



ARIES – Mar 21/Apr 20
Aries, you may want to pick up a relationship right where you left off, but the other person may not be as amenable. Bide your time and give this person some space.

TAURUS – Apr 21/May 21
A few extra goals never hurt anyone, Taurus. St down and see how your new resolutions can be turned into ways to achieve all of those tasks you hope to get done.

GEMINI – May 22/Jun 21
Gemini, while you may want to expand your social circle right now, you're just not sure how to get started. Networking opportunities may be the way to go.

CANCER – Jun 22/Jul 22
There is no point getting into a disagreement over a situation you have no control over right now, Cancer. Instead, wait for the right opportunity to express your position.

LEO – Jul 23/Aug 23
Leo, take a step back from responsibilities at work to devote more energy to your relationships at home. Embrace activities that your family can enjoy together.

VIRGO – Aug 24/Sept 22
Some melancholy may have you seeking out quiet corners, Virgo. Distancing yourself from the crowds is only a temporary fix. Instead, look for activities you find soothing.

LIBRA – Sept 23/Oct 23
Someone close to you may be feeling under the weather and could use some extra support, Libra. Take a few days off to be the rock that this person can use right now.

SCORPIO – Oct 24/Nov 22
Friends may make excessive demands on your time this week, Scorpio. As a generous person, you want to go along with it all, but be careful not to overextend.

SAGITTARIUS – Nov 23/Dec 21
Sagittarius, you are usually outgoing, but this week you may be feeling more shy and reserved. It could be because you are missing someone.

CAPRICORN – Dec 22/Jan 20
Don't take what you hear this week at face value, Capricorn. The information that has been coming your way may not be entirely accurate. Make up your own mind.

AQUARIUS – Jan 21/Feb 18
Group activities or time spent with a spouse may not go as well as usual this week, Aquarius. Your mind is elsewhere. Until you are focused, things may seem stressed.

PISCES – Feb 19/Mar 20
A minor disagreement could have you questioning a relationship, Pisces. Don't fret, as you'll soon find that the turmoil is short-lived.

Community Calendars

~Upcoming Events~

UPCOMING EVENTS

BODY RECALL FITNESS CLASSES

BEGINS FEBRUARY 5, 2020
Mark your calendar! Time to get moving! Body Recall Fitness Classes begin soon! These are taught Monday, Wednesday, and Friday mornings, 9:00-10:00 am at the Jamestown Christian Church. Winter Classes begin Wednesday, February 5th and end Friday, March 27th. Wear comfortable clothing to allow for movement. Wear comfortable tie shoes and socks for walking around the gym. Linda P Stephens, Certified Body Recall Instructor, has enjoyed teaching Body Recall since 2001. Come and see the variety of exercises we do for flexibility, strength, and balance! Visit the class three times for free! For more information contact Linda P Stephens at 270/343-2210 or e-mail: lindapstephens@yahoo.com

DAV CHAPTER 20

Disabled American Veterans Department of Kentucky, Kentucky Chapter 20, will have State Officers on location at the Veteran's Support and Assistance Office of South Central KY at 315 S. Green St., Glasgow, KY, each Tuesday (from 8:00 a.m. until the last veteran is served) of each month (except holidays) to assist veterans with the filing of their V.A. claims, beginning in October 2018. Veterans will need to bring a copy of their DD-214 and any paperwork from the V.A. they may have. Veterans do not have to be a member of the DAV to obtain this service.

CROSSROADS QUARTET

The Crossroads Quartet will be singing at Salem United Baptist Church in the Salem Community on Sunday night, February 23 at 6:00 PM. Pastor Larold Gosser and congregation invite everyone to attend.

DUNBAR HILL COMMUNITY FELLOWSHIP CHURCH FREE COMMUNITY DINNER

Monday, Feb. 24th. Doors open at 5:00 to 8:00p.m. Come fellowship with us or drop by and pick up a cup to take home with you. For more information call Diane at 270-403-0500 or Lisa at 270-585-3586

WEEKLY MEETINGS RUSSELL COUNTY HOMEMAKER CLUBS' MEETING DATES & TIMES

Homemakers On the Go 2nd Wednesday of each month beginning in August 10:00 a.m. at the Extension Office

Piece Makers Quilt Guild Most Mondays at 1:00 p.m. at the Extension Office

Sunset Club 2nd Thursday of each month beginning in September 5:00 p.m. at the Extension Office

All clubs welcome visitors and new members. For more information, please contact the Russell County Extension Office at 270-866-4477 or visit our website <http://russell.ca.uky.edu>.

BPW MEETING

Russell County Business & Professional Women (BPW) meets every 4th Tuesday at 12:00, located at Jamestown Caf For more information, contact President, Barbara Sharpe at 270-343-1720.

GOODWILL SENIOR EMPLOYMENT PROGRAM

If you are 55 years of age or older, low income, and want to re-join the workforce, Goodwill Senior Employment Program can help. The program can pay you while learning a new skill by connecting you with local non-profit or community service agencies while building up work experience. You can take these skills and advance

them into permanent employment. Goodwill Senior Employment Program services a ten county area consisting of Pulaski, Clinton, Cumberland, Lural, McCreary, Rockcastle, Whitley, Wayne, Russell and Adair. Call today for more information. Nancy Holbrook or Connie Foster @ 270-585-7037 or 606-210-1129.

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DIVORCE CARE SUPPORT GROUP

Russell Springs United Methodist Church offers DivorceCare on Tuesday evenings at 6:30 p.m., at the church beginning August 28th. Divorced or separated? Find help here at the DivorceCare support group.

CLOTHING CENTER HRS.

FREE FREE FREE. Announcing as of January 2, 2019 The Russell County Southern Baptist Association Clothing Center located on Main St in Russell Springs will now be open to the public on Monday- Wednesday from 7:30- Noon and Thursday 7:30-1:30. You may drop off items during Monday-Wednesday 7:30- Noon and Thursday 8:30-Noon

AA MEETING

Alcoholic Anonymous (AA) meets Wednesdays at 7:00 p.m., located at the Russell Springs Senior Citizens Center, 125 Brian Walters Dr., Russell Springs, KY. For more info, contact Sandy J: (606) 706-9850.

AA MEETING

Alcoholic Anonymous (AA) meets Fridays at 7:00 p.m., located at the Lake Cumberland Breakaway Project, 130 Wilson St., Russell Springs, KY.

AA MEETING

Russell County Closed AA Study Group of Alcoholics Anonymous meets at 7:00 p.m. (CT), Tuesdays at the Russell County Senior Citizen Center, 125 Brian Walters Dr., Russell Springs, KY. Contact (270) 585-1264 for more information.

AL-ANON MEETING

Al-Anon meeting each Monday, 6:30 p.m., at 1st United Methodist Church, Rm. 109, 206 Jamestown, St., Russell Springs, KY.

THE WALK

The Walk is a weekly meeting every Monday night at 7:00 p.m., with Biblical teachings on how to walk everyday with Jesus! Anyone is welcome! It is held at The Lake Cumberland Breakaway Project, 130 Wilson St., Russell

Springs, KY, and is held by Rev. Bob McCabe. For more info, call (270) 866-HELP (4357).

FINDING HOPE AT LCBP

Finding Hope at LCBP Thursdays at 7:00 p.m., at the LCBP building, 130 Wilson St., Russell Springs, KY. Finding Hope is a group dedicated to serving families and friends of addicts. Addiction affects entire families and we understand everyone needs a plan for recovery. With love, hope, encouragement, and a safe place to share and heal we can move forward together.

RECOVERY MEETINGS AT LCBP

Alcoholics Anonymous (AA) meetings are held every Friday night at 7:00 p.m., at the Lake Cumberland Breakaway Project, 130 Wilson St., Russell Springs, KY. For more info, call (270) 866-HELP (4357).

RECOVERY MEETINGS AT LCBP

Narcotics Anonymous (NA) meetings are held every Tuesday night at 7:00 p.m., at the Lake Cumberland Breakaway Project, 130 Wilson St., Russell Springs, KY. For more info, call (270) 866-HELP (4357).

CELEBRATE RECOVERY AT RSUMC

Celebrate Recovery program is meeting at the Russell Springs United Methodist Church on Thursday nights at 6:00 p.m. For more info, contact the church office at (270) 866-5180.

TOPS CLUB, INC. (TAKE OFF POUNDS SENSIBLY)

KY 396 Russell Springs TOPS Club Inc., the nonprofit weight-loss support organization meets weekly on Monday at 5:15pm at Liberty Baptist Church, located at Wilson St. Attendees should use the east entrance facing Lakeway Dr. Your first visit to TOPS meeting is free. Visitors to a TOPS chapter are welcome to attend their first meeting free of charge. Membership is affordable at just \$32 per year. TOPS is open to men, women, and children, ages 7 and older. For more information, contact Bonnie Barnes at 270-566-1284. To find a local chapter visit www.tops.org or call (800)932-8677.

MONTHLY MEETINGS KENTUCKY PUBLIC RETIREES

Kentucky Public Retirees Lake Cumberland Chapter meets 12:00 Noon (ET) 3rd Monday. Mellow Mushroom South Hwy 127, 2520 Monticello St. Somerset, Ky. All KERS, KSP, and CERS welcome. Facebook/Kentucky Public Retirees.

HOPE CAFE

Hope Cafe has a free meal every third Thursday of each month. Delivery to senior apts. Restaurant style and take out. Anyone and everyone is invited to attend. Open 4:30-5:30 at Russell Springs Community Center.

COUNSELING TO LOCAL VETERANS

The Russell County Honor Guard announces the Vet Center from Lexington is providing counseling to local veterans at the Russell County Honor Guard building at 1169 E. Hwy. 80 in Russell Springs

every 2nd and 4th Tuesday of the month at 9:30 a.m. (CST). This service is free to any veteran and provides useful information on various types of disorders such as PTSD, Anxiety Disorders, and Sleep Disturbances, along with new treatments and medications, including their side effects. The information is very informative and the Honor Guard encourages any veteran that thinks he could benefit from the meetings to call our office at (270) 866-2841 or the Vet Center at (859) 253-0827 for more information.

CITIZENS FOR POSITIVE FAMILY VALUES

Citizens for Positive Values meets the 2nd Tuesday of each month at 6:00 p.m. Our organization is committed to strengthening our families and community by promoting Christian values through Jesus Christ. Please call (270) 566-3208 or (270) 866-0791 for information and location of this month's meeting.

D.A.V.

To all DAV members, our meeting are the 3rd Monday of each month at the Old Court house at 6:00.

RC BPW

RC BPW monthly meeting is held every 4th Tuesday at 12:00, located at Jamestown Café. For more information, contact RC BPW President, Barbara Sharpe at 270-343-1720.

MICELLANEOUS EVENTS

ATTENTION: VETERANS

Any veteran who has earned service medals in the U.S. Military, and has not received those medals; or, if you need your DD-214, please contact Bill Rutherford at 20 Robin Lane, Monticello, KY 42633 or call (606) 340-3142. Bill can also get the medals and the DD-214 for the next of kin of a deceased veteran.

ATTENTION: VETERANS

As service officer for the Disabled American Veterans, I am available to assist you in your paperwork for benefits concerning your military service. You may contact me at (270) 866-1016 or (270) 343-6231 to set up an appointment. Thank you, Larry D. Skaggs

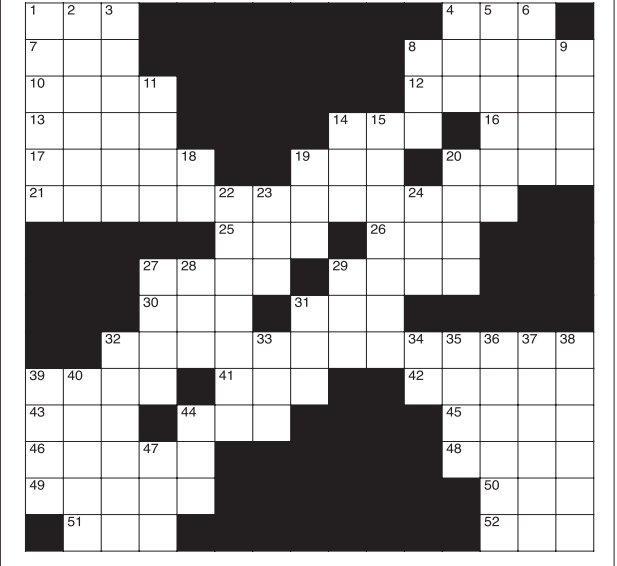
HAYES CHAPEL CHURCH

Our church would like to correspond with your Soldier that has been deployed overseas. Please send their mailing address to 122 Rumbo Rd, Jamestown KY, 42629. Please note their birthday and their time of deployment ending. Thank you for allowing our church to share with your soldier that we pray for them each time the doors are open. Call 270-866-7786 for more info.

ATTENTION: VETERANS

The DAV service office has moved to a new location at 72 High Street in Russell Springs. It is the former police department building. If you have any claims as a result of your military service and need help, please call me at 270-866-1016 to set up an appointment. Thank you, Larry D. Skaggs.

CROSSWORD



CLUES ACROSS

- Expression of disgust
- A place to unwind
- A type of cooking range
- Grasp tightly
- Sea eagles
- Carb dish
- Late-night host
- Revolutions per minute
- Indicates odd or erroneous
- FDR's military chief of staff
- Swiss river
- Norwegian district and river
- A form of motivation
- Car mechanics group
- Once a must-have home theater accessory
- Broken branch
- Apple and pumpkin are two
- Skeletal muscle
- Small Eurasian deer
- Tight-lipped fellow
- Comes after a cut
- A place one lives
- Cognizant of
- Albanian monetary unit
- Carrot's partner
- Famed garden
- Chilean seaport
- Days (Spanish)
- Sudden anxiety
- 100 square meters
- A type of beer
- French/Belgian river

CLUES DOWN

- Spanish dish
- Concurs
- ___ and her sisters
- Patti Hearst's captors
- Used to refer to cited works
- A state of excited movement
- Advertising term (abbr.)
- Nocturnal S. American rodent
- New York art district
- Bravo! Bravo! Bravo!
- Pre-release viewing
- Northwestern Canadian territory (abbr.)
- Consumed
- Falters
- Radioactive form of an element
- Catch a wrongdoer
- Breeze through
- Thick piece of something
- Yellowish-brown color
- "The Raven" poet
- Rural free delivery (abbr.)
- Creating
- Supervises flying
- Northwestern state
- Was obligated to repay
- Diverging in lines from a common center
- Bleak
- We all have them
- Hit with the palm of one's hand
- Sea that's part of the western Pacific
- Political action committee
- Famed Spanish soldier El ___

LAST WEEK'S ANSWERS

R	O	E	N	A	M	A	S	B	O	T	H	A	
E	S	C	E	R	A	S	E	O	R	I	O	N	
C	I	O	C	A	R	L	E	D	W	A	R	D	S
T	E	N	S	E	S	P	I	E	T	A			
I	R	O	N	S	A	S	S	U	R	E	D	L	Y
S	M	A	S	S	C	D	E	A	L				
S	A	I	G	A	S	A	L	A	M				
T	L	C	R	O	U	L	A	D	E	M	A	M	
O	B	Y	P	R	E	S	T	E	A	R	S		
S	E	E	P	N	E	A	D	C					
S	E	P	A	R	A	T	E	S	T	E	A	S	E
I	E	E	L	S	W	A	R	R	E	D			
B	I	L	L	Y	P	A	C	K	E	R	O	N	E
P	R	O	L	E	N	O	O	K	S	N	O	M	
D	E	G	A	S	A	S	S	A	I	I	R	A	

PUZZLE SOLUTION