

An encouraging word:

A Choice That Makes A Difference

By Howard Coop



Recently, a beautiful spring morning began as mornings usual do. Breakfast was prepared, and we gathered around the table to enjoy it. After the usual short prayer that contained thanksgiving for a night of restful sleep, gratitude for the expected blessings of a new day, a request for guidance through the day, and gratitude for the food before us, I looked, and there beside a bowl of my favorite cereal was a number of pills to be taken before I ate.

I began to take those little pills, and as I did so, I remembered, with gratitude, that I had been taking one of those little pills for thirty-one years. After trying a number of medications to control my blood pressure, a wise physician suggested that I try a different medicine. It worked marvelously and has continued to do so over the years. Now, my blood pressure is consistently on the low side of normal, and I am, indeed, grateful for that.

Before enjoying the bowl of cereal, I finished taking my medication, and at once, an intriguing thought occurred to me: There is an even better medication that is available to everyone. It can, and does, have a profound effect upon life, and it is free for everyone. But, unfortunately, there is another medication, free to everyone, that is harmful. For

about three thousand years, it has been proverbial that “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Now, who wants a crushed spirit when one can have a cheerful heart?

How one looks at life is determined by one’s own choosing. If one chooses, one can develop a cheerful heart and, even in difficult situations, walk on the sunny side of the street. Likewise, one can, if one chooses, develop a crushed spirit attitude and live in the unpleasant shadows on the wrong side of the street of life. It is a choice that makes a difference.

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The job will be posted thru Saturday, July 13th.

mayor also gave a report on the progress of cleaning up the former Livingston School building. Medley said the school was 95% cleaned up. “We are within one room of having all debris out of the school but the damage is extensive.” The city has a facebook page called Livingston Revitalization which documents the clean-up process.

Medley said he would like to see the building eventually house artisans, a fitness center, perhaps some rooms for tourists to spend the night but said a committee would be appointed to decide what would be best for the community. He also said the police department would eventually be housed in the building which would enhance their public appearance and help with keeping the building secure. Medley also said that there was a possibility of fixing 6 to 8 rooms for overnight stays by tourists in the Forster Mullins’ building and also told the commissioners, “Activities in the entire county will have to be included in our plan. We can’t stuff everything in Livingston.”

The mayor also announced that there will be a Rockcastle River Day on Saturday, July 20th at the ford of the river, if the river is down. There will be live music, a bonfire, hot dogs and marshmallows grilled, a duck race and wacky boats and camping will be available.

“Robbins”

(Cont. from front)

Pennington said that he was still identifying and interviewing other alleged victims at the time of publication and that Robbins’ case remains under investigation.

Robbins is charged with 63 counts of prohibited use of electronic communication system to procure a minor/peace officer regarding sexual offenses. He was lodged in the Rockcastle County Detention Center where he was later released on a \$5,000 cash/property bond.

Superintendent David Pensol said that Robbins is no longer employed in the Rockcastle County School District as a bus driver. He said prior to his investigation and arrest, the board had never received any complaints from parents or students about Robbins’ alleged behavior and actions.

“All of our employees go through a state background check as well as various other extensive background checks and there wasn’t any red flags before his employment with us,” Pensol said. “We never received any complaints from parents and we didn’t learn about the allegations until we were informed that KSP had started an investigation on him.”

Pensol also said, “We will continue to cooperate with the investigation and we will always do everything we can to look out for the welfare of our students in our school system.”



Kentucky Full Throttle 14U earned runner-up honors in the Kern’s State Invitational Tournament at EKU. The team knocked off Lexington After-shock and Jinx in the first two rounds of the elimination bracket, before falling to a strong second year Krossfire-98 squad in the championship game. Local team members are Bailey Chasteen, Juliann Kirby and Shelby Ham.

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“Medley”

(Cont. from front)

three hours of entertainment for \$24 (the bike rental fee).

While in Damascus, the group met with city officials, including the mayor, city manager and tourism director.

One big piece of news for the city is that Steve Barber, director of the Sheltoewe Trace has contacted Medley about the possibility of moving their headquarters to Livingston which would give the town a big boost in their efforts to become the number one trail town in Kentucky. “The Sheltoewe Trace is a 267 mile mostly hiking trail and tourists would be shuttled to the trail from Livingston,” Medley said.

During the meeting, the

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