

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

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.

tian 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 Rumbold 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.

Jamestown Manor APARTMENTS
678 S. Main Street. Jamestown, KY
NOW ACCEPTING APPLICATIONS
CENTRAL HEAT & AIR
WALL TO WALL CARPET & TILE
LAUNDRY FACILITIES ON GROUNDS
RENT BASED ON INCOME
CALL: (270)-343-2329
TDD: (800)-648-6056 / FAX: (270)-343-2375
Equal Housing Opportunity

Super Crossword TWO-CHANNEL CONNECTION

ACROSS

1 Old Glory, for one
5 Up in smoke
11 Refluxes of tides
15 Ankle-knee connector
19 I, to Greeks
20 "Speak up!"
21 Ark captain
22 Chipotle item
23 "Great job, play more!"
25 Be sweet on
26 Wilson of film
27 One half of a 45
28 Eat
29 Stingy type
30 Get a B, e.g.
31 Mauna —
33 Sharp rise in new findings?
36 Napoleon's birthplace
40 Gem, e.g.
41 Writer — Jackson Braun
42 — out (supplement)
43 Ice melter
45 — word (coinage for one occasion)
48 Throbs
49 Perpetual pampering?

DOWN

1 Small lies
2 Actress Singer
3 Just slightly
4 Judges' mallets
5 Bar drink
6 Cherished
7 Intelligible
8 Hunky guy
9 Most scant
10 Before, to Kipling
11 Spices up
12 Idaho city
13 Cake creator
14 Singer Crow
15 Cork up, as a bottle
16 Maui native
17 Emulate Tara Lipinski
18 "Baloney!"
24 Certain woodwind player
29 Early hi-fi format
32 Berry rich in antioxidants
34 See eye to eye (with)
35 Sis, say
36 Frame of a cartoon
37 Japanese island
82 However, briefly
84 Pair of identical products sold as a unit
85 Writer Steel
86 "Babbitt" author Lewis
88 White Rabbit's woe
90 Tree fluterer
91 New royal of 1981
92 Kit —
94 Confronts
95 Canonized Fr. woman
97 Walked (on)
101 Slip away
103 Electrical resistance measure
104 Subject to legal action
106 Singer
107 Warwick
108 Large city in Nebraska
109 Ward off
110 Ordinance
115 Withered
117 "You're on!"
118 Mouth parts
119 Lightish sword
122 Salary ceiling
123 Actor Bruce

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SEE ANSWERS ON PAGE 7 OF TODAY'S ISSUE

DIETICIAN

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or drink.

Until next time, be healthy!

Dear Dietitian

References

1. Khezri, S, et al. Beneficial effects of apple cider vinegar on weight management, visceral adiposity index and lipid profile in overweight or obese subjects receiving restricted calorie diet: a randomized clinical trial. Journal of Functional Foods 2018 Apr (43): 95-102.

2. Johnston, C, et al. Vinegar improves insulin sensitivity to a high-carbohydrate meal in subjects with insulin resistance or type 2 diabetes. Diabetes Care 2004 Jan; 27 (1): 281-282.

3. Apple Cider Vinegar. Retrieved from

As with just about anything, ACV has potential harmful effects. Full-strength ACV can cause erosion of tooth enamel, which may lead to decay. It can also cause mouth sores and trigger gastric reflux. Proponents recommend diluting ACV with water before drinking it.

In summary, apple cider vinegar has versatile uses as a cleaning agent and food ingredient. However, there is no significant clinical evidence to support any health claims of ACV, and its use is not recommended in medical guidelines of any major public health organization (3).

That should settle the bet.

https://en.m.wikipedia.org/wiki/Apple_cider_vinegar.



Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardiitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.