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Be a source of hope for your teen

BY TAJUANA DAVIS LIVING HOPE MINISTRIES

pproximately 8% of adolescents had symptoms of major depressive disorders in 2009. That percentage increased to 16% in 2019 and has now reached 20% this year. 36% had persistent feelings of sadness or hopelessness. that's over 1/3 of teens today. Suicide rates among teens have increased as well, rising 62% from 2007

to 2021. 25% of people know of someone who has died from suicide. Four times as many teens die from suicide than die from

This is what I believe to be true and what I think is the only way to combat these negative statistics that should cause most to gasp with a sense of despair.

Here it is: It's Moms and Dads, and family, that

can usher in a sense of hope. The hope that your teen hungers for and the encouragement they desire can come from parents who are intentional to help their adolescents overcome their emotional pitfalls, negative thoughts, and daily challenges they face.

MAKE TIME FOR YOUR TEEN

Making time for your teen shows him that he's important to you, and who teen know that mom and doesn't want to feel loved and valued? No matter what your teens says, in his heart he wants to spend time with you and not just once in a while. You need to set aside a regular, weekly time to spend together. As you do, your consistent presence will instill a sense of hope and an understanding in your teen that he is not alone. You letting your

dad will be available as he grows into adulthood, and as he faces challenges, is key to instilling a sense of hope for the future. When you do grab that special time of the week to spend with your teen, spend a majority of the time asking questions, challenging their thoughts, and throwing out bits of wisdom that lets them know that you are concerned for

their heart. Over time, your conversations will go deeper. You will have the opportunity to share your wisdom and speak into his life. Not every conversation will be significant and some may get uncomfortable, but do your best to make your time together positive. It will stir up life-giving hope for your teen.

SEE HOPE/PAGE B5

A sacrifice

SHANE

WILLIAMS

hat comes to you hear the "sacrifice"? We often use that word when thinking about buckling down and being more strict. We sacrifice when we try to save money and not over spend.

We sacrifice when we drive an older vehicle to then have money to use for something else. We sacrifice our time when we do something needed instead of just what we want.

Whatever we come up with in terms of sacrifices we make, pales in comparison to what Jesus did for us on the cross. Jesus suffered and died on a cross, not because he deserved it or was guilty of sin but because we deserve it and are guilty. Jesus died for the sins of the whole world (I John 2:2).

The writer of your mind when Hebrews talks a lot about sacrifices and

compares the animal offerings of the Old Testament with the death of Jesus. In Jesus' death, He rendered powerless the devil (Heb. 2:14). In Jesus' death, He established a better covenant

built on better promises (Heb. 8:6; 9:15-17). In Jesus' death, animal sacrifices were no longer needed, as He was the perfect sacrifice (Heb. 10:4, 10-14).

Jesus "became the author of eternal salvation to all who obey Him" (Hebrews 5:9). Knowing that Jesus did all these things for us, what will we do? Paul said that our lives in Christ are to be "living sacrifices" (Romans 12:1). This is what is acceptable before God. Jesus died for us; will we not live for Him?

Love that cares enough to get involved

e do not have to look very far to find someone that is struggling. Many are suffering from a crisis of health problems, their children, grieving over a loss, financial worries, marriage issues, and the list goes

but actually intervene

in some tangible way?

Instead of just discuss-

having pity, with God's

power we can help with

what they are praying

for. James chapter two

talks about the differ-

ence between having

involved and literally

by our willingness to

faith without becoming

demonstrating our faith

reach out and be a friend

ing the suffering and

on. When difficult situations are presented, we become sympathetic, but how often do we consider that God may have brought these individuals to our attention so that we can not only pray

in need.

BILLY

HOLLAND

Have vou ever been discouraged or in trou-

ble and you cried out for God to please send help? If someone responded, vou knew they were a Godsend, right? But if no one came, we assumed the Lord convicted someone to intervene, but

they were probably busy and distracted or maybe they simply did not want to get involved. I believe this reveals more about what life is really about than we care to consider. Many are convinced they are free to live however they want and I can understand this point of view for a non-Christian. However, for those who are followers of God, the Bible clearly explains we are to take the respon-

sibility to develop a new way of thinking. A renewed mind will rearrange our priorities from having a selfish attitude to being selfless.

This transformation produces what we call spiritual discernment where the individual becomes more sensitive to God's presence. God is always speaking, but the question is are we close enough to Him to hear His voice? I thought we were to be developing the attributes and character of Jesus. I Corinthians 6:19-20 says, "What? Do you not know that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own? For you are bought with a price: therefore glorify God in your body, and in your spirit, which is God's." Accepting the life-changing gift of sal-

vation includes the vow to let go of our rebellion and become focused on the two greatest commandments which is loving God with all of our heart and loving others as ourselves.

The Bible refers to those who become God's children as instruments and vessels of honor, which means we are called to serve. God's plan for His children is to grow strong in spiritual awareness and be ready to respond when He calls, (which by the way there is much to do). He may be guiding and preparing us to present a Bible scripture with a friend at work or maybe write a letter to someone we are concerned about. There are so many opportunities all around us where we could bring encouragement, but will we?

SEE LOVE/PAGE B5

COMMONWEALTH OF KENTUCKY LYON CIRCUIT COURT CIVIL ACTION No: 24-CI-00049

FREDONIA VALLEY BANK

PLAINTIFF.

NOTICE OF MASTER COMMISSIONER SALE

UNKNOWN SPOUSE, IF ANY, OF

STEPHANIE RENEE WAKELAND;

DEFENDANTS.

By virtue of a Default Judgement and Order of Sale entered on July 12, 2024, and by further order entered herein February 3, 2025, the undersigned Master Commissioner will, on WEDNESDAY, the 26th day of February **2025, at 1:00 O'clock P.M.**, local prevailing time, at the Courthouse door in the City of Eddyville, Lyon County, Kentucky, expose to PUBLIC SALE to the highest bidder, the following described real property which is located in Lyon County, Kentucky, and more particularly described as follows:

Property Address: 993 Travis Road, Kuttawa, KY 42055

Property Valuation Administrator Map Number: 20A-1-13

Being Lot #13 in what is known as Shady Hills Subdivision, Unit 1, shown on Plat of same recorded in Plat Cabinet 1, Slide 117, Lyon County Clerk's Office. SUBJECT to Subdivision Restrictions of record on the face of the plat and of record in Plat Cabinet 1, Slide 117,

Lyon County Clerk's Office. ALSO INCLUDED is that certain 1998 Patr. 16' x 80' mobile home, VIN:PAT22594IN, situated on the above-

described property.

Being the same property conveyed to Stephanie Renee Wakeland by Deed of Conveyance from Alison Shaine McQuigg and husband, Devin Wayne McQuigg, dated November 1, 2021 and recorded in Ded Book 182, Page

An Affidavit of Conversion of Real Estate for a 1998 Patr. 16' x 80' mobile home, VIN:PAT22594IN, situated on the above-described property, was filed of record in Miscellaneous Book 29, Page 73 in the Office of the County Clerk of Lyon County, Kentucky on November 5, 2021.

Subject to all restrictions, conditions and covenants and to all legal highways and easements.

Said property is to be sold as a whole to produce and Plaintiff is hereby granted a monetary judgment for sums due pursuant to (Note 1) as follows:

- A. Principal unpaid balance of the indebtedness in the amount of \$62,091.82;
- B. Interest accrued through July 1, 2024, in the amount of \$2,255.00, together with interest thereafter calculated at the per diem rate of \$7.0938; C. Late fees and miscellaneous fees in the amount of
- \$1,129,27; D. The costs and expenses, including reasonable attorney's fees, incurred by Plaintiff in collecting the amounts owed under (Note 1) as of July 1, 2024, in the amount \$2,789.62; and
- E. Late fees, costs and attorney's fees incurred subsequent to July 1, 2024, with said amount to be established by further Order of this Court.

TERMS: Sale will be for cash or on a credit of thirty

- Said property is to be sold as a whole to produce and Plaintiff is hereby granted a monetary judgment for sums due pursuant to (Note 2) as follows:
- A. Principal unpaid balance of the indebtedness in the
- amount of \$3,444.40; B. Interest accrued through July 1, 2024 in the amount of \$391.10, together with interest thereafter at the per diem rate of \$1.2173;
- C. Late fees and miscellaneous fees in the amount of
- D. The costs and expenses, including reasonable attorney's fees, incurred by Plaintiff in collecting the amounts owned under (Note 2) as of July 1, 2024, with said amount to be established by further Order
- E. Late fees, costs and attorney's fees incurred subsequent to July 1, 2024, with said amount to be established by further Order of this Court.

(30) days with the purchaser paying not less than ten percent (10%) of the sale price and executing a bond in the remaining amount of the purchase price with good and sufficient surety payable bearing interest on the purchase price at 4.170% percent per annum from the date of sale until said bond is paid. A lien is retained against the property to secure the payments of said purchase bond and all interest thereon. The Master Commissioner shall approve the

The property shall be sold subject to all existing restrictions and utility easements now of record affecting the same. Said property will be sold subject to the right of redemption by the United States arising under 28 U.S. Code, Section 2410.

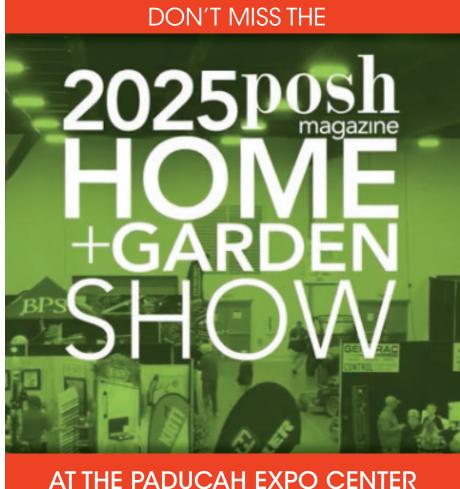
bond and said bond shall have the force and effect of

All delinquent taxes shall be paid from the sale proceeds. Purchaser shall pay 2025 and all subsequent ad valorem taxes. The subject property shall be sold free and clear of all liens of the plaintiff and defendants in the action.

All bidders will be prepared to comply promptly with

The purpose of this sale is to pay all costs of this action, and the remainder is to be distributed between the parties as their interests have been adjudged.

LINDELL CHOAT, MASTER COMMISSIONER, LYON CIRCUIT COURT





Scan the QR code & visit our website for more information

Friday March 14th 4:00 PM - 8:30 PM

Saturday March 15th 9:00 AM - 5:30 PM

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