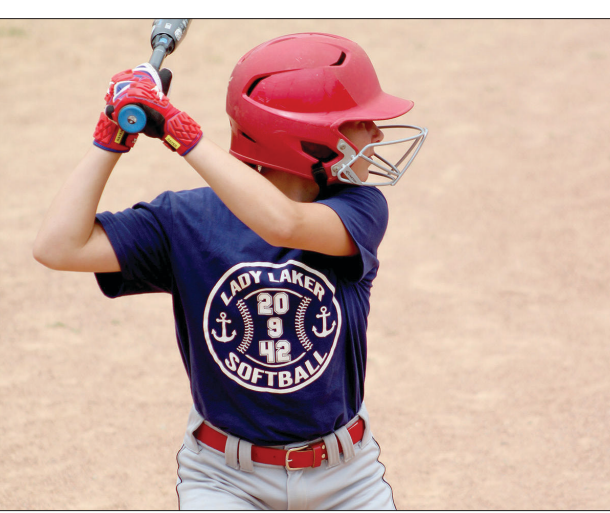


Socially Distanced Softball

A strong, and socially distanced crowd was on hand Saturday, in Russell Springs, for the anticipated return of softball. Players wore special shirts honoring Laker Seniors who did not get to complete their season due to COVID-19.



Camdin Cooper stood strong in the batter's box when softball returned to Russell Springs this weekend.



With required hand sanitizer and disinfectant near the mound, Chloe Coffey pitched during softball action Saturday.

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Extension Notes
extension.ca.uky.edu
4-H YOUTH DEVELOPMENT

Christy A. Martin
Russell County Extension Office

Talk to young people about wants, needs and opportunity costs

The COVID-19 pandemic has strained many families' finances. If your budget has recently tightened, it's important to communicate with all your family members about the new financial realities. This includes young people. Talking to young people about money may be difficult and uncomfortable, but it is an important conversation to have to make sure everyone understands the situation.

While they may not be financial contributors, young people do influence the family's budget with their needs and wants, and many times, they have an unrealistic view of their family's financial situation.

You can approach conversations about family finances in age-appropriate ways. Perhaps one of the simplest ways to explain budget tightening is to talk with your young person about the difference between a want and a need.

A need is an item that is necessary for survival. Food, clothing, shelter and medical services are all needs. Most people's basic needs are the same.

In contrast, a want is not a necessity but something you feel could add comfort and happiness to your life. Wants will differ among people depending upon their interests, tastes and lifestyle.

After explaining to young people about wants and needs, talk to them about opportunity costs. Also known as tradeoffs, opportunity costs are things you give up in order to have something else. As many families tighten their budgets, parents can explain to their children how it is important to put some of their wants on hold and focus on the family's needs for now.

4-H offers many programs and activities to help young people become more financially savvy. For more information on helping young people understand basic financial principles, contact the Russell County Extension office of the University of Kentucky Cooperative Extension Service. (Source: Kim Leger, 4-HYD specialist)

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Russell Co. 4-H Updates
Follow our Facebook page for more information regarding reopening of 4-H programming.

Kentucky Valley Music relocated, reopened



Kentucky Valley Music Co. has an inventory of new and pre-owned electric and acoustic guitars, basses, and accessories.

Wade Daffron
The Times Journal

Don't be surprised if you hear music on Main St., in Russell Springs. It may very well be coming from the new location of Kentucky Valley Music Co.

The popular, local music store, formerly located near the stop light, recently relocated to 129 Main St.

Owner Lynn Collins and Sales Associate Ron Cowell hope to serve the needs of musicians far and wide.

"We try to have whatever people who make music, or want to make music, need," Cowell said.

An accomplished musician who has shared the stage with legendary artists such as the Beach Boys, Cowell is known and loved locally for his long-time musical partnership, "The Twins," with the late David Roy.

The Twins were a fixture at the Jamestown Cafe for many years.

Kentucky Valley Music Co. owner Lynn Collins is an accomplished musician who has recently been recording and touring with the Higginbotham Quartet.

Both men enjoy sharing their passion of music and invite the public to stop by for a song, story, or to share a memory.

"We're pretty laid back here," Cowell said. "And we want people to feel comfortable. If you're needing something like strings, picks, or guitar cords...or just want to look around, you're welcome here."

With a selection of electric and acoustic guitars, amplifiers, sound system equipment, and even some keyboards and a drum set, Kentucky Valley Music Co. caters to their customers.

"We try to have what people want," Cowell said. "But things don't say here too long. If you see something you like, you better get it!"

The store has both new and pre-owned items, and carries a full line of accessories.

"And we do a lot of consignment sales," Cowell said. "We'd be glad to

help you sell an instrument, or find something you're looking for."

Store hours are Monday through Friday, noon to 5 p.m., and

Saturday, 10 a.m. to 5 p.m.

For questions or consultation, call 270-507-9950 or 270-585-4959.



Sales Associate Ron Cowell takes a call inside Kentucky Valley Music Co, now relocated and reopened on Main St., in Russell Springs.

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Jamestown Pharmacy

1417 North Main Street in Jamestown, KY
Phone: 270-343-4443
Hours: Monday - Saturday from 8:00am - 5:30pm
Saturday from 8:00am - 12:00pm

Owner: Jeff Warner