

**YEAR,**

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**JANUARY**

Russell County native Jason Foley was named Coach of the Year by the Somerset Commonwealth Journal. Foley was honored for his leadership of the Southwestern High School Warriors.

As recipients of the first round of a vaccine locally, Russell County Hospital CEO Patrick Branco and well-known local physician Dr. Rick Miles literally rolled up their sleeves in the fight against COVID.

Legendary local sports aficionado Larry "Flash" Wilson passed away, and an outpouring of tributes were received for him, and his love of all things Lakers.

Developer Brad Vaughn opened two, new business (Laker Laundry and Hop, Skip 'n JUMP) within a one-week period in Russell Springs. Additional construction is occurring on the site near his two ventures.

William Murray participated in his first meeting as a Jamestown city councilman. He was appointed to fill the term of his late brother, long-time councilman Larry Joe Murray, who passed away in late 2020.

**FEBRUARY**

Alejandro Diaz, 20, of Casey County, died in an accident on the Louie B. Nunn Cumberland Parkway.

The U.S. Army Corps of Engineers announced a plan to "improve" hydropower discharges at the Wolf Creek Dam.

The county saw significant snowfall during the month of February.

Russell County Laker Swim Team member Emma Phillips signed with Milligan University.

Golden-Rule Wilson Real Estate and Auction



**A Casey County man died in February as the result of an accident on the Louie B. Nunn Cumberland Parkway. (Photo provided by the Adair County Community Voice)**

won multiple awards at the 2021 Kentucky Auctioneer's Association Convention in Louisville.

Triple Crown Outfitters, a premier hunting lodge in Russell County, was destroyed in a fire. A seven-month investigation by the Kentucky State Police led to the arrest of Sarah Turner Lykins, 33, of Jamestown, and Richard Carlisle, 41, of Owensboro, in connection with the blaze authorities deemed an alleged arson.

**MARCH**

Edy Reyes, 27, of Columbia, died after reportedly exiting a moving vehicle on the Louie B. Nunn Cumberland Parkway.

Well-known, respected educator Debbie Russell passed away, and was later honored by ArtWorks with a garden in her memory.

Law enforcement veteran Tim Pierce was named

as new Russell Springs Police Chief.

Officials announced a new, nearly \$1.9 million Agribusiness facility would be locating in Russell County.

**APRIL**

The first Marsha L. Posic Music Scholarship was awarded to Steven Bernard.

Jamestown Pharmacy announced they were doing their part to combat COVID by offering vaccine shots.

In efforts to improve their respective cities, the City of Russell Springs vowed to crack down on littering within the city - while the City of Jamestown voted to invest in new playground equipment for their city park.

The Russell County Public Library hosted a kickoff for the Dolly Parton Imagination Library - which provides free books to children in Russell County.

**MAY**

Russell County Baseball Coach David Rexroat was heralded as having the most wins in Laker history.

The Russell County School Board discussed plans for renovations at the middle school.

Even with COVID concerns, the Russell County High School held in-person graduation - with precautions in place.

**JUNE**

Respected and renown local educator Donnie Wilkerson was acknowledged for his influence on local students.

Continuing a historic tradition, the Russell County Fair and all its festivities ushered in summer.

The Russell County

Hospital celebrated their 40th anniversary of service to the community.

The cities of Jamestown and Russell Springs were set to receive over \$1 million in "relief money"



**Hundreds attended September's Creelsboro Festival in the southern part of the county.**

to offset COVID expenses.

The Russell County 12U Softball Team won a state championship, and earned a trip to the World Series.

Large crowds attended the first RCPL Con to cosplay, play games, and network with like-minded participants.

**AUGUST**

A grand opening/dedication was held for the new Lake Cumberland Regional College and Workforce Center.

Matthew Lunsford was honored by the Fairview Baptist Church for his 15 years of service to children in need around the world.

Sen. Rand Paul visited the Russell County Hospital to discuss current events and hospital expansion.

The Russell County School Board voted to spend nearly \$820,000 for air purifiers in local schools to address COVID concerns.

Savannah Harlan was introduced as the newest police officer for the City of Jamestown.

The Dance Shoppe of Russell Springs held "The Most Magical Recital on Earth" - their 39th annual production.

Ernesto Trevino Richards, 33, was charged with illegally entering the Russell Circuit Clerk's Office and causing an alleged "disturbance."

**SEPTEMBER**

A Grand Opening was held for a new Family Dollar & Dollar Tree in Jamestown.

Russell Springs city officials announced a new KFC would be locating in their city.

Jamestown was rocked by a loud "boom" which apparently originated on East Cumberland Ave.

A public hearing was held regarding a proposed, over 400-acre solar farm in Russell County.

Sophie Shearer was crowned as RCHS Football Homecoming Queen.

Hundreds attended the Creelsboro Festival in southern Russell County.

**OCTOBER**

Hot country artist Drake White wowed the crowd during the two-day Festival at the Springs.

Over 800 cookie jars from the famed "David Stephens Collection" went on the auction block as contents of the Russell Springs Antique Mall began selling in an on-line auction conducted by

Golden-Rule Wilson Real Estate and Auction.

Late, legendary educator Garmoline Carpenter was honored by her alma mater, Lindsey Wilson College.



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The third annual Hope for the Homeless "Sleep Out" was held at the Russell Springs City Park in hopes of drawing attention to the homeless situation in the county.

H.M. Bottom passed away after valiantly battling a brief illness.

Addy Abrell was crowned as RMCS Homecoming Queen.

The RCMS Seventh Grade Lady Lakers won the Central Kentucky Middle School Athletic Conference championship.

**NOVEMBER**

A live Facebook auction by Russell County Sheriff Derek Polston raised nearly \$26,000 to benefit Shop With A Cop and Christmas With Cops At Fair Oaks.

Fair Oaks Health and Rehabilitation and Russell County Hospital joined to honor "Enduring

Heroes" - those who continue to provide care during the pandemic.

The Russell County Jaycees continued to serve hundreds throughout the community with their annual Radio Auction.

A free, community meal in honor of Betty Fisher was held just before Thanksgiving.

With a much-welcomed return, Main St. was filled with the sights and sounds of the annual Russell Springs Christmas Parade.

In what is believed to be the first and only murder in Russell County during 2021, Jordan Coffey, 27, of Russell Springs, was charged in the alleged, fatal stabbing of Christopher Glen Coffey, 38, also of Russell Springs.

**DECEMBER**



**Residents in Jamestown reported a loud "boom" which shook houses, and was heard across the city in September. Members of the Jamestown Volunteer Fire Department are shown as they responded to the possible point of origin on East Cumberland Ave.**

Hundreds attended the festive Christmas on the Square, in Jamestown.

In a Town Hall meeting, Sen. Max Wise said Russell County is "on the cusp" of success.

A Laker Country Cares Radiothon raised over \$200,000 to assist tornado victims in Western Kentucky.

The Russell County Fiscal Court, Russell County School Board, Russell County Sheriff's Office, and the City of Jamestown united to place a School Resource Officer (SRO) at Jamestown Elementary. All schools within the county now have an SRO on campus.

Using their popular live Facebook auction, Collins Variety LLC raised over \$9,000 for the Russell County Honor Guard.

Jamestown Mayor Nick Shearer announced he would be stepping down to accept a leadership position with the LCCAA. Councilwoman Regena Hinton was named to fill the mayoral vacancy.

Just hours before the new

year, well-known Cody Gosser lost his life in an ATV accident in eastern Russell County.

**Dear Dietitian**

Dear Readers: Many of us aren't as young as we used to be when it comes to physical activities. Maybe you were once a runner, and now the knees don't bend like they used to. Or perhaps you were a star athlete in high school, and now your star just isn't as bright. The body has gotten older, the joints stiffer, maybe it's even affecting your everyday life. It's a foe that sometimes rears its ugly head in mid-life; it's arthritis.

Some supplements claim to ease arthritis pain, but do they work? Glucosamine, chondroitin, and curcumin (found in turmeric) are three dietary supplements we will explore. Glucosamine and chondroitin, often sold in combination, are two of the top-selling natural remedies for OA. In a meta-analysis of randomized controlled trials (the gold standard for research), Zhu et al. found that glucosamine was more effective than a sugar pill in alleviating joint stiffness. At the same time, chondroitin was better at improving pain and mobility. The analysis did not find enough studies to draw a conclusion about the combination therapy of the two (1).

When it comes to your health, be an informed consumer. A little homework may be necessary before purchasing a supplement for arthritis symptoms. The following websites will help you make a sound decision:

[www.nccam.nih.gov/health/supplements/wiseuse.htm](http://www.nccam.nih.gov/health/supplements/wiseuse.htm)

[www.nlm.nih.gov/medlineplus/druginfo/herb\\_All.html](http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html)

[www.consumerlab.com](http://www.consumerlab.com)

Consult your doctor before beginning any dietary supplement.

Until next time, be healthy!

Dear Dietitian

References

Zhu X, Sang L, Wu D, Rong J, Jiang L. Effectiveness and safety of glucosamine and chondroitin for the treatment of osteoarthritis

chondroitin isn't helpful. Still, these supplements have not been found to be harmful (2).

Another popular remedy for OA is curcumin, the ingredient in turmeric that has anti-inflammatory effects. In another meta-analysis, Daily et al. concluded that curcumin, in addition to conventional medicine, may help treat arthritis symptoms (3). In another study, curcumin was found to be as effective in treating arthritis of the knee as the drug diclofenac. However, this study was small and only lasted one month (4).

When it comes to your health, be an informed consumer. A little homework may be necessary before purchasing a supplement for arthritis symptoms. The following websites will help you make a sound decision:

[www.health.harvard.edu/blog/curcumin-for-arthritis-does-it-really-work-201911218290](http://www.health.harvard.edu/blog/curcumin-for-arthritis-does-it-really-work-201911218290)

[www.nlm.nih.gov/medlineplus/druginfo/herb\\_All.html](http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html)

[www.consumerlab.com](http://www.consumerlab.com)

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Until next time, be healthy!

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Zhu X, Sang L, Wu D, Rong J, Jiang L. Effectiveness and safety of glucosamine and chondroitin for the treatment of osteoarthritis

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Daily J, Yang M, Park S. Efficacy of turmeric extracts and curcumin for alleviating the symptoms of Joint Arthritis: a systematic review and meta-analysis of randomized clinical trials. J Med Food 2016 Aug 1;19(8): 717-729.

Shmerling, R. (2019, November) Curcumin for arthritis: does it really work?

<https://www.health.harvard.edu/blog/curcumin-for-arthritis-does-it-really-work-201911218290>



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