

OBITUARIES

Clara May Murrell Pierce

Clara May Murrell Pierce, 82, Somerset, formerly of Russell Springs, passed away Tuesday, March 15, 2022, at Somerwoods Nursing and Rehabilitation Center in Somerset. A graveside service was held 2:30 p.m., Thursday, March 17, 2022, at Hale Cemetery, with Brother Charles Edwards officiating. Burial followed the service. Bernard Funeral Home was in charge of arrangements.

Terry Lane Selby

Terry Lane Selby, 72, Russell Springs, passed away Saturday, March 19, 2022, at Cumberland Nursing and Rehabilitation Center, Somerset.

Funeral services were held 2:00 pm, Sunday, March 20, 2022, at Bernard Funeral Home with Bro. Ryan Coffey officiating. Burial followed in the Russell Springs City Cemetery.

An online guestbook is available at bernardfuneralhome.com.

Obituary Policy:

Obituaries must be submitted by a licensed funeral home or a copy of one previously published in order to be placed on the obituary page. Funeral providers determine the size and content of all obits provided to our newspaper and most others. This newspaper continues to offer a free posting as well as various upgrade options.

Jamestown Elementary Kindergarten Registration

Jamestown Elem. Kindergarten Registration: Thursday, March 17th from 9:00-1:00. Thursday, April 14th from 9:00-1:00. Thursday, May 5th from 9:00-1:00.

CALL JES at 270-343-3966 FOR AN APPOINTMENT for a quick readiness screening and bring the following documents for enrollment:

- Birth Certificate (must be 5 by August 1st to enroll for kindergarten) Please BRING YOUR KINDERGARTEN CHILD.
- Social Security Card
- Immunization Record
- Physical Exam
- Dental Exam
- Eye Exam
- Custody Documents (if applicable)

JAMESTOWN ELEM. NEW STUDENT REGISTRATION: Thursday, June 16th from 9:00-1:00. Thursday July 21st from 9:00-1:00.

Please call 270-343-3966 if you have any questions.

Russell Springs Kindergarten Registration

Russell Springs Elementary School will be holding registration for ALL incoming kindergarten students (MUST BE TURNING 5 BEFORE AUGUST 1, 2022)

MONDAY, MARCH 14TH 8:00 AM - 1:00 PM

TUESDAY, APRIL 19TH 3:30 PM TO 5:30 PM

Students will come with their parents to registration as there

will be a screening at this time.

Call during school hours to schedule your appointment (270) 866-3587

You are encouraged to bring any enrollment documents you may already have: birth certificate, social security card, immunization, eye exam, dental exam, and student physical exam as well as any custody papers, if applicable.



DIABETES ALERT DAY: America, Take the Test!

One in three American adults is at risk for developing type 2 diabetes, so on March 22 the Lake Cumberland District Health Department encourages you to take a quick (and anonymous) one-minute test to find out if you're one of them. By understanding your risk, you can take the necessary steps to help prevent or delay type 2 diabetes.

Why is American Diabetes Association Diabetes Alert Day so important? An estimated 96 million American adults have prediabetes, which means they have blood glucose (sugar) that's higher than normal. People with prediabetes are at risk of developing type 2 diabetes unless they take immediate action. Eight of ten adults with prediabetes don't know that they have it.

Please make sure

to mark your calendar for American Diabetes Association DiabetesAlert Day on March 22 and take the Diabetes Risk Test. Once you've taken the test, encourage your friends and family to take it too.

Go to <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test> to take the Diabetes Risk Test today. For more information about diabetes and pre-diabetes visit www.diabetes.org or www.lcdhd.org/services/diabetes/. You may also contact the diabetes educator at your local health department.

Source: <https://www.niddk.nih.gov/health-information/community-health-outreach/diabetes-alert-day>

On a separate note,

it is important to point out that Kentucky is one of the unhealthiest states in our nation. A few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can

reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the "52 Weeks to Health" banner to learn more about each of these areas.

Russell County Community Blood Drive

Thursday, March 24 11-30 am-5:30 pm CST

South Kentucky RECC Community Room 2405 N. Main Street Jamestown, KY 42629

All donors will receive a free T-shirt (while supplies last) and a chance to win a \$100 gift card sponsored by Hubbard's Building Supply in Russell Springs.

Southern Heirs Quartet

The Southern Heirs Quartet will be singing Sunday March 27th 10:00 am CST at Grace Missionary Baptist 10187 Hodgenville Road Campbellsville Ky. Pastor Walter Milby and congregation welcomes everyone.

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Financial Focus

HSA: A HEALTHY WAY TO SAVE FOR RETIREMENT

Many expenses in life are unpredictable. But there are two things you know you'll have to pay for: medical bills and retirement. You'll probably need to take a variety of steps to meet these costs, but one financial instrument that can help is a health savings account (HSA).

If you're not familiar with an HSA, here are the basics:

Eligibility – If you are enrolled in a qualified high-deductible health plan (HDHP), you can generally contribute to an HSA. While HSAs are typically offered through employers, you can still open one if your employer doesn't provide it, or if you're self-employed, although you must have HDHP coverage. You also can't be enrolled in another health insurance plan, other than those permitted, such as dental, vision, long-term care and disability insurance, and you can't be enrolled in Medicare. Also, you can't be claimed as a dependent on another person's tax return.

Contribution limits – In 2022, you can put in up to \$3,650 to an HSA if you have single coverage, or \$7,300 for family coverage. And if you're 55 or older, you can put in an extra \$1,000 per year.

Tax benefits – An HSA has triple tax advantages: Your contributions are made with pre-tax dollars, so they can reduce your taxable income for the year; your earnings grow tax-free; and your withdrawals are tax-free, provided the money is used for qualified medical expenses. (Withdrawals taken before age 65 that aren't used for qualified medical expenses are taxable and subject to a 20% penalty; once you reach 65, the penalty no longer applies, although withdrawals are still taxable.)

In addition to its providing tax benefits, an HSA can help you in other ways. Perhaps most significantly, your HSA can be an additional financial resource for your retirement. That's because the money in your HSA can be carried over from year to year – you aren't obligated to "use it or lose it." So, the money not spent on annual medical expenses can continue to grow tax-deferred. Plus, an HSA is "portable" – it moves with you when you leave a job.

Furthermore, unlike a 401(k) or a traditional IRA, an HSA does not require you to begin taking withdrawals once you reach 72 – you can leave your account untouched for essentially as long as you'd like. And while you may need to use your HSA funds to meet your medical expenses in retirement – which can be considerable, even with Medicare – you can use what you don't spend on medical costs for your other needs without penalty, once you reach age 65. (As mentioned above, any HSA withdrawals not used for qualified medical costs are taxable.)

Here's one other point to keep in mind: Your HSA likely contains investment options, along with a cash account. If you put all your funds in the cash account, as many people do, you might be depriving yourself of the growth opportunities provided by the investment options. On the other hand, of course, these investments generally carry more risk. One possible way to benefit from both parts of your HSA is to keep enough cash to cover your health insurance's out-of-pocket maximum and invest the rest.

As you can see, an HSA can help you in numerous ways. If you have access to one, consider taking advantage of it.

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



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Hidden Treasures with Love TO BE DESIRED

Gen-3-6-And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise.

Evil inventions pleasant to the eyes are stopping many from embracing things of God!
Gal-4-9-But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, wherunto ye desire again to be in bondage?

The warfare with our desires began in the garden of Eden when desire was led captive by something pleasant to look upon. Pleasant, but deadly!

Eph-2-(3-4)-Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

Most church people are as Eve. Their desires taken captive by something pleasant to look upon. It don't take a professor in theology to understand the warfare of our mind being connected with our eyes!

Are you fighting the good fight of faith or are you allowing your eyes to take your heart, mind, and soul captive through desires?

TV and internet are weapons created by Satan. No where in Genesis the creation of God was there TV and internet! Satan used only the one weapon at that time to beguile Eve, disobedience! Satan's cunning skills have deceived a religious and secular society through his evil inventions.

Hidden Treasures is not popular in a religious society enjoying Satan's inventions. It is more popular in a secular society. Christ and his Apostles were murdered by a religious and political society because of truth. For truth I will continue to stand my ground! Hidden Treasures will continue as long as God allows! I will not give into the weak and beggarly elements of this world where in most have deemed them.

To Be Desired by Mike Willen with more Love than you Know!