

# COFFEY,

— Continued from Page One

“Spending a lot of my young adult life with her, I forgot her disability,” Coffey said. “I just saw this AWESOME girl. But was constantly reminded that she was different if we walked into someplace new. People would stare. Not in a

coaches’ clinic (In Russell County’s Special Olympics, this includes Track and Field).

- Certification is maintained by keeping these up-to-date and taking a listed course mentioned on their website.

help raise money to provide opportunities for more than 13,000 athletes who participate in Special Olympics Kentucky sport and health programs across the state.

To enter a plunge, a person must raise or



From left, volunteer Dustin Perkins, Coach Heather Tuel, volunteer Andrew Rexroat, Coach Stephanie Coffey, and volunteers Elizabeth Shanks, and Hannah England.

mean way. She didn’t care if people stared; I’m not even sure if she really noticed. And I understand why people do take a second glance. It’s hard to not look when you see something that looks different than the normal.”

“Fast forward to 2012 when Kevin Shearer contacted me to see if I would be interested in being a coach for Special Olympics,” Coffey remembered. “Without hesitation, I jumped at this opportunity. I found out quickly that you can’t just walk in and start a practice. There are steps involved to become a coach.”

Those steps included:

- A class “A” volunteer application which includes a National background check has to be filed every 3 years.
- An orientation training followed by a quiz
- Special Olympics International Protective Behavior Course (required every 3 years)
- CDC’s “Heads Up” Concussion Training for Special Olympics Kentucky (required every 3 years).
- Attend an in-person sport-specific

\*Volunteers also have to go through some protocols to join our practices.

Special Olympics is an international program of year-round sports training and athletic competition for more than one million children and adults with intellectual disabilities.

Although Special Olympics Kentucky began in 1968, it didn’t start in Russell County until 2012.

“Our team has been going strong ever since,” Coach Coffey said. “Our local team has a slew of volunteers that join us in our weekly practices. Currently, we have 20 athletes ranging from eight to 44 years old.”

Coffey said each athlete will compete in two events in the Track and Field competition.

Regional competition will be April 9 in Somerset, and state is held June 3-5 in Richmond.

“I personally invite you to cheer on our athletes,” Coffey said. “It will be one of the best days of your life.”

Each year Special Olympics Kentucky hosts five different polar plunges around the state.

These plunges

donate a minimum of \$75.

As of March 10, Coffey has raised \$1,350 and is currently in second place among top fundraisers.

“Anyone wishing to donate can visit [www.LakeCumberlandPlunge.com](http://www.LakeCumberlandPlunge.com) and type in Stephanie Coffey or find me on Facebook where I have created a fundraising page and donations can be sent that way,” she said. “I have also received some cash donations from some who do not like to donate over a computer screen and I add that money through my personal page at the link above.”

Coffey said the money from the Polar Plunge goes to Special Olympics Kentucky, “but our Russell County Special Olympics team would also appreciate any donations to go towards the athletes’ entry fees for region and state level.”

Anyone wishing to learn more about Russell County Special Olympics, can contact Heather Tuel, or Stephanie Coffey, “or find us on Facebook - Russell County Special Olympics.”

# VENTURE,

— Continued from Page One

because it

helps keep humidity out.”

“There’s not enough climate controlled storage offered here,” Joyce said, “so, here we are!”

Stacey said the business will strive to run professionally and efficiently.

“We hope to fill a need in the area,” she said.

“Storage is not just for locals,” Todd said.

He hopes the state-of-the-art facility is also attractive to

tourists “who don’t want to haul stuff back and forth.”

Tom Holt said the safe and secure business is accessible “24/7,” and will cater to convenience by utilizing “web-based software, so there’s no office.”

“Just walk up and store your stuff,” he said.

The local Lock-N-Stow offers 55 units in three sizes: 10 x 5 x 8, 10 x 10 x 8, and 15 x 10 x 8.

“You can book online, rent online,

whatever,” Holt said. “You’ll get a code for the door as soon as you pay. It’s a recurring auto debit through your credit card. If you don’t pay your bill, you’ll get locked out.”

A discount is available for a 12-month lease, and insurance is available.

Anyone interested can call (270) 770-0200, or email: [holsonholdings2021@gmail.com](mailto:holsonholdings2021@gmail.com).

“I’ve already got people reserving right now,” Tom said.

# MAYOR,

— Continued from Page One

Thomas said he is traveling to the nation’s capital this week.

“I’ve got meetings with (Senator) Mitch McConnell... and (Congressman) Jamie Comer and I am going to take some issues that we’ve got with the city that we’re trying to work on,” Thomas said, “and try to get some federal money.”

“We won’t get it if we don’t ask,” he said, “so we’re going to go ask.”

The mayor said he has “30 minute blocks” to meet with both officials.

“This is not on the city’s dime,” the mayor stressed. “I’m going through the LCADD (Lake Cumberland Area Development District).”

Thomas said he hopes face-to-face meetings with top officials will be beneficial to Russell Springs and the entire county.

The mayor also made an unusual request at last week’s meeting.

Thomas is seeking to have his monthly salary reduced from \$1,639 to \$1,250 - a nearly \$400 cut.

“That’s just a deduction,” Thomas said, “so when you hear that, you’re not

going to hear people screaming I’m asking for more money because I’m asking for less money.”

Thomas said “down the road here, a month or two... I’d like to have a vehicle.”

The mayor presently uses his personal vehicle to make numerous trips for industrial recruitment, and to attend functions.

“I just don’t want to wear my car out,” he said. “We’ll try to get something cheap...maybe even (use) an ABC (Alcohol Beverage Control) vehicle, or something.”

“As much as you’ve been driving back and forth to Frankfort, I think you deserve it,” Councilman Tommy Holt said.

The city learned it has been received a KIA (Kentucky Infrastructure Authority) loan.

“We just got this today,” Thomas told the council. “We’re going to get a grant to do the sewer line from Save A Lot all the way to Owenstown Rd. and Roy Dr., Robinson Rd.”

“All these trips to Frankfort are helping us,” the mayor said.

Russell Springs City Clerk Christopher Ramsey said the loan has “50 percent forgiveness.”

At last week’s meeting, Ramsey was appointed to the Russell County Industrial Development Authority (RCIDA) for a four-year term.

The city also plans to honor a local pastor by naming a road after him.

Sponsored by councilman Larry Skaggs, a “cut through” road between Jamestown St. and Lakeway Dr. will be named Rick Neff Road upon second reading and passage next month.

During a special presentation, former Jamestown Mayor Nick Shearer was made an Honorary Citizen of Russell Springs.

“In the past three years I’ve used Nick a lot and called him on a lot of things,” Mayor Thomas said. “We’ve worked together on a lot of things...and many of the things we’ve worked on have come to fruition.”

The Mayor also welcomed Right Smart Bargains to Main St.

(See related story in this issue.)

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