on a neighbor's property. That was never the case in Bible times.

In fact, Old Testament law spells out that people had an absolute right to cross a neighbor's property, and, as they went, they could even pick and eat grapes or grain or figs or whatever was in season.

"When thou comest into thy neighbor's vineyard, then thou mayest eat grapes thy fill at thine on pleasure; but thou shalt not put any in thy vessel" (Deuteronomy 23:24).

You may remember from your Bible reading

that, in Old Testament days, property owners routinely left a portion of their crops in the field so that others could collect food. That's how Jesus' great grandmother, Ruth, met His great grandfather, Boaz. She was gleaning grain from Boaz's fields.

In Matthew 12, Jesus and his disciples were walking through a field of grain. Some of the disciples stripped some of the grain from the stalks and ate it as they walked.

Critics were always looking to find fault with Jesus and his disciples. In this case, they claimed the disciples had violated the rules of the Sabbath by collecting tiny bits of grain, which, in their eyes, meant they were working on the sabbath. They could make no accusation of trespassing or stealing because what they did was considered perfectly appropriate.

My, how times have changed.

And that has had a dramatic impact on one of America's oldest outdoor traditions, hunting with hounds. The thing about hounds is that they tend to go far and

fast without ever stopping to read "no trespassing" signs tacked up on trees and fence posts.

A very good friend of mine lost his best dog when it got onto a man's property. That man bashed the dog over the head with a club and threw him over a cliff. The dog's crime was barking up one of the man's trees. My friend had paid thousands of dollars for that dog just a few months before it was killed.

A Tennessee man and his wife were charged last year with killing a coon hound competing in what's billed as the world's largest coon hunt. The dog's owner heard gunshots and went looking for his dog, a 4-year-old bluetick, which had a GPS tracking device on his collar. The dog was dead on the couple's property.

The proverbial pendulum swings to-and-fro when it comes to societal norms, and certainly, it has swung far from Biblical standards when it comes to being neighborly.

Let's not be like the young man asking the 85-year-old lady to do his shopping. Let's be good neighbors.

Reach Roger Alford at rogeralford1@gmail.com or at 502-514-6857.



ROGER ALFORD

OWEN COUNTY PUBLIC LIBRARY

Monday, Feb. 9
10 a.m. Stretch & strengthen exercise. This workout consists of gentle and dynamic exercises that are safe while challenging every fitness level. Most every muscle for a healthy body. Join Miss Julie and follow the video on the big screen.

5 p.m. Paws to read. Encourage your child/children to read in a fun, no—stress atmosphere. No matter the age or ability, your child/children will love to read to a certified therapy dog from Pawsibilities Unleashed, Inc. Each family will be given 10 minutes to read to one dog per program. This program is for children age 18 and under. Please call the library to register; space is limited.

Tuesday, Feb. 10
10:30 a.m. Story time. Join us at story time to talk about kindness and love! This program is intended for young children and their parent or caregiver.


3:15 p.m. "Love Bug" Valentine's party. Join us for some Valentine's Day fun! We will have various crafts, refreshments, and a photo booth with props! No registration

required.
5:30 p.m. Knitting and crocheting with Leah. Join us each month and make friends with others who love yarn work. All yarn lovers welcome.
6 p.m. Button earrings. Come to the library with your family or friends and have fun making a pair of these earrings. You will be able to choose one design out of eight. This program is for all ages (children under 12 must have an adult present). Please call the library to register; space is limited.

Wednesday, Feb. 11
3:15 p.m. Make a Valentine box. Make your Valentine's Day box at the library. Take it home and leave the mess here. Boxes and supplies provided. Perfect for all school-age children. Stop by anytime between 3:15 and 4:30 p.m.

Thursday, Feb. 12
9:30 a.m. Sewing circle. Folded four patch coaster. Sew a coaster with a textured layered look. The folds overlap, creating a central, stitched square with four fabric "flaps" or "petals" radiating from it. This beginner friendly project

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LEGAL NOTICE

COMMONWEALTH OF KENTUCKY
UNIFIED COURT OF JUSTICE
OWEN CIRCUIT COURT
CIVIL ACTION # 25-CI-00105

ANGELA RIEHL AND EDWARD RIEHL PLAINTIFFS

VS. NOTICE OF SALE

PAR-TEE, LLC, ETAL. DEFENDANTS

By virtue of a Judgment and Order of Sale rendered in the Owen Circuit Court on the 13th day of January, 2026, I will sell at public auction to the highest and best bidder on the front steps of the Owen County Courthouse, 100 North Thomas Street, Owenton, Kentucky at the hour of 10:00, a.m. on Saturday, February 7, 2026, the following described property:

Lot 84, Riverlake Subdivision (a/k/a Perry Park Subdivision), Unit 101, in Owen County, Kentucky, as shown on the revised plat of said subdivision of record in Plat Cabinet 1, Slide 36 in the Owen County Clerk's Office.

Being a part of the same property conveyed to Par-Tee, LLC by deed dated July 31, 1998 and recorded in Deed Book 188, page 119 in the Owen County Clerk's Office.

There is included in this sale a manufactured home of unknown make and model which is located on and affixed to the real property.

Property Address: 71 Bridgehaven Lane, Perry Park KY 40363
Parcel # 011-61-00-084.00

The amount of money to be raised and for which this sale is being made is the sum of \$10,266.88 adjudged due to plaintiff on their first lien on the property, together with interest thereon at the rate of 12% per annum, from November, 2025 until paid.

The real estate shall be sold on the terms of 10% cash at the time of the sale, with the balance payable within 30 days, except that the deposit shall be waived if plaintiff is the successful bidder. Any purchaser, other than the plaintiff shall be required to execute bond, with surety thereon acceptable to the Master Commissioner, to secure the unpaid balance of the purchase price, and said bond shall bear interest at the rate of 12% per annum from the date of the sale until paid, and shall have the same force and effect as a judgment and shall remain and be a lien on the property until paid. The purchaser shall have the privilege of paying all or part of the balance of the purchase price prior to the 30 day period.

It is further provided that the property sold contains insurable improvements and the successful bidder at said sale shall, at bidder's expense, procure a policy of fire and extended insurance coverage on said improvements in the amount of the appraised value, or the unpaid balance of the purchase price, whichever is less, as a minimum, with a loss payable clause to the Commissioner of the Owen Circuit Court or the plaintiff herein. Failure of the purchaser to effect such insurance shall not affect the validity of the sale or the purchaser's liability thereunder, but shall entitle, but not require the plaintiff to effect said insurance and furnish the policy, or evidence thereof to the

Commissioner if it so desires, and the premium thereon or a proper portion thereof shall be charged to the purchaser as purchaser's cost.


When the purchase price is paid in full, title will be conveyed to the purchaser by commissioner's deed.

The aforesaid real property shall be sold free and clear of any and all liens and claims except the following:

a. All State and County real estate taxes payable on the property for 2026 and thereafter;
b. Easements, restrictions and stipulations of record;
c. Assessments for public improvements levied against the property;
d. Any facts which an inspection and accurate survey of the property may disclose.

For further information, see the Judgment, Order and pleadings of record in the Office of the Circuit Clerk of Owen County.

/s/ Mark R. Cobb
MARK R. COBB
MASTER COMMISSIONER
OWEN CIRCUIT COURT



LEGAL NOTICE

COMMONWEALTH OF KENTUCKY
UNIFIED COURT OF JUSTICE
OWEN CIRCUIT COURT
CIVIL ACTION # 22-CI-00071

NEWREZ LLC, d/b/a Shellpoint Mortgage Servicing PLAINTIFF

VS. NOTICE OF SALE

GARY ROWE, JR., ETAL. DEFENDANTS

By virtue of a Judgment and Order of Sale rendered in the Owen Circuit Court on the 13th day of January 2026, I will sell at public auction to the highest and best bidder on the front steps of the Owen County Courthouse, 100 North Thomas Street, Owenton, Kentucky at the hour of 10:00, a.m. on Saturday, February 7, 2026, the following described property:

Lots 1 and 2 in Leaning Oaks Estates, Section One, as shown on the plat of said subdivision of record in Plat Cabinet 1, Slide 210, and being conveyed in Deed Book 256, page 460 in the Owen County Clerk's Office. Reference to said plat is made in aid of this description.

Included in this sale is a 2000 Fleetwood, Stoneridge manufactured home, Title No. 182180940015, Serial No. TNFLX27AB20767SRI which is located on and affixed to the real property, the title to which has been converted to real estate by affidavit of record in Misc. Book 5, page 326 in the Owen County Clerk's Office.

Being the same property conveyed to Gary Rowe, Jr., unmarried, by virtue of a deed from Mary F. House, widowed and unmarried, dated May 28, 2019, recorded June 3, 2019 in Deed Book 256, page 460 in the Owen County, Kentucky records.

Address: 3084 Leaning Oak Road, Corinth, Kentucky 41010
Parcel ID: 106-00-00-023.00

The amount of money to be raised and for which this sale is being made is the sum of \$105,344.55 adjudged due to plaintiff on its first lien on the property, together with interest thereon at the rate of 2.75% per annum, from November 1, 2021, until paid, plus court costs and attorneys fees.

The real estate shall be sold on the terms of 10% cash at the time of the sale, with the balance payable within 30 days, except that the deposit shall be waived if plaintiff is the successful bidder. Any purchaser, other than the plaintiff shall be required to execute bond, with surety thereon acceptable to the Master Commissioner, to secure the unpaid balance of the purchase price, and said bond shall bear interest at the rate of 2.75% per annum from the date of the sale until paid, and shall have the same force and effect as a judgment and shall remain and be a lien on the property until paid. The purchaser shall have the privilege of paying all or part of the balance of the purchase price prior to the 30 day period.

It is further provided that the property sold contains insurable improvements and the successful bidder at said sale shall, at bidder's expense, procure a policy of fire and extended insurance coverage on said improvements in the amount of the appraised value, or the unpaid balance of the purchase price, whichever is less, as a minimum, with a loss payable clause to the Commissioner of the Owen Circuit Court or the plaintiff herein. Failure of the purchaser to effect such insurance shall not affect the validity of the sale or the purchaser's liability thereunder, but shall entitle, but not require the plaintiff to effect said insurance and furnish the policy, or evidence thereof to the Commissioner if it so desires, and the premium thereon or a proper portion thereof shall be charged to the purchaser as purchaser's cost.


When the purchase price is paid in full, title will be conveyed to the purchaser by commissioner's deed.

The aforesaid real property shall be sold free and clear of any and all liens and claims except the following:

a. All State and County real estate taxes payable on the property for 2026 and thereafter;
b. Easements, restrictions and stipulations of record;
c. Assessments for public improvements levied against the property;
d. Any facts which an inspection and accurate survey of the property may disclose.

For further information, see the Judgment, Order and pleadings of record in the Office of the Circuit Clerk of Owen County.

/s/ Mark R. Cobb
MARK R. COBB
MASTER COMMISSIONER
OWEN CIRCUIT COURT



Tri-State Land Company

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22 Ac. Owen Co., Greenup Road, open ridge top to build on, woods and hills to play on, city water, \$141,900, \$8,000 down.

6 Ac. Near Long Ridge, Hwy. 36, pasture, scattered trees, double wides welcome, view, city water, \$52,900, \$2,500 down, \$520 per mo.

8-1/2 Ac. Owen Co., gently rolling pasture, large pond, restricted homesite, on paved dead end road, \$86,900, \$3,000 down.

5 Ac. New Liberty, rolling pasture, single wides welcome, approved for septic, city water available, \$51,900, \$2,500 down.

2-1/2 Ac. Glencoe area, just off Hwy. 127, mostly open, some woods, 5 miles off I-71, city water, \$2,500 down, \$275 per mo.

Check our website for more properties.
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