

SWIM, — Continued from Page One

finished the meet as follows:

Boys

Region Champion: Kendall Wilson (State Qualifier)

Region Runner Up: Garen Railsback (State Qualifier)

3rd Place: Daniel Blakey (State Qualifier)

Girls

Region Champion: Lyla Root (State Qualifier)

Region Runner Up: Abigail Robertson (State Qualifier)

3rd Place: Alivia Crawhorn

Divers who qualified for KHSAA State will compete on February 20 and 21 at University of Kentucky's Lancaster Aquatic Center.

The swim team was prepared to head to TK Stone in Elizabethtown for Regional Prelims/Finals on Friday & Saturday, but due to Snow/Ice Storm coming in on Saturday, the meet was cut down to a single Timed Final Meet on Friday.

The Lady Lakers finished the Regional Meet with a third place finish, and the boys came away in fifth.

The Girls 200 Medley Relay Team of Haylyn Pierce (tenth), Blair Brumett (eleventh), Marlei DeVore (twelfth), & Maddie Prater (tenth) started off the meet for the Lakers with automatic bid to KHSAA State First Round with a runner up finish to Central Hardin.

The Boys Medley Relay of Ethan Coe, Ethan Hart, Jacob Phillips, & Kendall Wilson finished third.

The Boys 200 Freestyle Relay of Jacob Phillips, Kendall Wilson, Ethan Hart, & Ethan Coe were Region Champions setting a new Laker Team Record with a time of 1:32.27

The Girls 400Free Relay of Haylyn Pierce, Blair Brumett, Maddie Prater, & Marlei DeVore finished fourth.

The Boys 400 Free Relay of Daniel Blakey, Jameson Root, Garen Railsback, & Devin Dunbar finished sixth.

Laker Swimmers medaling in the meet individually are as follows:

Marlei DeVore: 200 IM (fifth), 100 Free (seventh)

Blair Brumett: 100 Breaststroke (fifth)

Kendall Melton: 100 Butterfly (sixth)

Haylyn Pierce: 100 Backstroke (third)

Ethan Coe: 50 Freestyle (sixth), 100 Freestyle (third)

Ethan Hart: 100 Breaststroke (fourth)

Kendall Wilson: 100 Breaststroke (eighth)

Lakers earning Region All Region

Team Honors were: Lyla Root, Kendall Wilson, & Jacob Phillips.

Laker Swimming automatic qualifiers for KHSAA State First Round in Bowling Green on February 7 are:

Girls 200 Medley Relay of Haylyn, Blair, Marlei, & Maddie

Boys 200 Free Relay of Jacob, Kendall, Ethan H, & Ethan C.

Jacob Phillips led the Lakers with two Region Championships in the 200 Freestyle and in the 100 Butterfly, lowering his Region 3 Record to a time of 51.40.

Jacob also was selected as the Region 3 Swimmer of the meet due to his times in his two individual events.

He will automatically qualify to move to Bowling Green High School for the KHSAA State First Round.

The qualifying swimmers to Bowling Green final selection will be made this coming weekend after Regions 1 & 2 compete this coming Saturday on January 31.

The top 2 from each Region are automatic qualifiers, then the next top 10 times across Regions 1, 2, & 3 will receive at large bids to the First Round Meet to try and qualify as one of 24 in each event to move on to the KHSAA Championship Finals at University of Kentucky on February 20 & 21.

Information on additional qualifiers will be posted on the RCHS Swim & Dive social media as they are announced.

Laker Coach Valerie Reynolds was also honored by the other Region 3 Coaches by being selected as the Region 3 Girls & Boys Coach of the Year.

**See more coverage in next week's Times Journal*

What health care professionals say about kids and devices



The ubiquity of devices in twenty-first century life is hard to miss. Whether it's smartphones, tablets or laptops, devices are seemingly everywhere in modern life. That's even true with young children, who have a tendency to bring tablets along during car trips or nights out at a restaurant.

Parents walk a tightrope regarding screen time and children. Though media use is often, and understandably, discussed in terms of its potentially harmful impact on young minds, the issue is not exactly as one-sided as it may seem. For example, kids are naturally curious, and parents may not always have the answers to youngsters' questions. In such instances, devices can fill the gaps by encouraging kids to explore topics that interest them and find answers. Device usage also can teach kids digital literacy, which can help to prepare them for life in an increasingly digital world and also provide a way for children to employ lessons about internet safety emphasized by parents and educators.

The danger of devices in regard to young minds largely concerns overuse. Parents uncertain about how to help kids reap the rewards of media use without overdoing it can consider these recommendations courtesy of the American Academy of Pediatrics.

- Greatly limit

device usage and access with children under age two. The AAP notes that children two and younger learn best when they interact with other people, including parents, siblings, caregivers, and others. The AAP also notes that children two and younger do not easily understand what they see on a screen and how it relates to their world, which makes screens a less useful educational tool for such youngsters than parents may realize. If parents of children between the ages of 18 and 24 months want to introduce screens to their kids, the AAP advises watching only high-quality programming and watching along with them. Reteaching lessons when programs end also can help kids make the most of their limited screen time.

- Limit screen time to no more than one hour per day for kids between the ages of two and five. Children between ages two and five can utilize devices to build their vocabulary, and quality programming like "Sesame Street" can instill valuable social, language and reading skills. The AAP recommends co-viewing with youngsters in this age bracket as well, and be sure kids are watching interactive, nonviolent, educational, and pro-social media.

- Don't allow devices to become older children's go-to activity. Many

schools now supply devices to children from kindergarten on. While that's a testament to the educational utility of devices, it also can complicate parents' efforts to minimize screen time, particularly if kids take tablets or laptops home from school each day. The AAP urges parents to make sure children five and older are not missing out on sleep, family time and exercise due to their device usage. The AAP also recommends that parents monitor kids' media usage to ensure they're safe and watching appropriate content.

- Discuss media usage with teens and tweens. Teens and tweens

typically consume media without oversight. But the AAP emphasizes the importance of engaging teens and tweens in a dialogue regarding media use, digital citizenship and online content, whether it's read or viewed. It's also important that parents keep track of who teens and tweens are communicating with while on their devices.

It's not easy for parents to navigate their children's device usage. But the right approach can ensure kids are safe and reaping the rewards of engaging with their world through their devices.

Community Calendar

Lucinda Cemetery

LUCINDA CEMETERY, RUSSELL SPRINGS, KY Board of Directors Meeting for 2026 will be held 7/13/2026 @ 6:00 pm CST via Zoom. Those with plots and/or loved ones buried in Lucinda who are interested in listening to the meeting need to contact Denise Whittaker at least 24 hours prior to the meeting by calling and leaving her a message with contact information at 606-308-3835 or by email bernise777@gmail.com to obtain sign in information/directions.

Community Blood Drive

There will be a Kentucky Blood Center blood drive that offers donors the opportunity to celebrate the gift of life by giving blood. As a thank you for blacking out blood shortages, donors will receive an all-black hoodie (while supplies last). In addition, one lucky donor will win a \$100 gift card sponsored by Randy Marcum, Russell County Judge Executive. The drive will be Thursday, Jan. 22 from 11:30 a.m.–5:30 p.m. CST at the South Ky RECC Community Room located at 2405 N Main St., Jamestown, KY 42629.

Vendors Market

Main Street Church of God will be hosting a Vendors Market January 24th from 10am to 4pm. Message Billie Wimmer at 615-920-1765 to book. Church is located at 66 Main Street Russell Springs, KY 42642.

Senior Community Service Employment Program

Accepting applications for part-time positions in Adair, Clinton, Cumberland, Laurel, McCreary, Pulaski, Rockcastle, Russell, Wayne, and Whitley. Must be 55+ years of age, meet limited income guidelines, be unemployed and looking for employment. Call Connie Foster at 606-210-1129 or Jolene Aleman at 270-566- 5316 or visit www.goodwill.org/SCSEP Let us help you re-enter the workforce!

D.A.V. Meeting

The D.A.V. meets the 4th Monday of each month at 6:00 P.M. CST at 155 Owentown School Road Russell Springs, KY

TOPS

Take Off Pounds Sensibly is a weight loss support program whose goal is to help men/ women/ youth to become healthier by losing weight in a sensible manner. The local chapter, TOPS 396 Russell Springs meets Mondays at 5pm at Liberty Baptist Church, 215 Wilson Street in Russell Springs. Online memberships and virtual chapter memberships are also available. Yearly membership dues are less than \$50, first visit is free. Questions? Text/ call Bonnie, chapter leader, 270-566-1284 or visit TOPS.Club.org

God's Food Pantry of Russell County

God's Food Pantry of Russell County God's Food Pantry of Russell County is open Monday-Wednesday-Friday from 12:00-4:00 PM. The pantry is located at 101 Brian Walters Dr. In Russell Springs. Call for information 270-866-7992.

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY. Thursday nights at 5:30 P.M., The Springs, 226 Jamestown St., Russell Springs. Monday nights at 6:00 P.M. Solid Rock Church 189 West Drive Russell Springs.

NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, January 30, 2026, at the hour of 10:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon (unless otherwise indicated) the following terms and conditions:

A) For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner's bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.

B) Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.

C) The property shall otherwise be sold free and clear of any right, title, and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk's Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

The Master Commissioner Sale/Deed is not a warranty of good title. Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner's Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner's Sale.

Bidder should examine the records of the Russell Circuit Clerk, the Russell County Clerk and Adair County Clerk prior to the sale for further information. Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

SALE NO. 1

Property 1 – to be sold first - Address: 109 B Clark Road, Russell Springs, KY 42642 (located in Russell Co.) (Map No. 022-30-02-007.00)

AND

Property 2 – to be sold second - Address: 7110 Greensburg Road, Greensburg, KY 42743 (located in ADAIR Co.) (Map No. 029-00-00-004.00)

BOTH properties will be sold in Russell Co. as set out above.

Community Trust Bank vs. Jenna Whitt, Unknown Spouse of Jenna Whitt and Joyce McFarland as POA for Jason McFarland

Russell Circuit Court, Civil Action No. 24-CI-00181 Principal amount to be raised for both: \$324,963.42M

GAIL WILSON, MASTER COMMISSIONER, RUSSELL CIRCUIT COURT