

DOWN through the Decades

May 17-19, 2012

Lieutenant Allen Stansbury of the Wolf Creek Dam Foundation Remediation Project told Chamber of Commerce members that the project should be completed by December, 2013.

Six Russell County High School Seniors were honored at Laker Field. Blake Aaron, Hunter Best, C.J. Bray, Caleb Russell, Dillon Johnson, and Evan Selby played baseball together since they were eight years old.

Jennifer J. Hardwick(RCMS) and Mary Beth Gosser(Salem Elementary) received the Campbellsville University Excellence in Teaching Award.

Former Judge, Terril Flanagan was honored before the monthly fiscal court meeting.

UK great, Anthony Davis, visited Premiere Integrity Solutions.

May 23, 2002

A jet ski collision on Lake Cumberland injured three people, one of whom lost a ledge to the injuries he received.

Christopher G. Lawrimore, a 2000 graduate of RCHS, graduated from Lackland Air Force Base basic training.

Gary Miller, General Manager of the new Hitachi plant located in Russell Springs, looks forward to the start of production.

Victor Wooldridge goes yard, twice as Lakers beat Taylor

County, 9-3. Jim Smith smacks the long ball, Luke Stephens gets 6th win from the mound.

Lady Lakers cut Cards 2-0 in Non-District match, Russell set to defend District Title this week.

Laker Tennis team finishes tied for third in Regional play at EKU.

Rima David re-opened The Porch restaurant a few weeks ago with the assistance of her new general manager Connie Miller.

May 21, 1992

Jon M. See was hired as the new administrator of the Russell County Hospital in a unanimous vote.

Russell County Business and Professional Women's Club elected new officers: Jeanice Robertson, Karen Wilson, Irene Phelps, Catherine Owens, Susanne Watkins, and Harriet Black.

Cumberland Green, a Monticello-based softball team, won the McDonald's-Russell County Merchants Invitational at Jamestown City Park.

Lady Laker track team place second in regional competition.

Lakers swamp Monticello 29-0. RCHS Senior, Chris Back retired 17 hitters in his return to the mound from an injury.

David Rexroat was named to All-Conference/All-District team.

May 20, 1982

The Rowena Voting

House was moved to a new location just north of Floyd's Orchard Store on Highway 127.

Boundary lines of all four magisterial districts were changed due to legislation that requires all counties to do so before the next general election.

Valedictorian, Jennifer Hopper, delivered the farewell address to fellow members of her graduation class and the audience at the class night program.

Early prospects are bright for another large burley tobacco crop. The record number of plant beds seen around the burley belt are among sure signs of the growers' intent to produce the limit.

May 25, 1972

A well drilling rig and the truck on which it was mounted was the target of thieves, as it was stolen from its location and later overturned.

Voter turn-out was light as the Senate race was dominated by the favorites in the primary election. Former Governor Louie B. Nunn won Republican nomination for the U.S. Senate and will face Democratic state Senator Walter "Dee" Huddleston.

RCHS track team members, Jim Pettey and Irene Williams will compete at state.

The Laker baseball team wins district tournament. The Lakers were coached by Allen Feldhaus.

Mayor encourages caution with grass clippings on roadways

By Wade Daffron
TJ Editor

Citizens in Russell Springs are being encouraged to exercise caution and use consideration when mowing near city streets.

Last Thursday, at the regular monthly meeting of the Russell Springs City Council, Mayor Eddie Thomas

issued an appeal for people to not blow grass clippings onto the roadway.

"This creates a safety issue, and has a negative impact on our drainage system," the mayor said. "Plus, if you have a motorcycle, it's really dangerous for them."

"We don't want to have to put an

ordinance into effect," the mayor said. "But if you keep stopping up the drains...or we have a motorcycle accident, we're going to have to do an ordinance on it because we've got to take care of the people here in the community."

May is Motorcycle Safety Awareness Month.

Dear Dietitian

Dear Dietitian,

I have recently lost twenty pounds, and I've been exercising to keep the weight off. My problem is I sometimes eat at night out of boredom. I know I need to break this bad habit, but I keep doing it over and over again. Help!!

Thank you, Julie

Dear Julie,

Eating out of boredom can lead to unnecessary calories and, of course, eventual weight gain. The goal is to be healthy, and if our bodies are well-nourished, we will be less tempted to eat when we are not hungry. The best defense is a good offense, so know what works for you. Some people eat three meals a day with nothing in between; others plan snacks throughout the day.

Plan meals ahead of time and take time to make a thorough grocery list. A nutritious diet includes lean proteins, lots of fruits and vegetables, mostly unsaturated fats instead of saturated, and whole grains. Plan meals 4-5 hours apart.

If healthy snacks are a part of your routine, take them with you when you leave the house. A nutritious snack includes carbohydrate and protein. For example, try an apple with one tablespoon of peanut butter, a Greek yogurt, a piece of fresh

fruit with one ounce of cheese, or half a sandwich. You may even plan an evening snack if that is when you have trouble. A Greek yogurt is satisfying, and the protein helps you feel full. Try to avoid junk food and foods high in sugar.

Pay attention to your body, and know the physical signs of hunger. It is important to tend to your body's signals. That's why Mother Nature gave them to us. If you ignore hunger signals, your brain will send them less frequently, disrupting your body's rhythm. This may result in overeating because you're not in tune with the signal that tells you when you are full.

Eat when you are hungry. First, a hunger pang will strike when blood sugar levels drop. Is it time for a snack? If we continue without eating, our stomachs will "growl." This is the sound of air moving around in the stomach and intestines. The "growling" sound is louder when you are hungry because there is no food in the stomach to muffle the roar. It's time to eat.

If you have followed these suggestions and still hear the cupboards calling when you are bored, try the following distractions:

- Clean out a closet and give clothes away if you are not using them. You're helping somebody, so feel good about it.

- Read a good book.

- Contact an old friend.

- Shop online, but don't buy anything. I love to look at purses and shoes online, but I avoid impulse purchases (most of the time).

- Play a video game.

- Drink water.

- Balance your checkbook.

Finally, ask yourself if you have a food compulsion. This is when there is a strong urge to eat a particular food, and you may not be able to stop eating it after you start. If this is the case, you may be better off avoiding that food entirely. After all, an ounce of prevention is worth a pound of cure.

Good health to you!

Dear Dietitian

Leanne McCrate, RDN, LD, is an award-winning dietitian based in Missouri.



Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

Students graduate from Cumberlands

University of the Cumberlands held commencement ceremonies recently to celebrate its newest graduates. Participants in this year's commencement ceremonies included graduates from 49 states and territories and the countries of Canada, India, Brazil, Spain, New Zealand, and Italy, among others. A total of 2,068 graduates received their degrees from Cumberlands that weekend.

The following students from your local area graduated this spring:

Allison Thompson of Windsor (42565), who completed their Education Specialist in Principal

Amber Humble of Russell Springs (42642), who completed their Master of Arts in Education in Teacher Leader

Zachary Smith of Russell Springs (42642), who completed their Education Specialist in Principal

Kaitlyn Stapleton of Jamestown (42629), who completed their Master of Arts in Teaching

Kendra Foster of Russell Springs (42642), who completed their Master of Arts in Teaching

Christine Johnson of Jamestown (42629), who completed their Bachelor of Science in Human Services

Georganna Richardson of Russell Springs (42642), who completed their Bachelor of Science in General Studies

Hannah Cheek of Russell Springs (42642), who completed their Associate of Applied Science in Allied Health

Sara Overly of Jamestown (42629), who completed their Bachelor of Science in Public Health and Exercise & Sport Science

University of the Cumberlands is one of the largest and most affordable private universities in Kentucky. Located in Williamsburg, Kentucky, Cumberlands is an institution of regional distinction offering quality undergraduate, graduate, doctoral, and online degree programs. Learn more at ucumberlands.edu.

edu.

NOTICE OF MASTER COMMISSIONER SALE

In order to comply with the orders of the Russell Circuit Court, the Master Commissioner of the Russell Circuit Court shall proceed to offer for sale to the highest and best bidder at public auction the below properties on **Friday, May 20, 2022, at the hour of 9:00 a.m., CT, Russell District Courtroom, Russell County Judicial Center, Jamestown, Kentucky.**

Said properties shall be sold to raise the amounts hereinafter set forth, together with interest and the costs of the action, and upon (unless otherwise indicated) the following terms and conditions:

- For the purchase price, the Purchaser(s) must pay in full by cash or good check on the date of sale or the Purchaser(s) may pay ten (10%) down on the day of sale and shall execute a good and sufficient purchase money bond, with approved surety thereon, equal to the balance of the purchase price payable to the Master Commissioner within thirty (30) days. Any such purchase money bond shall have the force and effect of a Judgment and shall be a lien upon the property sold as additional security for the payment of the balance of the purchase price. The Master Commissioner's bond shall bear interest at the rate the judgment bears from the date of sale until paid in full. **In the event the successful bidder is not paying the full amount of the purchase price on the date of sale, purchaser will be required to post bond and furnish an acceptable surety thereon.** In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the Judgment amount.
- Purchaser shall be required to pay property taxes for current tax year and all taxes thereafter, for which the Purchaser(s) shall receive no credit against the purchase price.
- The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Russell County Court Clerk's Office and such right of redemption as may exist in favor of the United States of America or the Defendant(s).

The Master Commissioner Sale/Deed is not a warranty of good title. Possession shall be given to the Purchaser(s) with the delivery of the Master Commissioner's Deed thereto. Purchaser(s) will assume and be responsible for all risks of loss to the premises upon acceptance of their bid by the Master Commissioner at the Master Commissioner's Sale.

Bidder should examine the records of the Russell Circuit Clerk and the Russell County Clerk prior to the sale for further information. Any statements made the day of the sale shall take precedence over advertised material. Bidder shall be prepared to comply promptly with these terms.

(Sale bonds will bear interest at the rate of Judgment entered in each separate action)

SALE NO. 1

Property Address: Lot #27 (0.839 acre) of Leisure Acre Subdivision #5, Jabez, KY Property ID: 081-30-05-027.00
Farm Credit Mid-America, FLCA f/k/a Farm Credit Services of Mid-America, FLCA v. The Estate of Douglas Washel, Stephen Washel, Patricia Washel, Gregory Washel and James Washel, Jr.
Civil Action No. 21-CI-00141 Principal amount to be raised: \$23,833.69

SALE NO. 2

Property Address: 40 Aaron Lane, Russell Springs, KY 40222 Property ID: 055-00-00-010.02
Kentucky Housing Corporation v. American Express Bank, et al. v. Citicorp National Bank
Civil Action No. 21-CI-00286 Principal amount to be raised: \$86,418.76

