

World-champion juggler makes stop in Laurel County

BY MADISON NANTZ
CORRESPONDENT

LONDON — From juggling knives in his hands to balancing plates on his head, a Guinness World Record holder impressed audiences at the Laurel County Public Library on June 18.

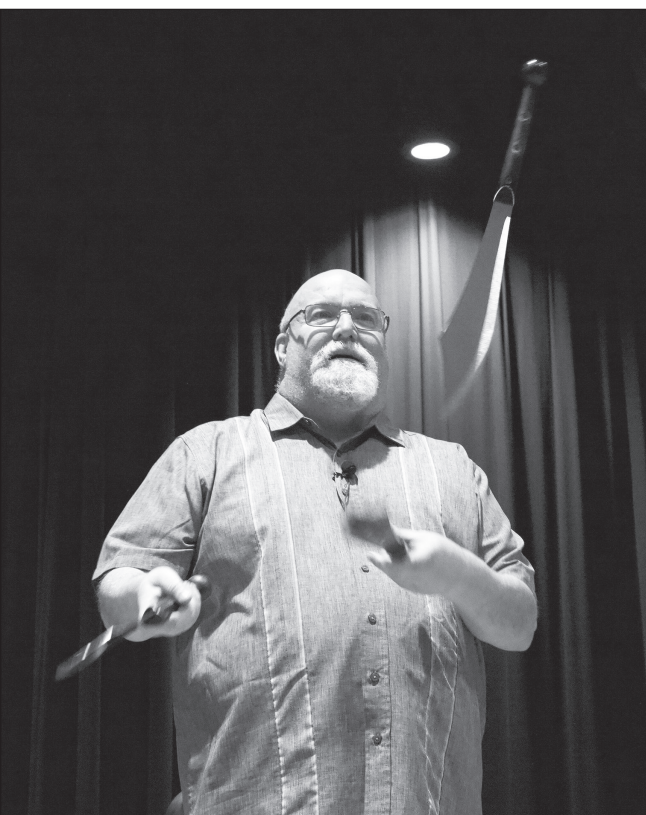
World-champion juggler David Cain performed his “Juggling Around the World” show at the library three times that morning and

afternoon. The juggler not only showcased his many talents, but taught audiences the origins of each activity while doing so.

As for Cain’s origins with juggling, he first learned how to do the three-ball juggle at age 12 within an hour and a half. After checking out a book on the hobby at his local library, Cain would go on to juggle off of his head, arms, knees, feet,



A young volunteer from the audience successfully catches each of the balls Cain tosses his way after juggling them. | PHOTO BY MADISON NANTZ



For the grand finale, David Cain took a risk by juggling large knives. | PHOTO BY MADISON NANTZ

stomach and elbows. He later challenged himself to move up to using five balls before high school, which he achieved.

At the shows, Cain began by sharing that juggling is known to be at least 4,000 years old — citing Egyptian paintings displaying jugglers.

“It was probably developed in other cultures and countries as well, but that’s the earliest that we know of,” Cain stated.

The juggler also shared that ring juggling originated in India, juggling clubs were created in Ohio, and ball-spinning was developed in Italy — all while display-

ing the different forms of juggling on stage.

The juggler additionally incorporated humor in the show — imitating a rabbit, seal, teenage girl, and Cleveland Browns wide receiver.

To bring the show to a close, Cain juggled three large knives, garnering excitement and gasps from

audience members for the grand finale.

To learn more about Cain, visit <https://christianjuggler.com>. To stay updated on library events such as this one, follow the “Laurel County Public Library” Facebook page or visit the website at <https://www.laurellibrary.org>.

When social media likes define self-worth



Annie’s Mailbox
By Annie Lane

Dear Annie: My 14-year-old daughter spends far too much time on social media, and I am beginning to see it affect her mood, confidence and sleep.

She checks her phone the moment she wakes up and often stays online long after she is supposed to be asleep. If a friend posts a picture without her, she becomes upset. If one of her own posts does not get enough likes, she worries that people are mad at her or no longer think she is popular.

Recently, I took her phone away for the weekend after discovering she had been awake past midnight scrolling through videos. She cried and told me I was ruining her life. She said all of her friends make plans through social media and that taking it away would leave her completely isolated.

I do not want to overreact or make her feel cut off from her friends. At the same time, I cannot ignore how anxious and distracted she has become. Even family dinners now feel like a battle because she keeps reaching

for her phone.

My husband thinks we should delete all of her accounts. I worry that doing so will only make her sneak around or feel even more excluded.

How can we set healthy limits without turning social media into a constant war? Is it realistic to ask a teenager to step away when nearly everyone she knows is still online? — Losing my Daughter to a Screen

Dear Losing My Daughter: You are right to take this seriously, but taking away every account at once may only

make your daughter feel punished and left out.

Start small. Keep her phone out of the bedroom at night, make meals and homework phone-free, and agree on reasonable daily limits together. Ask her which accounts leave her feeling anxious or excluded, and encourage her to unfollow them.

Have a conversation with your daughter about what social media is doing to her mood and confidence. Let her know you are not trying to take away her friends. You are trying to help her sleep better, feel better and remem-

ber that her worth is not measured in likes.

Also, show your daughter that she can add a lot to her life to fill what has been taken away. Encourage her to get involved in activities that build confidence in the real world, such as sports, hobbies, volunteering, creative projects or simply spending time with family and friends face-to-face. The more connected she feels offline, the less power social media will have over her emotions.

The goal is not to make her disappear from social media. It is to teach her how to use it

without letting it use her.

“Out of Bounds: Estrangement, Boundaries and the Search for Forgiveness” is out now! Annie Lane’s third anthology is for anyone who has lived with anger, estrangement or the deep ache of being wronged — because

forgiveness isn’t for them. It’s for you. Visit <http://www.creatorspublishing.com> for more information. Follow Annie Lane on Instagram at @dearannieofficial. Send your questions for Annie Lane to dearannie@creators.com.

PUBLIC NOTICES

7.8.2026

All 504 records for students who attended any Laurel County Public School through the school year of 2021-2022 will be destroyed

In accordance with District procedures and Records Retention Guidelines, the following 504 records housed at Laurel County Public schools will be destroyed: All 504 records for students who attended any Laurel County Public School through the school year of 2021-2022.

Parties desiring a copy of his or her records before destruction must contact the last school attended no later than September 1st, 2026.

These records will be destroyed on October 1st, 2026.

All Special Education records for students who attended any Laurel County Public School through the school year of 2022-2023 will be destroyed

In accordance with District procedures and Records Retention Guidelines, the following Special Education records housed at Laurel County Public schools will be destroyed: All Special Education records for students who attended any Laurel County Public School through

the school year of 2022-2023.

Parties desiring a copy of his or her records before destruction must contact the last school attended no later than September 1st, 2026.

These records will be destroyed on October 1st, 2026.

Notice is hereby given that Dr. Sara Eldridge of Kentucky Eye Institute, is leaving the practice located at 130 Thompson Poynter Rd, London, KY 40701

Notice is hereby given that Dr. Sara Eldridge of Kentucky Eye Institute, is leaving the practice located at 130 Thompson Poynter Rd, London, KY 40741. All patients may retrieve their medical records from Kentucky Eye Institute located at 130 Thompson Poynter Rd, London, KY 40741 or by calling 606-878-2012. Dr. Eldridge’s last

day at the practice will be August 21, 2026. It is important for existing patients to schedule an appointment within the next 30 days either with one of Kentucky Eye Institute’s doctors or an outside eyecare doctor to ensure they are receiving ongoing care.

Line Ads

CALL 606-528-2464 AND ASK FOR TRISH TO PLACE YOUR LINE AD HERE.

APARTMENT FOR RENT

2 bedroom apartment. 3 miles from Aisin Auto in Lily. Washer, dryer and dishwasher included.
\$650 per month
\$650 deposit
1st months rent due at same.
Call 606-312-1071

PETS FOR SALE

(1) male Yorkie, (1) female Shi T Zu, (1) male Shi T Zu, (2) female Maltese.
859-267-8215 or
606-361-8094

PUBLIC NOTICE

We will be selling a 2014 Nissan Altima, VIN#1N4AL3APX-EN389836 which is registered to Auto Owners, 5801 KASP Court, Lexington, KY 40509 on Monday, July 20, 2026 at 9:00 a.m. at Laurel Service Center, 118 Ridings-Mitchell Creek Road, London, KY 40741 for towing and storage charges

Deadline for placing a line ad is 9:00 am on Monday

PUBLIC NOTICE

2008 Harley Davidson Road Glide Motorcycle, being black in color with VIN#IHDIFS4488Y61077D. The last know owner; Amber Vaughn, 61 Beach Wood Drive, London, KY 40744. If no contact is made this above vehicle will be sold after July 9, 2026. The Towing Company; Performance Auto of London, 8 Jamieson Lane, London, KY 40744 (606)864-3099
*There is no lien on this motorcycle

2023 Defender 6x6 XT Side by Side being blue & black in color with VIN#3JB6KAX44NK000492. The last know owner! Bluegrass 360, LLC, 61 Beach Wood Drive, London, KY 40744. If no contact is made this above vehicle will be sold after July 9, 2026. The towing company; Performance Auto of London, 8 Jamieson Lane, London, KY 40744 (606)864-0399
*There is no lien on this 2023 Defender.