



Senior Awards Will Aaron, Wyatt Neale, Dylan Stringer, Jacob Yocum, Korrin Therrien and Makayla Melson

RC Laker Bowling Team Banquet

The Russell County Laker Bowling team held their year end banquet this past weekend. The Russell County School Board members were in attendance as coaches Brad Rexroat and Linda Edwards handed out some very deserving awards.



Dylan Stringer, High Average Award, High Game Award, and Coach's Award Coaches Brad Rexroat and Linda Edwards



Hailey Pankop, High Game Award and Sportsman Award Coaches Brad Rexroat and Linda Edwards



Will Aaron, Sportsmanship Award Coaches Brad Rexroat and Linda Edwards



Makayla Melson High Average Award, Coach's Award Coaches Brad Rexroat and Linda Edwards

Russell County Middle School Soccer Teams In Action



The Russell County Middle School boys and girls soccer teams were in action this week against Wayne County at home. Both teams fell, with the boys score 2-6, and the girls lost 0-4.



NATIONAL
NUTRITION MONTH
MARCH



Healthy Tips Fill up with Fiber

- Men should aim for 30-38 grams of fiber per day, and women should try to consume 21-25 grams of fiber per day
- Fiber is important for a healthy gut, contributes to weight loss, reduces risk of cardiovascular disease and diabetes, and lowers cholesterol levels.
- Sources: Oatmeal, Brown Rice, Whole Grain Bread, Berries, Fruit with the Peel (Apples, Pears, etc), Vegetables, Beans



Abigail Eads
RDN, LDN, CN
RCH Registered Dietitian Nutritionist

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Absolute Online Auction

Of Commercial Bldg. & Lot Vehicle and Appliance Liquidation
March 29th at 6:00 p.m. CDT
1817 Lakeway Drive – Russell Springs, KY

Preview dates: March 22 from 3 to 6 PM CDT and March 29 from noon until 6 PM CDT

This spacious block building with brick façade has for many years been the location of an appliance store. We are offering this commercial property and liquidating the inventory (mostly brand-new appliances pictured on our website). Great location and in a high traffic volume area, this building would be conducive to many opportunities. Retail store, grocery, office space just to name a few. The building has retail display areas, office area, restrooms, plus ample storage space as well as garage spaces.



AUCTIONEERS NOTE: Not only offering a great commercial piece of property but mostly new appliances as well. With the difficulty of obtaining new appliances, this is a dream as there are several to choose from and can be picked up the day after purchase. Check out our website at fordbrothersinc.com for an entire list of available



Terms: 20% deposit is due within 48 hours of the auction, with the balance due in full within 30 days for the real estate. The vehicle, appliances and personal property must be paid for in full the day of pickup. The pickup for these items will be Wednesday, March 30th from Noon until 6:00 p.m. CDT.

Buyer's Premium: There will be a 10% Buyer's Premium added to the winning bid to determine the final sale price.

The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its as-is condition with no warranties expressed or implied.

For additional information, contact Ford Brothers, Inc. Auctioneers at 606-679-2212.

Ford Brothers, Inc. Auctioneers
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Matt Ford - Auctioneer

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