

# 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, Laurel, 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 San-

dy 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](http://www.tops.org) or call (800)932-8677.

### MONTHLY MEETINGS KENTUCKY PUBLIC RETIRES

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 at-

tend. 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 infor-

mation, 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.

## Super Crossword WHOO-HOO!

<b>ACROSS</b>	46 "Just you wait, — 'iggins ..."	100 Zool. or ecol.	2 Mrs. Oskar Schindler	37 "— loves me ..."	85 Bait biter
1 Laid fresh concrete on	47 Near-failing mark	101 Skeptical egg layer?	3 Easy-to-catch hit	39 California's Point —	87 Smack
8 Waste	48 Analyzed	105 Disease-free sea	4 Org. for Rafael Nadal	40 Astra automaker	90 Complain
13 Found	52 Cochlea site	110 Actress	5 — Cong	41 Biblical ark builder	92 Unit of resistance
20 Like gushing actors	54 "Will — learn?!"	111 Rat catcher	6 "— Time We Say	43 — and	93 Frogs and kangaroos
21 Malia's sister	58 Beer brand	113 '60s conflict site	7 Dictator	44 "Yes, —!"	94 Angers a lot
22 Kildare locale	60 Microwave saltines?	114 "Star Wars" royal	8 Air marshal's org.	50 Peak climber, e.g.	96 Patriarch of Judaism
23 More with-it red fish?	66 Orchestra section	115 Royal home	9 Copies Dr. Dre	51 Dumbbell	97 Majestic
25 Runs fast	67 — Moines	117 Gillette shaver brand	10 U.S. humane org.	53 Chastised	99 Juan's silver
26 1980s NBC sitcom	69 Old Spice alternative	119 "— yellow ribbon round ..."	11 Put away, as a sword	55 SUV cousins	102 Enlighten, in poems
27 "Teh" for "the," for one	70 Reagan speechwriter	122 Journalist	12 "NewsRadio" co-star Phil	56 Prefix with warrior	103 Kevin of "Saturday Night Live"
28 Jazzy singing	71 Cyberspace address	123 Not unusual	13 Shopping aid	57 "Bringing Up Baby" studio	104 Pour gently, as wine
29 "Growing Pains" actor	72 Pars?	124 Things found at discount	14 Oliver Twist, e.g.	59 Sang loudly	106 "Relapse" rapper
Alan	75 Lose power	127 Italian city	15 Bright red	61 Radius site	107 Hang a new worm on
30 Tower for fodder	76 "Later!"	128 Steel, for one	16 Silverstone or Keys	62 Part of CRT	108 Word with app or bee
32 Uncanny	79 Arduous trip	129 Adversaries	17 Tall ale mug	63 Alternative to lettuce	109 Makes the assertion
34 24-hr. money sources	80 Suffix with Japan	130 Agrees (to)	18 International compact	64 Oakland footballer	112 Periods shampoo
36 Japan natives, e.g.	81 45 half	131 "Black Velvet" singer	19 Cavity filler's deg.	65 Smiles villainously	116 Periods
38 "Lookie there, muscle-building stuff!"	83 "My gripe is as follows ..."	132 Orchestra leader	24 Branching-out points	68 Dinar earner	118 Burn balm
42 Terrestrial chapeau?	86 Coup, e.g.	<b>DOWN</b>	31 "— Next Chapter" (Winfrey series)	72 Hovels	120 Ferber or Krabappel
44 Dem.'s opponent	88 Lay new turf on	1 Go over again, as old issues	33 Eat in style	73 Once named	121 Chick chaser?
45 — cone (frozen treat)	89 Not well-lit	35 Least lenient	35 Least lenient	74 Lop the crop	122 Nipper's co. Abbr.
	91 Crab claws			77 "— goin' down!"	126 Dash lengths
	92 Bullfighting cheer			78 Suffix of sugars	
	95 Gaudy scarves			81 Pianist's seat	
	98 Be soaked			82 Communal	
				84 Boxcar rider	

**SMOKING IS AN ADDICTION BUT WE CAN HELP!**

The Russell County Health Department and the Russell County Hospital have partnered up to offer Freedom from Smoking classes. They're free and they work!!

### DID YOU KNOW?

- Smoking is responsible for an estimated 480,000 deaths per year in the U.S.
  - Smoking can take as many 6 as 10 years off your life expectancy
  - Tobacco smoke contains over 7,000 chemicals. Some of which, can lead to cancer
- You are not alone in your fight against tobacco addiction. Free classes and assistance with nicotine replacement is available. Signup today for the next Freedom from Smoking class and find out ways to help you become a non-smoker.
- For more information or to register for Freedom from Smoking classes call:
- Russell County Health Department 270-343-2181 ext. 4 Shirley Roberson
  - Russell County Hospital 270-343-4141 ext. 509. Teresa Spaw
  - Tobacco Free Kentucky: 1-800-QUIT NOW

