

-Obituaries-

Mary Rader Gossage Emerson

WINDSOR - Mary Rader Gossage Emerson, 86, Windsor, died Monday, June 15, 2020 at the Lake Cumberland Regional Hospital in Somerset.



She was born August 2, 1933 to Roscoe Cosby and Grace Yaden Rader. She attended Bradley's Pleasure Baptist Church and Jennie's United Methodist Church.

She was preceded in death by her husband's, John Cloyd Emerson and Gaylord Delano Gossage.

Survivors include three sons, Joseph William (Tamura) Gossage, James Marvin (Jessica) Gossage and John David (Tracey) Gossage, all of Windsor and nine grandchildren.

Funeral services were held 4:00 pm Friday, June 19, 2020 at the Bernard Funeral Home with Bro. Shannon Cain officiating. Interment was in the Ridgecrest Cemetery.

Pallbearers were William Gossage, Thomas Gossage, Jesse Gossage, Eli Gossage, Chase Gabbard and Beckham Wilson

Bernard Funeral Home was in charge of arrangements.

Gracie Pecola Brown

RUSSELL SPRINGS - Gracie Pecola Brown, 98, Russell Springs, died Wednesday, June 17, 2020 at the Fair Oaks Health System in Jamestown.

She was born June 29, 1921 in Russell County to the late John H. and Laura Owens McElroy.

She was a homemaker.

In addition to her parents, she was preceded in death by her husband, Asa J. Brown; a son, Charles Edward Brown; a daughter, Linda Sue Brown; five brothers, Almon Owens, James McElroy; Charles McElroy, William McElroy, Lewis Owens and an infant daughter.

Survivors include a son, James Edwin (Juanita) Brown, Russell Springs; one grandchild, Jessica (Chris) Abrell, Columbia; two great grandchildren, Allen Abrell and Lucas Abrell and one sister, Evelyn Rice, Stanford, Ky.

Funeral services were held 11:00 am Saturday, June 20, 2020 at the Bernard Funeral Home Chapel with Bro. Andy Robertson officiating. Interment was in the New Friendship Cemetery.

Pallbearers were Bobby Brown, Billy Brown, Tim Brown, Charles Gaskins and Coty Roy

Bernard Funeral Home was in charge of arrangements.

Jack Crabtree

JAMESTOWN - Jack Crabtree, 68, Jamestown, passed away Sunday, June 14, 2020 at Lake Cumberland Regional Hospital.

He was born in Jamestown, on April 10, 1952, a son of the late Sallie (Lawless) and Homer Crab-

tree.

He is survived by two sisters, Anita Curry and Evie Lou Crabtree; three brothers, Ernie, Johnny, and Jimmy Crabtree; a host of nieces and nephews.

Preceded in death by his parents and a brother, Marty Crabtree.

Graveside services were held 1:00 pm, Friday, June 19, 2020 at Jamestown Cemetery with Bro. Bobby Conner officiating.

Interment was in the Jamestown Cemetery.

The family request donations be made to the funeral fund and can be made at the funeral home.

hepruitt@duo-county.com

Rodney James Wilson

RUSSELL SPRINGS - Rodney James Wilson, 46, Russell Springs, died Monday, June 15, 2020 at the University of Kentucky

Health Care in Lexington.

He was born February 7, 1974 in Louisville. He was a carpenter/roofer.

He was preceded in death by a brother, Donnie Wilson; his father, Darwin Wilson, and his mother, Lois George Wilson.

Survivors include his daughter, Jocelyn Wilson and fiancé Nathan Wendry, Columbia; Rodney's fiancé, Caren Hamill, Russell Springs; several aunts, uncles, and cousins.

graveside services were held 10:00 am Thursday, June 18, 2020 at the Pine Grove Cemetery on Hwy. 3525 in Russell Springs with Bro. Brad Teubert officiating. Special music by The Severt Family.

Bernard Funeral Home was in charge of arrangements.

Ruth Woods

RUSSELL SPRINGS - Ruth Woods, 84, Russell Springs, passed away Monday, June 15 2020 at Russell County Hospital.

She was born on Tuesday, May 26 1936, in Henry County, KY.

She was the daughter the late Lucille Stivers Simpson and Walter Simpson.

She was a member of Eminence Methodist Church and a retired registered nurse. Besides her parents, she was preceded in death by her sons, Steve Bailey and Jimmy Ray Gambill.

Survivors include her husband, Alva Woods, Russell Springs; two daughters, Ruth Givens, Russell Springs and Teresa Wilkins, Eminence KY; one son, John Ganbill and spouse Elizabeth, Radcliff; eight grandchildren and eight great-grandchildren.

Funeral services were held 2:00 pm Thursday, June 18 2020 at Wilson Funeral Home Chapel.

Interment was in the Sunset Memorial Gardens, Frankfort.

Wilson Funeral Home was in charge of arrangements.

Dear Dietitian

Dear Dietitian,
I have been worried about a second wave of COVID-19, and this gives me anxiety. I just went back to work last week, but if there's a second wave of COVID, I am worried about my financial future. My friend was telling me she takes an herbal supplement called kava, and it helps her feel calm. Is it safe?

Meredith

Dear Meredith,
Any type of uncertainty may bring anxiety, and as many as 50% of Americans report they have anxiety surrounding COVID-19. You are not alone. We all deal with some level of stress at times. It's normal, but when it affects your everyday life, interferes with sleeping or eating patterns, it's time to do something about it.

It is wise to seek professional advice before purchasing a supplement, as products often vary in quality, effectiveness, and cost. Kava Kava, or just kava, is a member of the pepper family and is native to the South Pacific. South Pacific islanders have used it in ceremonies to produce relaxation. Its effect is similar to that of alcohol, creating a calm, happy feeling. Proponents claim that kava provides many of the benefits of alcoholic beverages without the worry of a hangover.

Traditionally, the root of the plant is used to make a drink. Today it can be purchased in powder, capsule, or as a tea. It is craftily marketed as a 'chill pill' or 'quality, affordable relaxation.' The kava drink contains about 30 calories per serving and reportedly has an earthy taste, one that must be acquired. There are approximately 100 kava bars in the US, where people enjoy the drink while relaxing and socializing.

Kavalactones are the active ingredients found in the kava plant. They interact with the limbic system, the part of the brain that deals with emotions. More specifically, kavalactones act on the amygdala, the part

of the brain that regulates fear and anxiety.

Studies on kava are mixed, but overall, it is believed to have a small impact on reducing anxiety. Scientists think it is safe for short-term use, but as with any supplement, there are risks.

Prolonged use of kava has been associated with dry, scaly skin. It has also been linked with severe liver damage. Kava may also impact other medications, so always talk to your doctor before beginning any herbal remedy.

To ensure quality when purchasing kava or any dietary supplement, be sure it has USP on the label. The United States Pharmacopeia (USP) tests products to verify their contents, purity, quality, and strength. The following websites will also help you make a sound decision:

1. The National Institutes of Health's Center for Alternative and Complementary Medicine website: <http://nccam.nih.gov/health/supplements/wi-seuse.htm>

2. The National Institutes of Health Medline Plus website www.nlm.nih.gov/medlineplus/druginfo/herb_All.html

Until next time, be healthy! Dear Dietitian

Disclaimer: This column is for educational purposes and is not meant to be used as a substitute for medical care. Consult your doctor before beginning any herbal supplement.



Leanne McCrate, RDN, LD, CNSC, aka 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 deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or meal plans.

PRICELESS

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worldwide research,” Store Manager Cody Reeder said.

“I am proud to say that your Russell Springs Priceless Foods was able to raise over \$1400 over the course of just a few weeks to help aid this health agency,” Cody added. “We were one of the top leading stores in donations within our district.”

Cody also stated that this was all possible with the help of many wonderful customers.

“We helped make a difference and helped raise money for a great cause,” Cody said. “Me and my team here at Priceless will always be happy to help in any way we can, and we want to make a difference.”

COUNCIL

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their meetings with prayer, but Coffey suggested including the Pledge of Allegiance also.

“Sure!” Jamestown Mayor Nick Shearer said. “Absolutely! Starting next council meeting, we’ll do that.”

The entire Council nodded in agreement.

Monday, Coffey said he made the request in hope of promoting unity. He said he can’t recall the city doing the pledge for some time.

“I just thought we should,” Coffey said.

The Drive To Succeed

At last Thursday’s meeting, the Council voted to pursue a vehicle lease agreement program with Don Franklin which could

potentially save the city “thousands” of dollars. Issues such as maintenance will be included in the agreement.

Water, Water, Everywhere

Mayor Shearer informed the Council that the “Downtown Water Project” has been awarded to Cumberland Pipeline.

“It’s a local firm, so we’re very excited about that,” he said. “I love local people having their hands in local matters.”

The 120 day project is set to begin in August.

New Business

Shearer said a new Mexican restaurant will soon be occupying the former “Meeting Place” on North Main

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Financial Focus

Ensure You're Properly Insured

There's certainly been plenty of volatility and uncertainty the past few months, but one aspect of your financial picture has probably remained stable: your need for insurance. And since National Insurance Awareness Day is observed on June 28, now is a good time to review your overall insurance coverage to determine if you and your loved ones are well-protected.

You might be surprised at the lack of protection among your fellow citizens. Less than 60 percent of Americans have life insurance, and just about half of those with insurance are underinsured, according to LIMRA, a research organization.

Of course, you might think the reason so many people don't have insurance is because they don't need it. But just about every age group can benefit from life insurance.

- If you have a house and a family ... Your insurance needs are obvious: If something happened to you, could your mortgage payments still be met? How about your car payments? Doctor's bills? College for your children? Even if you have a spouse or partner who earns a decent income, your family could still have big trouble paying its bills if you weren't around.

- If you're young and single with no family responsibilities ... If you're in this group, why would you need life insurance? For one thing, perhaps you owe money together with someone else – you might, for example, be a joint debtor on a mortgage. If you passed away, your co-debtor would be responsible for the entire debt. And just because you don't have family responsibilities now, it doesn't mean you never will. If you have a family history of serious health issues, which may eventually affect you, you could have trouble getting life insurance later, or at least getting it without paying a lot. Now, when you're young and healthy, the coverage is available and may be more affordable.

- If your children are grown and you're retired ... If you retire with debt or have a spouse dependent on you, keeping your life insurance is a good idea, especially if you haven't paid off your mortgage. Plus, life insurance can be used in various ways in your estate plans.

Even if you recognize the need for life insurance, though, you may be uncertain about how much you require. Your employer may offer insurance, but it might not be sufficient for your needs. And, perhaps just as important, if you leave your job, voluntarily or not, you'll likely lose this coverage. If you purchase a private policy, what's the right amount? You might have heard you need a death benefit that's worth seven or eight times your annual salary, but that's just a rough estimate. To determine the appropriate level of coverage, you'll need to consider a variety of factors: your age, income, marital status, number of children, and so on.

Still, even after you've got the right amount in place, it doesn't mean it's set in stone. You should review your coverage regularly, and especially when you change jobs, get married or remarried, have children or experience any other major life event.

Life insurance should be a key part of your overall financial strategy, along with your retirement accounts and other investments. Make sure you're properly covered – for today and tomorrow.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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ADAM STILLE
36 Joe T. Pettey Drive
Russell Springs, KY 42642
270-866-6818
www.edwardjones.com

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