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, Laural, 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 &: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. Plese 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.

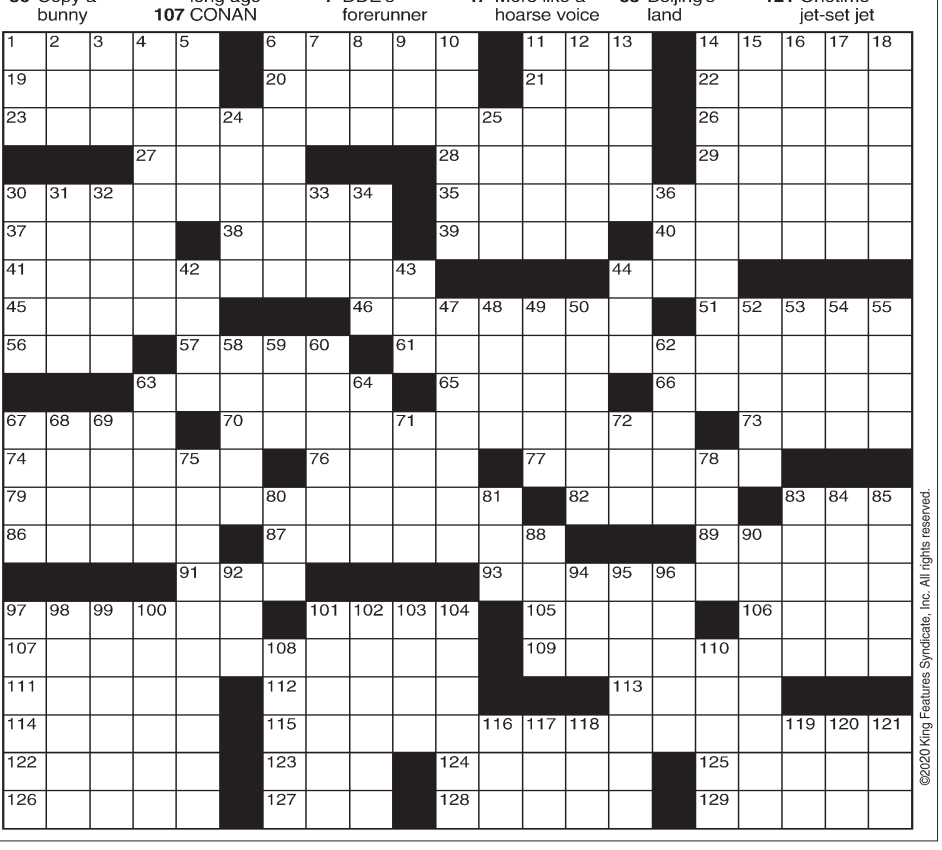
ATTENTION: VETERANS
The DAV service office has moved to a new location at 72 High Street in Russell Springs. It is the former police department building. If you have any claims as a resutlt of your military service and need help, please call me at 270-866-1016 to set up an appointment. Thank you, Larry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

Super Crossword

TAKING OUT THE MIDDLE

ACROSS
1 Musical pace
6 — -you note
11 Looker's leg
14 LaBelle with a Grammy
19 Oak seed
20 Perfume queen Lauder
21 Pal, to Gigi
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
57 "Nuts" director Martin
61 CHRISTIAN
63 Pep rally cry
65 Tarot card reader, e.g.
66 Singer Donny
67 Folk knowledge
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
83 "Mike & Molly" airer
86 Adams of photography
87 Small carpet
89 "Ulysses" star Milo
91 Cumulative pay abbr.
93 JEAN
97 Cuba's Fidel
101 Some jeans, familiarly
105 "No, mein Herr"
106 Peruvian of long ago
107 CONAN
109 Tropical grassy plains
111 Kettle output
112 Brand of fat replacer
113 University in North Carolina
114 1836 siege setting
115 CARLOS
122 Justice Ruth — Ginsburg
123 Highway with a no.
124 Leek relative
125 With 59-Down, crude oil, in slang
126 Deep pit
127 Sun — -sen
128 "— Hope" (old ABC soap)
129 Build, as a building

DOWN
1 Paving gunk
2 Prefix with car or warrior
3 Unruly throng
4 District police station
5 How right turns are often allowed
6 Mosaic tile
7 DDE's forerunner
8 Lunched, e.g.
9 It's east of Calif.
10 Painter Georgia O'—
11 It's removed for a fill-up
12 Total number
13 Capital of Belarus
14 Pheasants' cousins
15 1980s video game consoles
16 Despite the fact that
17 "Clever comeback!"
18 Florida keys, e.g.
24 The Lone Ranger's companion
25 Par for the course
30 Hindu prince
31 Mobil rival
32 Settle the tab
33 Boozing sort
34 Fr. ladies with haloes
36 Early 20th-cen. conflict
42 Architect Saarinen
43 "Stop talking!"
44 IRS ID
47 More like a hoarse voice
48 High on the draft list
49 Online folks
50 Grow dim
52 Financial tipster Suze
53 Bears, in Buenos Aires
54 Faxed, say
55 Prefix with spore
58 Response to "Who's there?"
59 See 125-Across
60 Dentists scrape it off
62 Houses for students
63 Music style
64 Skier Phil
67 Women's links org.
68 Steinhauer who wrote the 2009 bestseller "The Tourist"
69 Antique cars
71 "— Nagila"
72 Sooner than
75 Nasty bits of dirt
78 Nebraska Sioux
80 Ill-bred guy
81 Barbecue spice mix
83 Beijing's land
84 Judge's seat
85 Epic tales
88 Cotton deseeders
90 Less chubby
92 Ontario's capital, on scoreboards
94 Grassland
95 Resident maids
96 Wholly
97 Melon type
98 Place to sculpt in school, say
99 Dependable
100 English river
101 "Blaze" actress Davidovich
102 Tennis shoe hole
103 Israel's flag carrier
104 12th grader
108 Bride's property
110 Nick of "Cape Fear"
116 — old way
117 Actress Wasikowska
118 Gained
119 Firefighter's tool
120 Freddie —
121 Onetime jet-set jet



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SEE ANSWERS ON PAGE 7 OF TODAYS ISSUE

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.

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