Bouncing Back From Adversity Bryan Golden

of a man is not where omfort and convenience, out where he stands at times of challenge and times of Martin Lu-

able part of life. Death of a loved one, breakup of a relationship, malicious action by another, job loss, the economy, natural disaster, or any other ndesirable event, are

out, circulate, and meet ontrol. Successfully bouncing people. If you've made a bad decision and are unback from adversity is es bad decision and are un-happy with your circum-stances, resolve to change direction. Effecting a correction can be difficult, sential for a healthy life Overcoming adversity builds mental strength, character, and endurance You develop in ways that but persisting in an unwould not otherwise be happy state is torture

You have control over respond to unpleasant ircumstances. However nost people aren't a good

role model for effectively dealing with adversity. Channeling your en-ergy into positive action

is one of the best cures for example, if you've lost a job, immediately begin bad unemployment is, the odds are always weighted odds are always weighted heavily in your favor. Even if the unemployment rate was an astronomi-cal 15 % you have an 85% chance of finding a job.

If a relationship has. adversity. No one is ever ended without any chance singled out. No one know why some things happen they just do. Some decide to regain their footing. mfort in the fact that keep moving forward. Others choose to give up Each time you hou back from adversity, you get stronger and wiser and can teach others by example how to do it also Adversity is overcome by strong resolve coupled with action.

People who fear advers

ty allow themselves to be-come worn down by it. As they do everything they can to avoid adversity,

tract more of it into their

induces us to dwell or

The next time you face adversity, treat it as an opportunity rather some-thing to loathe. Doing so ciate adversity will enable you to use it stant vigilance to avoid as a stepping stone inbecoming discouraged. stead of feeling crushed Again, since adversity is by it. With each adversity an unavoidable part of life, as well as being ea-sential for success, you may as well have a posiyou overcome, you will gain invaluable knowl-edge while growing stron-

Exposure Network pro-gram since 1991. Through

American Cancer Society Offers Help to Cancer Patients Impacted by Kentucky's Winter Storm

If you are a cancer patient impacted by the recent weather conditions, the American Cancer Society can help. Call 1-800-ACS 2945.

M. ramore patients have been displaced due the recent weather conditions in Kentucky. Hyou or summone you know is a cancer patient impacted by Kentucky's winter storm, the American Cancer Society can help. Call 1:800-ACS-2346.

The American Cancer Society is offering assistance to cancer patients impacted by Kentucky' winter storm. Assistance is also available for cancer patients who are staying with framed and family members away from home. For more information, call the American Cancer Society at 1-800-ACS-2346, x 4 hours a 460, 7 4 aya, we way.

Kentucky Supports America Saves Week **Governor Signs Proclamation Urging Citizens** to 'Build Wealth, Not Debt' **Department of Financial Institutions Offers**

Free Savings Workshop throughout this year."
The Kentucky Department of Financial Institutions (DFI) is supporting

the governor's call by of-fering a free public work-

shop on saving money

at the Lexington Public Library. "Pay Yourself First" will be presented at 7 pm. Tuesday, Feb.

24, at the central library,

bachelor's degree at one

more than \$12 million in

financial aid to aspiring

There are 80 scholarship

scholarship's total value

is around \$50,000 for four

140 East Main St. Free

FRANKFORT, KY (Feb. 20, 2009) - Gov. Steven L. Beshear today signed a proclamation urging ntucky citiz noney in 2009 in honor of America Saves Week, Feb.

"Personal saving is ndamental to the com nonwealth's stability and debt and to pledge to continue that commitment

and investment accounts.'To register, call 859-231-0 "America Saves Week

is a great time to analyze ture," said DFI Commis sioner Charles Vice. "The Lexington library work shop is one of many public to outreach events DFI of-fers throughout the year T to help Kentuckians make; materials and information materials and information will cover ways to save money, plan for the future and understand savings wise and safe financial

Engineers Week

Department of Highways by the Kentucky Trans-For Immediate Release-February 17, 2009Con tact:Allen BlairAllen

Transportation Cabinet elebrates more than 60 yearsof nurturing aspiring engineersPart of National Engineers Week observance, Feb. 17-23FLEM-INGSBURG – It sounds like a simple question: What is an engineer? But, often, the answer's a bit more complicated. "Try it in a classroom full of smiling fourth-graders," says Deanna Miller, smiling herself. "The response is ostly. They drive trains! mostly, They drive trains.
It's OK though, because
it gives us a chance to tell
them that's only one type of engineer."Miller, a profes sional engineer employed

VELLS FARGO BANK, N.A.

portation Cabinet's northeast Kentucky highway district, is one of hundreds throughout the state who visit classrooms each year to talk about the other types. They are the civil. chemical computer and

COMMONWEALTH OF KENTUCK NICHOLAS CIRCUIT COURT CASE NO. 08-C1-00162

it, highway engineers visit schools throughout the state to discuss applications of math and science in daily life and the opportunities and challenges presented chemical, computer and other engineers who use their imagination, math and science to turn ideas into reality. The National in the field of engineering Each of the Transporta-Each of the Transporta-tion Cabinet's 12 district offices has a KEEN coor Engineers Week Foundadinator who works with tion, which celebrates its presentations tailored to signature week Feb. 15,21 elementary, middle and high schools. Presentaand says everything around tions are adapted to difus and that we use every ferent age groups. Topics day has been engineered in range from the work of range from the work of engineers to computer ap-plications and scholarship programs. "It's an opporsome way, yet we may no see the engineers behind the scenes or know much tunity for us to share what about engineering. To boost student "exposure" to that we do every day, whether profession, the Transporit's designing highways and tation Cabinet has offered bridges or traffic patte

hands-on activities," said hands-on activities," said Miller, KEEN coordinator and branch manager for project delivery and pres-ervation at Flemingsburgbased District 9.Since its implementation KEEN has for more than 60 years, the Transportation Cabinet has offered college scholarships to students interested in pursuing bachelor's degrees in civil engineering at the University of Kentucky, the University of Louisville and Western Kentucky university. The program also allows students of Kentucky State University and the Kentucky Commu-

nity and Technical College (502) 564-3730 or e-mail at System to take pre-engi-neering courses en route to Jamie.BewleyByrd@ky.gov. The cabinet's scholarship application, qualifications of the three larger universiand guidelines can also be ties. Each year, the cabinet found at that Web site, or awards 10 to 20 new scholarships. To date, nearly 1,700 scholarships worth ion.ky.gov/ in Bath, Boyd, Carter, Elengineers have been award liott, Fleming, Greenup, Lewis, Mason, Nicholas and Rowan counties, call the Department of Highways District 9 office at (606) 845-2551: or visit KEEN on the Web at www.tra portation.ky.gov by clicking the "education" link.Visit www.eweek.org for more years of study.Applica-tions must be submitted by information on National arship program administra Engineers Week.

tor, Jamie Bewley-Byrd, at

COMMUNITY

Millersburg cadet facility renovations progressing

On a chilly Saturday

norning, before most of former Military Acad- recruits. started stirring from their beds, over two doz- juvenille deliquents can school who joined an Exbegun their day's full cipline. schedule of activities:

ing how to conceal their and doing well in school: a good future for nfe."
equipment and their Col. Land stated, "We Recruit Blythe is a 17

ighting positions Learning how to se-

And the favorite:

former Millersourg Military Academy, And as hard as the staff career."

has been working at put-ting out the word, some from all over the state, of the information is still not getting out.

Staff would like every-one to know, "We are Just because you didn't gin your training at any

with some coming as far as North Carolina to Col. Joseph Land, the participate in the first-organizations Chief of rate training program. Recruit Sykes, for ex

open for recruitment, junior in high school from Bourbon County attend our first couple He plans to attend the f orientation sessions Air Force Academy and doesn't mean you have become a fighter pilot.

missed your opportunity. He arrived at drill this You can join up and be, past weekend and was toon Sergeant," giving



sids of marching in formation. Cadets attend drill one dekend a month and approximately two weeks du



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Walker Mattox

Loren Clark

emy, or that the Cadet Recruit Spencer is a 17 Corps is a place where year old junior in high

Nothing is farther from learning more about the

crime-free, and I thought it could be

Another misconception him the responsibility is that the 18-acre facil- not only for his own acity in Millersburg is sim-ply a restructuring of the the actions of his fellow

be sent to learn some displorer program in North Carolina with hopes of

Attending classes on the truth, identifying military rank vouth desiring to be.

Learning how to come cadets most go march in a formation through a screening progroup at agr 11. "My daying camoflage cess to ensure they are dad is in the military,

are not interested in try- year old junior from Lexing to rehabilitate trou- ington. "My cousin is in actually well ahead of cruits bled children. Our pur-pose is to provide youth to Iraq and is about to When

pare youth for a military Cross staff have been is under renovations to of Cadets, which will be career.

And the cadets come that happen - and are racks facility for new reThursday, Apr. 23, 8-4



Cadets learning basic martial arts

SEED - SEED - SEED

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pected. The parade will

Formation of Cadets,

raised over the facility

Careful restoration of the brick face of Allen House required dismantling the chim ney (inset) in order to maintain the original appears replaced with modern bricks made to appear older.

The entire staff are opportunity to attend

When the bank in extremely proud of the another military ball. who are interested in head over to Afghanispicity and are eager and are eager Saturday, Apr. 25 be-joining the military in stan. I want to be like they wrote of historic to show off their prog-gins with the Parade of who are interested in nead over to regamin' species are property, in the property of the property of the future a very ac. him." He plans on at. Rankin Hall as a total ress to the public. And Cadets from 9:30 · 10:00 Initial instruction in curate picture of what tending Officer Candinardial arts of that purpose, the call a.m. 30 organizations building would have to endar is quickly filling have already signed about. We are not like ing and infantry officer. be torn down. Col. Land with excellent events for up to participate in the some academic organi- Providing first-rate was thrilled to report both the zations that inciden- training to first-rate care that as of last week, the public. first-rate was thrilled to report both the cadets and the parade, with more ex-From April 23-26, the begin on the recently acquired by the tally take on a military dets obviously requires building inspector has From April 23-26, the begin on the west side to be a satisfied to the state of the state o

Thursday, Apr. 23, 8-4 which will be the first is the Army Cadet Clas- time the U.S. flag will be

sic Clay Shoot. Friday, Apr. 24, 11:30 The flag will be brought 1:00 is the Millersburg onto the football field Military Academy Insti- by a parachutist, and tute Alumni Luncheon then carried from the an opportunity to pre- field to the flagpole on

serve the proud heritage 'horseback, promising to of the facility. From 3- be both a historic and a 5 p.m. is the Formation memorable event. Meeting with the MMI There will be an ope Alumni Association, house from 11-5, fo And on Friday, Apr. lowed by the Army Ca

24, 6:30·11:00 p.m. is det Birthday Ball from the Millersburg Military 6:30·11 pm. Ball. In years past, this Finally, the Chaplain formal ball was one of will conduct a non-dethe key social events of nominational worship the year, and many of service on Sunday, Apr

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