

Joyful Noise from A-2

repeatedly (John 1:14). Pray for purity of mind and heart (Psalm 51:10). Write out a prayer instead of scrolling (Habakkuk 2:2). Sit with conviction and don't run from it (Hebrews 12:6). Speak scripture over your life (Romans 12:2). Thank God in advance (1Thessalonians 5:18). Surrender all your plans to God (Proverbs 16:3).

Words have great power. Practice gratitude every day with a grateful heart.

Trust Jesus wholeheartedly in all circumstances. Outcomes are not your assignment. Obedience to God is. Test these out and watch your identity shift.

Declarations for you and your family: You are loved by God, chosen on purpose and created for good works. Your character matters more than your comfort. Do what is right even when no one is watching. You don't belong to fear; you belong

to God. You are responsible for your choices and God gives you wisdom to choose well. We tell the truth because we follow Jesus who is truth. Your worth is not earned it is given by God. Kindness and strength can live in the same heart. You are being shaped into who God called you to be, not who the world pressures you to be. Obedience to God always leads to life. Amen! So be it!

JOYFUL House of Prayer, 2519 Quicksand Road, (P.O. Box 856), Jackson, Kentucky 41339. Send Comments/Prayer Requests: Pastornaomi-4god@gmail.com. FB: JoyfulHoprayer. Services: 10am Sunday and Joyful Kids Class at 10:30am, 6:30pm Thursdays. Radio Broadcast: WJSN 97.3 FM & WEKG 81.0 AM Sundays 1-2pm.

Gallery from A-3

water and coffee will also be available.

The GGAC's focus in 2026 will be on membership growth, volunteer assistance, both adult and children's art classes, and an increased retail marketing effort for the

Artist Market and all main exhibit sales.

Next up will be the annual "Peace & Love" art show & sale, set to open on February 27, and March will be a celebration of female artists for Women's History Month and the

"Women in the Arts" show; opening on March 27.

Look for the Grayson Gallery & Art Center, Inc. on social media – including various pages, along with a newly-created "volunteer portal." Contact Dan Click, GGAC director, for more

information at graysongallery@gmail.com. For 24/7 updates, call the GGAC INFO Line at 606-474-7651.

Contact us at news@cartercountytimes.com

Change from A-5

cans who make resolutions believe they'll stick with them throughout the year. Only 9 percent actually do. And 23 percent fail before the end of the first week.

Did some of those people know they would fail? Probably. But I suspect most did not. They had good intentions. They had desire. Like the Swedes, they started strong. But life intervenes. One distracted moment and muscle memory takes over—you

drift into the familiar left-hand lane, or into the McDonald's drive-thru. It happens.

I've made plenty of resolutions over the years. A few I've kept, but most I haven't. Even when I've succeeded, I've often found myself sliding back to old habits. One year, I resolved to lose 15 pounds. I did—fairly quickly, in fact. Goal achieved. And not long after, I was right back where I started. It felt

less like learning a lesson and more like cramming for a test.

The novelist Henry Miller once wrote, "One's destination is never a place, but rather a new way of looking at things."

With that in mind, I no longer make resolutions with rigid finish lines. Instead of losing 15 pounds, I aim to eat healthier. Instead of reading 50 books, I want to read more. I'm less interested in temporary

achievements and more interested in living better.

As the Swedes taught us, lasting change is hard. There will be setbacks along the way. But if we focus less on a defined destination and more on reshaping our habits, change may finally stick—and chaos may give way to something that feels a little more natural.

Utility personnel receives professional designation

GRAYSON – Jeannie McGranahan, Billing Clerk of the Grayson Utilities Commission, recently completed all course requirements necessary for designation as a Utility Management Professional (UMP). This designation, sanctioned by the Kentucky Rural Water Association, is awarded to participants of the Utility Management Institute (UMI) who have completed six short-courses in practical water and wastewater utility management. The courses are Utility Management 101; Utility Organization; Regulation and Law; Utility

Finance and Administration; Human Resource Management for Utilities; Modern Technology and Utility Management; and Public Relations in Utility Management.

The UMI has been developed, with funding from the U.S. Environmental Protection Agency (EPA), to offer training to managers and others interested in becoming managers. Utility Management Institute courses have been offered since 1999. There are currently over 865 participants active in the UMI with 594 recipients of the prestigious UMP designation.



(submitted photo)

Saying "Yes" to healthy activities

Pathfinder Initiative shows early impact as consent forms go home

The Galaxy Project

Consent forms for the Pathfinder student survey have been sent home to parents and guardians of Carter County students in grades seven through twelve, and community leaders are encouraging families to review, sign, and return them promptly. Whether families choose yes or no, returning the form remains essential to ensuring that student voices are accurately repre-

sented. The call for participation comes as the Carter County Pathfinder Initiative is already demonstrating visible positive impacts across Olive Hill and the broader Carter County community.

Pathfinder is a community-led effort focused on improving youth health, happiness, and overall quality of life by strengthening the environments where young people live, learn, and spend their time. The initiative grew out of place-based work connected to the Warrior's Path Project and is coordinated by The Galaxy Project, which serves as the initiative's backbone organization.

"The survey is how we listen to students and understand where to focus our efforts," said Max Hammond, Pathfinder Initiative Coalition Coordinator.

One of the most visible early outcomes is the development of Fire Brick Lake Family Recreation Park in Olive Hill. Supported by a Trail Accelerator Grant from the International Mountain Bicycling Association, the project will add miles of natural-surface, shared-use trails designed to be accessible to riders of all abilities. The project links outdoor recreation, tourism, and youth prevention efforts.

Pathfinder partners have

also expanded youth and family programming at Carter Caves State Resort Park, hosting events such as Wilderness First Aid training, family trail rides, and regional adventure days. These supervised activities create safe ways for youth and families to spend time outdoors together.

Arts and cultural opportunities have expanded through programming at the Olive Hill Center for Arts and Education, where students now have access to music, theater, dance, and visual arts.

"Pathfinder is helping us give kids meaningful activities and a stronger sense of belonging," said Debra Harman, vice pres-

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**COMMONWEALTH OF KENTUCKY
CARTER CIRCUIT COURT
CASE NO. 23-CI-00218**

MID SOUTH CAPITAL PARTNERS, LP PLAINTIFF

VS. **NOTICE OF SALE**

UNKNOWN HEIRS, DEVISEES, LEGATEES AND BENEFICIARIES OF GEORGE WAGGONER AND THEIR UNKNOWN SPOUSES; JACKIE WELLS WAGGONER; UNKNOWN SPOUSE OF JACKIE WELLS WAGGONER; CLYDE CECIL WAGGONER; UNKNOWN SPOUSE OF CLYDE CECIL WAGGONER; GEORGE RICHARD WAGGONER II; UNKNOWN SPOUSE OF GEORGE RICHARD WAGGONER II; JENNIFER WAGGONER; UNKNOWN SPOUSE OF JENNIFER WAGGONER; KELLY MICHELLE WAGGONER; UNKNOWN SPOUSE OF KELLY MICHELLE WAGGONER; COMMONWEALTH OF KENTUCKY, COUNTY OF CARTER; COMMONWEALTH OF KENTUCKY, EDUCATION CABINET; AND LVNV FUNDING, LLC DEFENDANTS

Pursuant to the Judgment and Order of Sale in the Carter Circuit Court, entered on September 16, 2025, I shall offer for sale the property described herein at public auction on the Courthouse steps of the old Carter County Courthouse, 300 West Main Street in Grayson, Kentucky, on the **30th day of January, 2026 at or near the hour of 10:00 a.m.**, to the highest bidder on the following terms:

The aforementioned real estate shall be sold as a whole. The real estate shall be sold on a credit of thirty (30) days, with the privilege of the purchaser to pay for bid in cash in full, and if not paid in full then the purchaser shall make a cash down payment of at least ten percent (10%) of the purchase price to cover the costs of the judicial sale; and the purchaser shall execute a bond for the remainder of the purchase price, with good surety thereon, to be approved by the Master Commissioner of this Court, and bearing interest at the rate of 12% per annum from the date of the sale, until paid; additionally, a lien shall be retained upon the real estate to be sold herein, to secure the payment of the balance of the purchase price within thirty (30) days of the date of sale upon which execution may be levied by the Master Commissioner of this Court.

Description of the Property: 263 Dameron Mayo Road, Grayson, KY 41143. (For Legal Description see LSOT: Deed Book 232, Page 286, Carter County Clerk's Office.)

Map/Parcel ID Number: 120-10-00-070.00.

NOTE: Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

Honorable John P. Thompson
Master Commissioner
Carter County, Kentucky

Health from A-2

at each meal, spread throughout the day.

- Choose water instead of sugary or diet drinks
- Start tracking your intake

These changes improve energy, heart health, body composition, and overall wellness without the stress of rigid rules.

Habits First, Big Goals Later

Instead of starting with a long-term outcome like weight loss or body transformation, begin with short-term habits:

- A 20-30 minute walk most days. (This can be divided into two 10-15 minute sessions.)
 - Two strength-training sessions per week.
 - One improved food or drink choice per day.
- Once those habits feel routine, progress becomes much easier — and far less intimidating.

Why Professional Guidance Matters

Social media is full of fitness advice, much of it conflicting or unrealistic. Working with an experienced, certified personal trainer helps cut through

the noise and creates a strategy that is safe, effective, and individualized.

Many people are also surprised to learn:

- Some employers offer wellness program discounts for local gym memberships
- Certain trainers accept HSA or FSA payments, making professional guidance more accessible

The Takeaway

Health doesn't require perfection — it requires consistency. Start small, use the resources available in our community, and focus on habits that fit your real life. Over time, those habits add up to meaningful, lasting change.

About the Author

Tracy Deborde is an ACSM-Certified Personal Trainer with a bachelor's degree in health science. She specializes in sports conditioning, nutrition, women's fitness, and bodybuilding and physique coaching. Tracy works with individuals of all experience levels to build sustainable, results-driven fitness strategies.

ident of the Olive Hill Center for Arts and Heritage.

Pathfinder's impact is also being felt through youth learning and career exploration. In partnership with the Carter County Board of Education, Pathfinder is developing the 1ST2FLY STEAM festival, which recognizes the area's aviation history while connecting students to hands-on STEAM learning and career pathways.

"When families return the consent form, they help ensure student voices guide the opportunities we build in our schools and commu-

nity," said Kristen Bledsoe, Carter County's Director of Teaching and Learning.

At the center of Pathfinder is an anonymous student survey administered during school hours. The survey does not collect names and results are used only as group-level data to guide community planning. Parents and guardians are encouraged to return consent forms promptly to strengthen the data used to sustain and expand programs already improving quality of life for Carter County youth.

Webb files bill to protect agritourism

FRANKFORT— Sen. Robin Webb, R-Grayson,



Robin L. Webb
Senator
State of Kentucky

has filed Senate Bill 45 to strengthen and protect agritourism across the commonwealth by ensuring farmers and agribusiness operators are not subject to unreasonable or impractical local restrictions.

SB 45 updates Ken-

tucky's agritourism statutes to clarify and modernize definitions while reinforcing protections for agritourism activities that comply with existing public health, safety, planning and zoning requirements. The bill recognizes agritourism as an important economic driver for rural communities and family farms.

The legislation prohibits cities, counties or subdivisions from adopting or enforcing ordinances or regulations that place undue burdens on agritourism activities, making them unreasonable or impractical to operate. Any local regulation that conflicts with these protections would be deemed void and unenforceable.

"Agritourism helps keep family farms viable while giving Kentuckians

and visitors a chance to experience our agricultural heritage firsthand," Webb said. "This bill provides clarity and consistency so farmers can continue to host events, educate the public, and grow their operations without unnecessary red tape while still respecting local public safety and zoning laws."

SB 45 also clarifies that agritourism activities may include a wide range of historic, cultural,

educational, and recreational uses such as farm tours, harvest-your-own operations, weddings and ancillary events, livestock exhibitions, and activities involving working animals, regardless of whether participants pay to participate.

The bill preserves existing law enforcement authority by explicitly excluding illegal activities, such as dog fighting or animal fighting, from the definition of agritourism.

SB 45 focuses on supporting Kentucky agriculture, promoting rural economic development, and ensuring that agritourism operators have clear, fair rules under state law.

Stay updated on legislative measures, including SB 45, at Legislature.ky.gov