

-Obituaries-

Janice Grace Andrew

RUSSELL SPRINGS - Janice Grace Andrew, 73, Russell Springs died Tuesday, June 23, 2020 at the Russell County Hospital. She was born November 10, 1946 in Russell County to the late Marvin & Bertha Opal Bledsoe Johnson.

She was a bookkeeper and a member of Rockhouse Christian Church.

In addition to her parents, she was preceded in death by her husband, Ravin Andrew.

Survivors include two children, Melinda (William) Rigsby, Scottsville and Angela (Troy) Anderson, Russell Springs; seven grandchildren, Joshua Rigsby, Kali Rigsby, Brently (Taylor) Anderson, Bradly Anderson, Tirrell (Lindsey) Hunt, Trina (Avery) Hunt and Anesha Rigsby; six great grandchildren; one sister, Gay Naylor, Westchester, Ohio; several nieces, nephews, and friends.

Funeral service was held 11:00 am. Friday, June 26, 2020 at the Bernard Funeral Home Chapel with Bro. David Brown officiating.

Interment was in the Russell County Memorial Gardens.

Pallbearers were William Rigsby, Troy Anderson, Josh Rigsby, Bradly Anderson, Brently Anderson and Stacy Brumley

Bernard Funeral Home in charge of arrangements.

Ruby Starnes

RUSSELL SPRINGS - Ruby Starnes, 93, Russell Springs, died Wednesday, June 24, 2020 at the Fair Oaks Nursing Home in Jamestown.



She was born April 19, 1927 In Russell County. She was a member of Solid Rock Full Gospel Church.

She was preceded in death by her parents; husband, Jesse Starnes; grandchild, Gloria Loy and great grandchild, Ashley Stargel.

Survivors include her son, Ronnie (Lisa) Loy, Jamestown; three grandchildren, April (Jimmy) Branson, Louisville, Rhonda (Jeff) Padilla, Russell Springs and Myranda (Ernie) Rogers, Columbia; ten great grandchildren, Tyler Baker, McKenzie Foster, Hanna Branson, Peyton Antle, Grace Ann Antle, Riley Rogers, Mariah Johnson, Jayden Padilla, Noah Padilla and Candace Baker and four

great great grandchildren, Austin Mason, Sawyer Padgett, Daislyn Baker and Abby Baker

Funeral services were held 1:00 pm Saturday, June 27, 2020 at the Bernard Funeral Home Chapel with Bro. Wayne Keith officiating. Interment was in the Dixon Cemetery.

Pallbearers were Ernie Rogers, Roger Garner, Randal Hammonds, Arvis Loy, Keith Johnson and Jonathan Grider.

Bernard Funeral Home was in charge of arrangements.

Joe Sullivan

Campbellsville - Joe Sullivan, 72, Campbellsville, son of the late Omra Sullivan and Bessie White Burton, was born September 11, 1947 in Pulaski County, Kentucky. He died at 5:10 A.M., Tuesday, June 23, 2020 in Clarksville, Indiana.

He is survived by three daughters and one son, Cheryl Akins, Angela Sullivan, Jordan Head and husband and Warren and Jonathan Sullivan; five grandchildren; one brother and three sisters, Jimmy Sullivan, Carolyn Pollard, Elizabeth Gilman and Jeanine Starckenberg and two half-brothers and two half-sisters, Garry Burton, Larry Burton, Bonnie Burton and Sharon Burton.

He was preceded in death by his step-father, Coy Burton; three brothers and one sister, Mike Sullivan, Phillip Sullivan, Danny Sullivan and Marlene Sullivan and one half-sister, Betty Antle.

Graveside services were held 11:00, Friday, June 26, 2020 at Bethlehem Separate Baptist Church Cemetery by Pastor Jason Hood. Burial was in the Bethlehem Separate Baptist Church Cemetery Russell Springs.

Expressions of sympathy requested to the donations to Team Kentucky Fund or Kindred Hospice and may be made through Parrott & Ramsey Funeral Home.

Parrott & Ramsey Funeral Home was in charge of the arrangements.

Stevie York

JAMESTOWN - Stevie York, 60, Jamestown passed away Monday, June 22, 2020 at Russell County Hospital.

He was born in Albany on August 31, 1959, a son of Bonnie (Russell) York, Jamestown and the late Alvin York.

He is survived by wife Lisa (Hawkins) York; mother, Bonnie York; a daughter, Lacy (Bryan) Cooper; three sons, Tyler (Holly) York, Nick (Bethany) York, and Steven York; a step son, Veston Duncan; two sisters, Judy (Jim) Heathman and Alice (Roy) Lawless; a brother, Tommy (Ramona) York; six grandchildren; a host of nieces, nephews and friends.

He is preceded in death by his father.

Funeral services were private at H.E. Pruitt Memory Chapel, Jamestown with Bro. Jessie Jewell officiating. Interment was in the Jamestown Cemetery.

Pallbearers were Micheal Bray, Richard Kean, Scott Turner, John Robertson, Toby Harvey, and Todd McGowan. hepruitt@duo-county.com.

Terry George

RUSSELL SPRINGS - Terry George, 72, Russell Springs, died Friday, June 26, 2020 at the Norton's Hospital in Louisville.

He was born November 3, 1947 in Somerset, Ky to the late C.B. & Evelyn Stephens George.

He was an insurance agent and a member of Liberty Baptist Church.

In addition to his parents, he was preceded in death by his wife, Elaine Conover George and a brother, Morris George.

Survivors include two children, Renee (Keith) Smith, and Laura (Christopher) Godby, both of Russell Springs; four grandchildren, Samantha Smith, Kaitlyn Smith, Carson Godby and Calli Godby; one great grandchild, Levi McBride; one sister-in-law, Betty George, Russell Springs and one nephew, Matt George.

Funeral services were held 2:00 pm Tuesday, June 30, 2020 at the Liberty Baptist Church with Bro. Greg Estes, Bro. Roger Garner, and Bro. Brian Rafferty officiating. Interment was in the Bernard Cemetery.

In lieu of flowers the family requests donations to Liberty Baptist Church. These can be made at the church.

Bernard Funeral Home was in charge of arrangements

Dear Dietitian

Dear Readers: One day last week, I found myself busy during the lunch hour and didn't stop to eat until around 2 p.m. I went to a fast-food restaurant, ordered a small sandwich, medium fries, and a diet soda. It wasn't until later that I realized the moderate-size meal I had consumed contained nearly 800 calories! Holy mackerel! The fries were delicious, but was it worth it?

By now, you've noticed certain restaurants have added calorie counts to their menu items. Although some restaurants began early, as of May 7, 2018, the FDA required calories to be listed on the menus and menu boards of restaurants that are part of a chain of 20 or more locations. The reasoning behind this is so that consumers can make informed choices.

It is estimated that Americans eat one-third of their meals away from home. While fast food is a convenient and relatively inexpensive option, the calories add up quickly. Instead of getting more for our dollar, we get more around the waistline. Increased calories lead to weight gain, and obesity is one of the leading contributors to diabetes, heart disease, high blood pressure, stroke, and possibly some types of cancer.

Is the implementation of calorie counts making a difference? The studies are mixed, but overall, the answer seems to be, "Definitely maybe." In a study published in the British Medical Journal, more than 242 million food transactions were evaluated over three years. The data was collected in fast-food restaurants in the southern United States. After calorie labeling, a decrease of 60 calories per transaction was observed. However, this was followed by an increase of 0.71 calories per transaction over the next year (1).

Particular subpopulations seem to use the calorie counts more effectively. Women, dieters, and people of higher income levels made healthier choices. The calorie labeling was more effective when a 2000 calorie-a-day recommendation was also posted.

At first glance, it seems the effect of calorie labeling would be easy to measure. People either ordered items with more calories or less, right? However, measuring the impact on society's health is much more complex. For example, after realizing how many calories they were consuming in fast food, some customers may quit going to those restaurants altogether. While this may be a healthy adjustment, it's difficult to measure its impact on public health.

If you have to eat on the run, and fast food is a convenient option, follow these guidelines so you won't blow your health plan:

1. "Small-size it" instead of super-sizing it. Amer-

icans love to get more for their money, but in the case of high calories, maximizing the value of your dollar just doesn't pay off.

2. Skip the fries. If you must have them, order a small size.
3. Consider ordering the kid's meal for about 500 calories. Enjoy the toy.
4. Drink water, unsweetened tea or coffee, or a diet drink. A 20-ounce sugar-sweetened soft drink costs about 250 calories; a 32-ounce provides 385 calories; and a 40-ounce soda pop brings in a whopping 500 calories!
5. Ask for sauces, condiments, and salad dressings on the side. Use moderately.
6. Skip the fast meal altogether, and pack a lunch. Of course, this takes time and planning. A sandwich with lean protein, nuts and fruit, baked chips, and a low-calorie drink is all you need.

The implementation of calorie counts on menus may not solve the obesity problem in America, but it's a step in the right direction. Increased awareness and education are vital keys in making healthier choices.

Until next time, be healthy!
Dear Dietitian

Reference

1. Petimar, J., Zhang, F., Cleveland, L., Simon, D., Gortmaker, S., Polacsek, M., Bleich, S., Rimm, E., Roberto, C., & Block, J. Estimating the effect of calorie menu labeling on calories purchased in a large restaurant franchise in the southern United States: quasi-experimental study. *BMJ* 2019;367:I5837



Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is based in Missouri. Her mission is to educate the public 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 diet plans.

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Financial Focus

Work to Achieve Your Financial Independence

Over the past few months, just about everyone has felt the loss of some type of freedom, whether it's being able to travel, engage in social gatherings or participate in other activities we previously took for granted. Still, as we prepare to observe Independence Day, it's comforting to realize all the freedoms we still have in this country. And taking the right steps can also help you achieve your financial independence.

Here are some moves to consider:

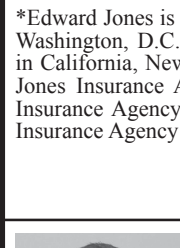
- Build an emergency fund. It's a good idea to create an emergency fund consisting of three to six months' worth of living expenses, with the money held in a liquid, low-risk account. With this fund in place, you can avoid dipping into your long-term investments to pay for short-term, unexpected costs.
- Keep your debts under control. It's not easy to do, but if you can consistently minimize your debt load, you can have more money to invest for the future and move closer toward achieving your financial liberty. One way to keep your debts down is to establish a budget and stick to it, so you can avoid unnecessary spending.
- Contribute as much as possible to your retirement plans. The more money you can save for retirement, the greater your feelings of financial independence. So it's essential that you contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered, and every time your salary goes up, boost your annual contributions. Even if you participate in a 401(k), you're probably also still eligible to contribute to an IRA, which can help you build even more funds for retirement. And because you can fund an IRA with virtually any type of investment, you can broaden your portfolio mix.
- Explore long-term care coverage. One day, your financial independence could be threatened by your need for some type of long-term care. It now costs, on average, over \$100,000 for a private room in a nursing home and more than \$50,000 for the services of a home health aide, according to Genworth, an insurance company. Most of these costs won't be covered by Medicare, either, so, if you want to reduce the risk of seriously depleting all your financial resources – or burdening your adult children with these heavy expenses – you may want to consider some type of long-term care insurance. You could choose a traditional long-term care policy – which can cover a nursing home stay, home health care, or other services – or a hybrid policy, which provides long-term care coverage plus a death benefit.
- Manage withdrawals carefully. Once you retire, your financial freedom will depend a great deal on how skillful you are in managing the money in your retirement accounts. Specifically, you need to be careful about how much you withdraw from these accounts each year. If you set a withdrawal rate that's too high in your early years of retirement, you might eventually risk outliving your resources. So, set a withdrawal rate that reflects your age, assets, retirement lifestyle and other factors. You may want to consult with a financial professional to establish an appropriate rate.

As you can see, working toward your financial independence is a lifelong activity – but it's worth the effort.

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

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