

~ OBITUARIES ~

Jonah Lee Gaskins

Jonah Lee Gaskins, age 65, of Russell Springs, KY, passed away Friday, August 31, 2018 at Baptist Health Systems in Lexington, KY. He was born September 8, 1952 in Indianapolis, IN to the late Jim Gaskins and Emma (Wells) Glover, who survives

In addition to his father, he was preceded in death by his wife, Marlene Gaskins; a son, Gary Lee Gaskins; and a sister, Linda Keeling.

He was a laborer.

Survivors include four daughters, Holly, wife of Tyler York of Jamestown, KY, Barbara Gaskins of Brazil, IN, Shelia Gaskins of Brazil, IN, and Penny Karn, wife of Ben of Spencer, IN; his mother, Emma (Wells) Glover of Russell Springs; one brother, Jimmy Gaskins of Indianapolis, IN; two sisters, Brenda Gaskins of Liberty, KY and Patricia Kelly of Russell Springs, KY; and two grandchildren.

The funeral service for Jonah Lee Gaskins was held at 11:00 a.m., Wednesday, September 5, 2018 at H. E. Pruitt Memory Chapel, with Bro. Billy Dunbar officiating.

Pallbearers were Tyler York, Roy Shepherd, David Kelly, Paul Scott, and Josh Keeling.

Interment was in the Jamestown Cemetery, Jamestown, KY.

H. E. Pruitt Memory Chapel in Jamestown, KY was in charge of the arrangements.

Loretta Nell Higginbotham

Loretta Nell Higginbotham, age 77, of Russell Springs, KY, passed away Friday, August 31, 2018 at the Hardin Memorial Hospital in Elizabethtown, KY. She was born January 27, 1941, in Russell County, KY, to the late Walter and Elizabeth Wells Irwin.

She was a homemaker and a member of the Russell Springs Christian Church.

Survivors include her husband of 60 years, Jarvis Higginbotham of Russell Springs, KY; one daughter, Tracy (Larry) Rooks of Columbia, KY; one grandchild, Justin Hogan of Russell Springs, KY; one great-grandchild, Eli Hogan of Elizabethtown, KY; one step-grandson, Neil Rooks of Columbia, KY; and one step-great-granddaughter, Trinity Rooks.

The funeral service for Loretta Nell Higginbotham was held at 2:00 p.m., Monday, September 3, 2018 at the Bernard Funeral Home Chapel, with Bro. Carroll Egnew officiating.

Pallbearers were Steve Pierce, David Hill, Donnie Brockman, Lonnie Brockman, Neil Rooks, and Justin Hogan.

Interment was in the Russell Springs Cemetery.

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

Mary E. Marcum

Mary E. Marcum, age 60, of Jamestown, KY, passed away Sunday, September 9, 2018 at the Jean Waddle Care Center in Somerset, KY. She was born September 4, 1958 in Cincinnati, OH to the late William Kean and Dorothy (Woods) Weeks.

In addition to her parents, she was preceded in death by a sister, Vivian Kean; and a brother, Clyde Kean.

She was a homemaker.

Survivors include her husband, Phillip Marcum of Jamestown, KY; three daughters, Christina Marcum of Jamestown, KY, Kimberly Sanchez of Jamestown, KY, and Shelly Marcum of Russell Springs, KY; one sister, Shirley Bell of Jamestown, KY; and six grandchildren.

The funeral service for Mary E. Marcum was held at 11:00 a.m., Wednesday, September 12, 2018 at H. E. Pruitt Memory Chapel, with Bro. Wendell Roberts officiating.

Pallbearers were Matthew Popplewell, Daniel Popplewell, Michael Marcum, Jeffrey Marcum, Ronnie Murray, Trey McGowan, Gary Marcum, and Jr. Kilpatrick.

Interment was in the Murray Cemetery, Jamestown, KY.

H. E. Pruitt Memory Chapel in Jamestown, KY was in charge of the arrangements.

Mary W. Williams

Mary W. Williams, age 75, of Russell Springs, KY, passed away Thursday, August 30, 2018 at the Jean Waddle Care Center in Somerset, KY. She was born May 1, 1943 in Louisville, KY to the late William Dwyer and Daisey (Carol) Dwyer.

In addition to her parents, she was preceded in death by a granddaughter, Billie Carol Murray.

She was a homemaker.

Survivors include her husband, John L. Williams of Russell Springs, KY; three daughters, Carolyn Tarter of Russell Springs, KY, Johnna, wife of Dr. James Popplewell of Jamestown, KY, and Luanne, wife of Tim Adams of Jamestown, KY; 3 grandchildren; 2 great-grandchildren; one sister, Nancy Diebold Kimmel of Louisville; along with a host of nieces and nephews.

The funeral service for Mary W. Williams was held at 3:00 p.m., Sunday, September 2, 2018 at H. E. Pruitt Memory Chapel, with Bro. Tony Stephens officiating.

Special music was presented by Janelle Miller.

Pallbearers were Paul Diebold, Donnie Diebold, Billy Diebold, Mark Diebold, John Diebold, and Gary Williams.

Interment was in the Jamestown Cemetery in Jamestown, KY.

H. E. Pruitt Memory Chapel in Jamestown, KY was in charge of the arrangements.

Wanda Ramey Varney

Wanda Ramey Varney, age 70, of Bowling Green, KY (formerly of Russell Springs, KY), passed away Monday, September 3, 2018 at her home in Bowling Green. She was born June 12, 1948 in Pike County to the late Ernest and Eunice Hunt Ramey.

In addition to her parents, she was preceded in death by three brothers, David, Jimmy Ray, and Edward Ramey.

She was a homemaker.

Survivors include her husband, Jimmie Ray Varney of Bowling Green, KY; four children, Carmen (Greg) Purpus of Bowling Green, KY, Brian (Carol) Varney of Jamestown, KY, Dr. Lynetta (Rick) Stiltner of Bowling Green, KY, and LaWanda (Mike) May of Bowling Green, KY; 10 grandchildren, Rochelle (Dean) Seneff, Cecil (Marissa) Griffith, Amanda (Kenny) Hilbert, Nicholas Gonzalez, Erica Gonzalez, Haylee Hazel, Patrick Stiltner, Kate-lyn Stiltner, Landon May, and Lawson May; five great-grandchildren, Jaxon Seneff, Sophia Seneff, Rhylan Seneff, Xane Griffith, and Allanah Griffith; four sisters, Bessie Stanley, Rosalie Stump, Analee Langbauer, and Tina Ramey; and one brother, Ted Ramey.

The funeral service for Wanda Ramey Varney was held at 1:00 p.m., Thursday, September 6, 2018 at the Bernard Funeral Home Chapel, with Bro. Ed-die Wade officiating.

Pallbearers were Nick Gonzalez, Patrick Stiltner, Cecil Griffith, Kenny Hilbert, Dean Seneff, and Jaxon Seneff.

Interment was in the Jamestown Cemetery, Jamestown, KY.

H. E. Pruitt Memory Chapel in Jamestown, KY was in charge of the arrangements.

The Times Journal & Staff
wishes to extend sympathy to
all who have lost loved ones



Reduce stress through mindfulness

your reactions to the stressors around you.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown its effectiveness in stress reduction as well as other positive benefits including a decrease in anxiety and depression.

Some studies have shown mindful eating can be a tool for weight management. You can practice mindfulness anytime or anywhere as long as you turn your focus inward and allow distractions to fade away.

For more information on mindfulness, contact the Russell County Extension Office.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Adair County man killed in collision

Trooper Billy Begley is investigating a collision that occurred on September 9th, 2018 at approximately 9:28 AM CST on Fairplay Road 1 Mile south of Columbia. Eldridge Hoover, age 85 of Columbia, was operating a 2005 Nissan truck southbound on Fairplay Road when he dropped off the right shoulder of the road, overcorrected and overturned striking a utility pole, coming to final rest in a creek. Hoover was wearing a seat belt; he was pronounced deceased at the scene by the Adair County Coroner.

Trooper Begley was assisted at the scene by additional members of the Kentucky State Police, Columbia Police Department, Adair County Sheriff's Department, EMS, Fire and Rescue.

Experts Recommend Talking with Youth about Suicide

Having open conversations could save lives

As kids head back to school this year, many of them will be struggling. According to national statistics, we lose more than 2,000 children and teens per year to suicide. Experts say parents who check in regularly with their child could have a life-saving conversation.

A conversation about depression or suicide is going to be difficult, but you can have it without putting a young person at risk and it can be very helpful, says John Ackerman, PhD, clinical psychologist and suicide prevention coordinator for the Center for Suicide Prevention and Research at Nationwide Children's Hospital.

For the young person, having this discussion can be incredibly relieving. It is a powerful opportunity to understand that being emotionally open, especially about thoughts of suicide, can lead to healing and connection rather than shame and isolation.

According to suicide prevention experts, asking a child directly about suicidal thoughts is usually the best thing a parent can do to help their child open up about their emotions. Even if their child is not struggling with suicide or depression, parents can model for their child that it is good to talk about serious emotional concerns with trusted adults and important to reach out to friends to have these conversations, too. According to Dr. Ackerman, if your child's friend tells them they are feeling suicidal, your child should tell their friend that they care about them and acknowledge that they are hurting. After their friend knows they are being listened to and supported, the next step is to ask specifically if they are thinking about suicide or have tried to kill themselves. This should be done in a compassionate way free of judgement. If they say yes or even "I'm not sure," a trusted adult should be told right away.

Never leave someone alone if they are showing warning signs of suicide. "This is a conversation that saves lives," said Dr. Ackerman, who says his goal is to identify kids before they have a crisis or go years without treatment. Statistics from the National Institutes of Mental Health indicate that half of mental health issues start by age 14.

Tips for parents, families and teachers include:

Do not wait for a crisis. A good opportunity to talk about suicide or mental health issues is when things are going well.

Check in regularly and ask your child directly how they are doing and if they have ever had thoughts about ending their life.

Look for changes in mood or behavior that might be a warning sign that something is wrong. For example, if the child seems really down, they stop doing things they normally enjoy, or you notice significant changes in eating or sleeping.

"It is not hopeless, and there are lots of ways loved ones can help youth get support when they need it," said Dr. Ackerman.

This involves timely treatment, building connections, helping other people know what to say when a family member or friend is struggling and having a safety plan in place to help get through a crisis.

If you or someone you know is thinking about suicide, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255), or contact the Crisis Text Line by texting iSTART to 741-741.

The Center for Suicide Prevention and Research is a partnership with Big Lots Behavioral Health Services and the Center for Innovation in Pediatric Practice in The Research Institute at Nationwide Children's.

DRUG


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Daniel Bault, 30, in the parking lot of the Eli Plaza. During the investigation, Deputy Burton deployed K-9 Matt, with K-9 Matt detecting the odor of controlled substances coming from the vehicle Glover and Bault were in. A search of the vehicle led to the discovery of approximately 13 grams of "crystal meth" in Glover's handbag as well as pills and drug paraphernalia items.


Glover was charged with Trafficking in a Controlled Substance 1st Degree (over 2 grams of meth), Possession of a Controlled Substance and Possession of Drug Paraphernalia.

Bault was charged with Possession of Controlled Substance 1st Degree (meth) and Possession of Drug Paraphernalia.

Both were processed and lodged in the Russell County Detention Center.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Extension Notes

extension.ca.uky.edu

4-H YOUTH DEVELOPMENT

Christy A. Martin

Russell County Extension Office

Source: Kerri Ashurst, senior extension specialist and Janet Mullins, extension professor

Fingers holding cell phones; constant updates via social media; 24/7 news alerts; and demands from work and home help create a world that is full of noise, chaos and all kinds of stressors that bombard us each day.

Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly stressful encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.

Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on breathing in and out, clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking.

Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and