~ OBITUARIES ~

Jordan LaFavers

Jordan LaFavers, age 31, of Russell Springs, KY, passed away Sunday, November 12, 2017 at the Russell County Hospital. He was born May 21, 1986 in Columbia, KY.

Jordan was a commercial floor installer for Bennett's Carpet.

Survivors include his wife, Rebecca Lynn LaFavers of Russell Springs, KY; three children, Addacin, Ethen, and Nolan; his father, Brian LaFavers of Russell Springs, KY; his mother, Tammy LaFavers of Jamestown, KY; two brothers, Douglas and Justin; three sisters, Kayla, Megan, and Zara; and a cousin, Austen.

The funeral was held at 12:00 p.m., Wednesday, November 15, 2017 at the Bernard Funeral Home Chapel, with Bro. Wayne Keith officiating.

Interment was in the Russell Springs City Cemetery.

Bernard Funeral Home in Russell Springs, KY was in charge of the arrangements.

Dorothy E. Payne

Dorothy E. Payne, age 94, of Russell Springs, KY, passed away Tuesday, November 7, 2017 at the Russell County Hospital. She was born April 5, 1923 in Cumberland County, KY, and was a daughter of the late Luther Green and Loretta Brown Price.

In addition to her parents, she was preceded in death by her husband, John Rine Payne; two sons, Harry Payne and Lonnie Payne; three brothers, Holland, Vernon, and Lilburn Price; and two sisters, Carrie Kell and Algie Swift.

Dorothy was a homemaker.

Survivors include three children, Persellia Fay Payne of Russell Springs, KY, Gary Joe Payne of SC, and Barry Dexter Payne of Russell Springs, KY; one grandson, Dr. Joseph Rine Payne of Russell Springs, KY; three sisters, Ada Pennington of Shepherdsville, KY, Mary Lee Scales of Russell Springs, KY, and Betty Smith of Russell Springs, KY; and two brothers, Jimmy Price of Shepherdsville, KY and Jackie Price of Burkesville, KY.

The funeral service for Dorothy E. Payne was held at 12:00 p.m., Saturday, November 11, 2017 at the Bernard Funeral Home Chapel, with Bro. Dennis Price officiating.

Interment was in the Russell Springs Cemetery.

Bernard Funeral Home in Russell Springs, KY was in charge of the arrangements.

Douglas D. Moseley

Douglas D. Moseley, of Bowling Green, KY, passed away Wednesday, November 8, 2017 at Hospice House of Southern Kentucky. He was born on March 24, 1928 in Bowling Green, KY, and was preceded in death by his parents, J Lee Moseley and Eva Lottie Moore Moseley Stamps.

A 1945 graduate of Bowling Green High School and a member of the BGHS Hall of Honor, Moseley began his higher education at Western Kentucky University and transferred for his senior year to Kentucky Wesleyan College, from which he graduated in 1952. He also earned a Master of Divinity degree in 1957 from the Candler School of Theology at Emory University. Union College bestowed an honorary doctorate in public service upon him in 1985, and he received an honorary doctorate in humane letters from Lindsey Wilson College in 2010.

Moseley had extensive experience in the life and work of the church, in education, and in public service.

Reverend Moseley was a member of Broadway United Methodist Church in Bowling Green, KY, from which he was licensed to preach in 1946. He served as pastor for Methodist churches in Snellville, Georgia, and Hopkinsville, Park City, Highland, Old Zion, Russell Springs, Columbia, Albany, Munfordville, and Campbellsville, Kentucky.

In 1960, Moseley was hired as a professor of religion at Lindsey Wilson College and also served as chair of the religion department and assistant to the president. Among his many professional and governmental experiences, Moseley was elected to the Kentucky State Senate in 1973 and served until his retirement in 1986. He was also appointed to the Kentucky State Parole and Probation Board, the State Personnel Board, and the Kentucky Legislative Ethics Commission. He served as district superintendent of the Kentucky Department of Parks and was a drug and alcohol abuse counselor for the Lake Cumberland Area Development District.

After his retirement, Moseley published three books, There Is More to Preaching Than Just Preaching, A Table Speaks, and From George W. to George W.

Moseley is survived by his wife of 63 years, Betty Jean Wyant Moseley, and three children, J Lewis Moseley (Sandra), Rebekah Ellen Bragg (Darrel), and Leslie M. Watkins (Chris). He is also survived by three grandchildren, Matthew Douglas Bragg, Andrew Jordan Bragg, and Haley Elizabeth Moseley, and seven great-grandchildren. A sister, Barbara Moseley Cockrum, of Owensboro, KY, also survives.

A celebration of life was held Saturday, November 11, 2017, at 11:00 a.m., at Broadway United Methodist Church. Visitation was at the church on Friday, November 10, from 4:00 to 8:00 p.m., and on Saturday, November 11, from 9:00 to 11:00 a.m.

Expressions of sympathy may be made to the Doug and Betty Jean Moseley Scholarship Fund at Lindsey Wilson College, the Kentucky United Methodist Children's Homes, Broadway United Methodist Church, Hospice of Southern Kentucky, or the Alzheimer's Association.

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Financial Focus

How Can You Share Your Financial "Abundance" With Your Family?

Thanksgiving is almost here. Ideally, this day should be about more than football and the imminent arrival of Black Friday mega-sales. After all, the spirit of the holiday invites us to be grateful for what we have and for the presence of our loved ones.

But it's important to look beyond just one day in November if you want your family to take part in your "abundance." If you want to ensure your financial resources eventually are shared in the way you envision, you will need to follow a detailed action plan, including these steps:

Identify your assets. If you haven't done so already, it's a good idea to take an inventory of all your financial assets – your retirement accounts (401(k) and IRA), other investments, life insurance, real estate, collectibles and other items. Once you know exactly what you have, you can determine how you would like these assets distributed among your loved ones.

Get professional help. To ensure your assets go to the right people, you will need to create some legal documents, such as a will and a living trust. The depth and complexity of these instruments will depend a great deal on your individual circumstances, but in any case, you certainly will need to consult with a legal professional because estate planning is not a "do-it-yourself" endeavor. You may also need to work with a tax professional and your financial advisor, as taxes and investments are key components of the legacy you hope to leave.

Protect your financial independence. If your own financial resources were to become endangered, you clearly would have less to share with your loved ones, and if your financial independence were jeopardized, the result might be even worse – your adult children might be forced to use their own resources to help support you. Consequently, you will need to protect yourself, and your financial assets, in several ways. For one thing, you may want to work with your legal professional to create a power of attorney, which would enable someone – possibly a grown child – to make financial decisions for you, should you become incapacitated. Also, you may want to guard yourself against the devastating costs of long-term care, such as an extended nursing home stay. Medicare typically pays very little of these expenses, but a financial advisor may be able to suggest techniques or products that can help.

Communicate your wishes. Once you have all your plans in place, you'll want to communicate them to your loved ones. By doing so, you'll be sparing your loved ones from unpleasant surprises when it's time to settle your estate. And, second, by making your plans and wishes known to your family well in advance of when any action needs to be taken, you'll prepare your loved ones for the roles you wish them to assume, such as taking on power of attorney, serving as executor of your estate, and so on. And you'll also want to make sure your family is acquainted with the legal, tax and financial professionals you've chosen to help you with your estate plans.

Thanksgiving comes just once a year. Taking the steps described here can help ensure your family will share in your financial abundance as you intended.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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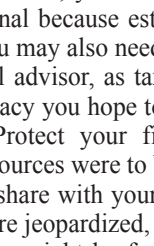

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MAKING SENSE OF INVESTING

Home Care and Hospice Month recognized

Proclamation signing with Judge-Executive Gary Robertson, Kim Carter, Clinical supervisor and Tish West, Account Executive from Intrepid Home Health Care declaring November National Home Care and Hospice Month.

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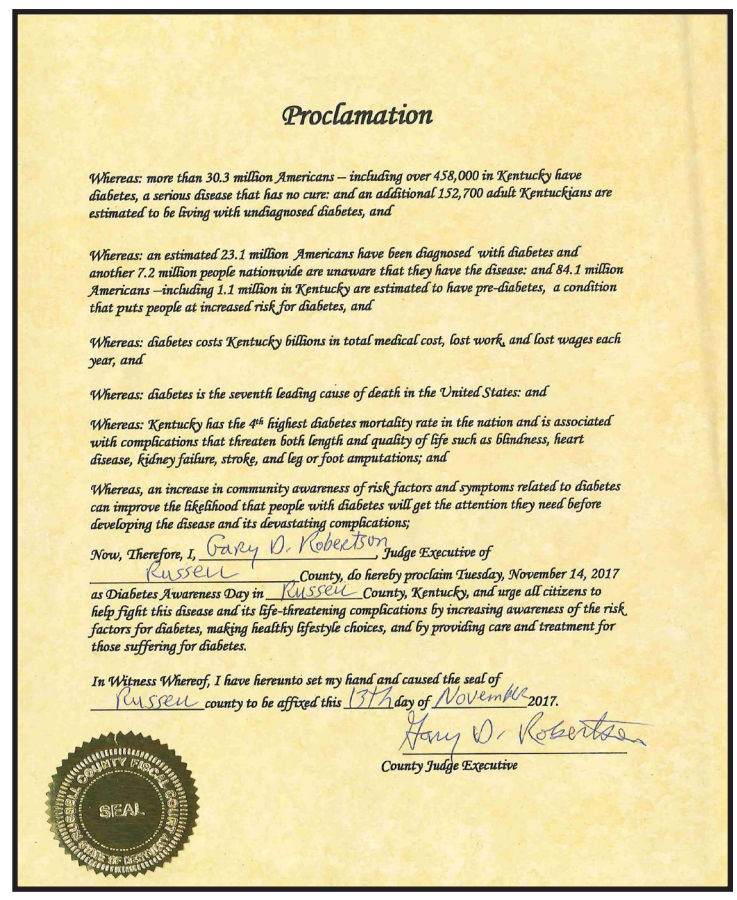
Pictured is Judge Robertson, signing the Proclamation for Diabetes Awareness Day, November 14 and Jamie Lee, RN, CDE, Wellness Outreach & Education Coordinator for the Lake Cumberland District Health Department.

World Diabetes Day

November is recognized as American Diabetes Month here in the United States. November 14th was World Diabetes Day across the globe. County Judge Executive, Gary Robertson, has signed a Proclamation declaring November 14th as Diabetes Awareness Day in Russell County. If you have diabetes, take steps today to improve your control -- it is not always easy, but it is worth it! If you don't have diabetes, talk to your health care provider to see if you are at risk.

For additional information about diabetes contact your local health department and speak to the diabetes educator.



Proclamation

Whereas: more than 30.3 million Americans – including over 458,000 in Kentucky have diabetes, a serious disease that has no cure: and an additional 152,700 adult Kentuckians are estimated to be living with undiagnosed diabetes, and

Whereas: an estimated 23.1 million Americans have been diagnosed with diabetes and another 7.2 million people nationwide are unaware that they have the disease: and 84.1 million Americans –including 1.1 million in Kentucky are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes, and

Whereas: diabetes costs Kentucky billions in total medical cost, lost work, and lost wages each year, and

Whereas: diabetes is the seventh leading cause of death in the United States: and

Whereas: Kentucky has the 4th highest diabetes mortality rate in the nation and is associated with complications that threaten both length and quality of life such as blindness, heart disease, kidney failure, stroke, and leg or foot amputations; and

Whereas, an increase in community awareness of risk factors and symptoms related to diabetes can improve the likelihood that people with diabetes will get the attention they need before developing the disease and its devastating complications;

Now, Therefore, I, Gary D. Robertson, Judge Executive of Russell County, do hereby proclaim Tuesday, November 14, 2017 as Diabetes Awareness Day in Russell County, Kentucky, and urge all citizens to help fight this disease and its life-threatening complications by increasing awareness of the risk factors for diabetes, making healthy lifestyle choices, and by providing care and treatment for those suffering for diabetes.

In Witness Whereof, I have hereunto set my hand and caused the seal of Russell county to be affixed this 13th day of November 2017.

Gary D. Robertson
County Judge Executive

SEAL

Managing Diabetes – It's Not Easy, But It's Worth It

If you have diabetes, you know the day-to-day steps needed to manage diabetes can be hard.

Managing diabetes can be easier if you set goals and make a plan. This is important because research has shown that managing diabetes as early as possible can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease and stroke. The National Diabetes Education Program (NDEP) and the Lake Cumberland District Health Department want you to know that many people struggle with diabetes and you are not alone. Managing diabetes is not easy, but it's worth it.

You do not have to make big lifestyle changes all at once. Set realistic goals based on what is important to you. Start with small changes, such as walking 15 minutes twice a day or replacing sugary drinks with water. These are small steps that can go a long way to help you manage your diabetes.

If you are having trouble coping with the demands of diabetes, ask for help. Having a network of support from family, friends, and your health care team can help you stay on track with your diabetes plan.

The NDEP has free resources that can help at https://www.niddk.nih.gov/:

• 4 Steps to Manage Your Diabetes for Life: This booklet gives four key steps to help you manage your diabetes and live a long and active life.

• Know Your Blood Sugar Numbers: Use Them to Manage Your Diabetes: This tip sheet tells you why it helps to know your blood sugar numbers, how to check your blood sugar levels, and what to do if your levels are too low or too high.

• Taking Care of Your Diabetes Means Taking Care of Your Heart: This tip sheet provides a list of things you can do to manage your diabetes and prevent diabetes-related heart disease.

• How to Help a Loved One Cope with Diabetes: This resource offers tips on how to support a loved one with diabetes.

National Diabetes Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans. November 14th is recognized as World Diabetes Day throughout the world, so join us by wearing blue on November 14th to increase awareness of diabetes.

Learn more about diabetes by visiting www.lcdhd.org/diabetes/ to see when the next diabetes education class is offered in your county at the local health department or simply call 1-800- 928-4416 and ask to speak to the diabetes educator. You may also want to become a friend of

LCDHD on Facebook at www.facebook.com/LCDHD or follow us at www.twitter.com/LCDHD .

It is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place.

Source: The U.S. Department of Health and Human Services National Diabetes Education

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