

Community Calendars

~Upcoming Events~

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 rejoin the workforce, Goodwill Senior Employment Program can help. The program can pay you while learning a new skill by connecting you with local nonprofit 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.

DAV CHAPTER 20
Disabled American Veterans Department of Kentucky, Kentucky Chapter 20, will have State Officers on location at the Veterans 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.

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 Lake-way 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 of each month. 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.

Extension Notes

extension.ca.uky.edu
Family & Consumer Sciences

Russell County Extension Office

Food resources during pandemic

Source: Jackie Walters, senior extension specialist; Jean Najor, program coordinator

Loss of jobs, school closings and limited grocery store offerings due to the COVID-19 pandemic have many people facing food insecurity. Fortunately, many communities have available resources to help you find food during this time of much uncertainty. While offerings vary across the state, below is a list of some of the most commonly available community resources.

•You are probably already aware that while many schools are closed during this time, many are offering feeding programs such as grab-and-go breakfast items and lunches for students. The Kentucky Department of Education website <https://education.ky.gov/federal/SCN/Pages/COVID-19FeedingSites.aspx> can help you find a child nutrition program feeding site near year. You can also check your local school system's website or call your child's school for information.

•Feeding America's website has a listing of local food pantries across America. To find the one closest to you, visit <https://www.feedingamerica.org/find-your-local-foodbank>. Be sure to call ahead to your local food pantry before visiting to find out their current food availability, pickup options and special feeding programs geared toward children or seniors.

•Many churches and faith-based organizations run their own food pantries. You can find more information about these by visiting their websites or local newspapers listings. They may also be listed on <https://godspantry.org/help/> or <https://whyhunger.org/find-food/>.

•You can find out about local food resources and community organizations that provide other essentials beyond food by calling 211.

•Many grocery stores are accepting electronic benefit transfer (EBT) as a form of payment with their delivery services. Contact your local grocery store to see if they offer that option.

More information on food resource management and healthy eating is available on the University of Kentucky's Nutrition Education Program website <https://www.planeatmove.com/> or at the Russell County office of the University of Kentucky Cooperative Extension Service.

Educational programs of the 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Super Crossword

ACROSS

1 Musical pace
6 — you note
11 Looker's leg
14 LaBelle with a Grammy
19 Oak seed
20 Perfume queen
21 Lauder
22 One of the Three Musketeers
23 LOUIS
26 Painter Dufy
27 Co. heads
28 Zero in (on)
29 What a white flag signifies
30 Speed
35 LLOYD
37 Make — out of (toughen up)
38 Jogger's gait
39 Pre- — (bump, so to speak)
40 Candle blowers' secrets
41 CAROL
44 Caesar of old comedy
45 Severe
46 Hides from view
51 Swan's kin
56 Copy a bunny

DOWN

57 "Nuts" director
61 CHRISTIAN
63 Pep rally cry
65 Tarot card reader, e.g.
66 Singer
67 Folk
70 JESSICA
73 In the matter of
74 Assembly with all members present
76 Language of Bangkok
77 Pastor's talk
79 WASHINGTON
82 Wren's home up)
83 "Mike & Molly" airer
86 Adams of photography
87 Small carpet
89 "Ulysses" star Milo
91 Cumulative play abbr.
93 JEAN
97 Cuba's Fidel
101 Some jeans, familiarly
105 "No, mein Herr"
106 Peruvian of long ago
107 CONAN

TAKING OUT THE MIDDLE

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