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May 26, 2012
May 24, 2012

Laker baseball wins another district title. This was the 11th district win for Coach Davis Rexroat's 12 seasons.

Russell Springs Boy Scouts participated in the Blue Grass Council Spring Family Campout at Kendall Park.

RCHS Boys and Girls Track finished 12th of 44 teams at state.

May 30, 2002

A mother and daughter from Pickerington, Ohio became the first drowning victims of 2002 in Laker Cumberland.

Lady Lakers softball win the 46th District Championship by defeating Wayne County, 7-1.

Laker baseball topped Mcqueary Central, 10-1 for 47th District

Tournament.

May 28, 1992

The Oleika Temple Shrine Circus came to Russell Springs for two shows.

Kevin Taylor was welcomed home by his team mates at home plate after he smacked a three-run homer to give Russell County a 5-0 lead against Lincoln County in the 12th Region Tournament game.

Holli Dunbar, daughter of Billy and Ann Dunbar, won the Middle Cumberland Regional Spelling Bee.

May 27, 1982

During in-service training for Russell County teachers, five retiring teachers were honored. Lillian Roy, 40 years, Barbara Burdette, 30 years, Ada Aaron, 39 years Lowell Foley, 33 years, and Verli Absher, 37 years.

Owners, developers, city officials and IGA representatives conducted groundbreaking ceremonies for the new IGA Foodliner to be built in Jamestown.

The Russell County Board of Health voted to join the Lake Cumberland District Health Department.

May 25, 1972

WHAS Crusade for Children Drive received \$756.00 from Russell County. The Russell Springs Fire Department conducted the drive.

Governor Wendell Ford proclaimed the week of May 22-29 as "Remember the Veterans Week in Kentucky.

The annual Russell County High School All-Sports Awards Banquet was scheduled. Tickets went on sale for \$2.50.

Dear Dietitian

Dear Dietitian,

I read your response about the nutritional value of canned salmon and thought it was informative. I'm allergic to fresh fish, but I can eat crab, scallops, shrimp, and canned salmon without any reactions such as blisters, throat tingling, and sneezing. I've always been able to eat canned tuna without reaction, but fresh fish will cause lip swelling, eye-watering, and hives.

My questions are: How much canned salmon is too much in a week? Is there a risk? Is there a limit? Is it more nutritious in a salad, baked, or fried? What other foods contain omega 3-fatty acids?

Thanks,

Gretchen

Dear Gretchen,

Fish and seafood are great choices for a healthy diet. Oily fish such as salmon, mackerel, rainbow trout, and tuna are excellent sources of omega-3 fatty acids. Scientists are studying the effects of omega-3s in preventing heart disease and stroke.

Most of the studies that link omega-3s to heart health and stroke prevention are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Another omega-3 is ALA (alpha-linolenic acid). Small amounts of ALA (2-5%) can be converted to DHA and EPA. ALA is found in plant foods, like flax seeds, edamame, chia seeds, tofu, and plant oils.

As many as 2.6 million Americans are allergic to finfish. Symptoms include hives and swelling of the lips, tongue, face, or throat. The most serious allergic reaction is anaphylaxis, which may result in death. Although these reactions can be severe and even life-threatening, it has been reported that patients with fish allergies "appear to be able to safely eat canned tuna because of a loss of allergenicity in processing." (1)

It is not uncommon to be allergic to finfish (tuna, halibut, salmon, etc.) but not shellfish (shrimp, crab, lobster, etc.), and vice versa. It is also possible to be allergic to certain types of finfish but not others. To explore specific allergies, consult an allergist, a medical doctor specializing in treating allergies.

As for the safety of fish consumption, there has been concern about mercury levels in fish. Mercury is a heavy metal that, if consumed in large amounts, can build up in the blood and cause health problems. The FDA regulates the mercury levels in fish, so it is safe to eat for the general population. Women who are pregnant, may become pregnant, or breastfeeding are encouraged to limit their fish intake.

Finally, the American Heart Association recommends consuming oily fish (3 ounces cooked) twice a week to get your omega-3s (2). Adding tuna or salmon to a salad brings a filling protein source. Baked,

broiled, or grilled fish are always healthy options. Fried fish is a tasteful alternative once or twice a month.

Disclaimer: This column is for educational purposes only and is not a substitute for medical treatment. Talk to your doctor if you think you have any type of allergy.

Until next time, be healthy!

Dear Dietitian

References

Bernhisel-Broadbent J, Scanlon SM, Sampson HA. "Fish hypersensitivity II: Clinical relevance of altered fish allergenicity cause by various preparation methods." J Allergy Clin Immunol. 1992; 90:622-629

"Fish and Omega-3 Fatty Acids" <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids>. 1 Nov 2021



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian

based in Missouri. Her mission is to educate the public on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardiitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans.

Lindsey Wilson College has announced the Spring 2022 President and Dean's List

The President's List consists of full-time undergraduate students who have achieved a grade point average of 4.00 and who are in good academic standing for the semester.

Below are the students from Russell County who earned this distinction.

- Brooklyn Hartwell
- Karli Hurt
- Nicholas Miniard
- Megha Patel
- Mona Patel
- Brenna Posey
- Tristan Roy
- Kara Ryder
- Chloe Thomas
- Alexandra Wilson
- The Dean's List

consists of the names of those full-time undergraduate students who have achieved a grade point average of 3.50 or above.

Below are the students from Russell County who earned this distinction.

- Aquinna Allen
- Juliah Bault
- Steven Best
- Chelsea Blair
- Chloe Bradley
- Taylor Brown
- Ethan Collins
- Adriannah Davis
- Summer Edmonds
- Nathaniel Garland
- Hannah Goodin
- Haley Gray

- Savannah Gray
- Kolten Grider
- Haley Hadley
- Scott Hamm
- Hannah Holt
- Elizabeth Jones
- Jayln Loy
- Callista Mann
- Angel Marcum
- Emily McFarland
- Ashley Miller
- Callie Montgomery
- Laura Musgrove
- Payton Polston
- Madison Popplewell
- Cassidy Stapp
- Jordyn Stephens
- Lindsey Taylor
- Dana Watts

LCADD Board of Directors Meeting on May 26, 2022

The Lake Cumberland Area Development District's Board of Directors Meeting will be held on Thursday, May 26,

2022 at 11:00 a.m. CT (12:00 a.m. ET), in large conference room at the LCADD office in Russell Springs. Meeting will also be

available by Zoom. A link to join the meeting will be posted on the LCADD website(www.lcadd.org).

RUSSELL COUNTY JAYCEES FAIR SCHEDULE

All Times CST

<p>FRIDAY, JUNE 3 - \$5.00 GATE</p> <p>Horse Show 7:00 pm</p> <p>SATURDAY, JUNE 4 - \$10.00 GATE</p> <p>Baby Show 9:00 am Poultry Show & Rabbit Show 10:00 am Off Road Challenge 10:00 am (Tube Buggies, SXS, Dirt Bikes & Kids Classes) Tiny Miss 11:00 am Prince and Princess 12:00 pm Miss Pre Teen 1:00 pm Miss Teen 3:00 pm (Miss Teen Contestants Must Register by 1:00 pm) Mrs. Russell County Fair 4:30 pm Miss Russell County Fair 5:00 pm (Miss Russell County Contestants Must Register by 3:00 pm) Paradise Amusements Open 6:00 pm (rides not included with gate admission) Demolition Derby 7:00 pm (Small Car Kids, Small Cars, Big Cars & Powerwheels)</p> <p>SUNDAY, JUNE 5 - FREE GATE</p> <p>Car and Tractor Show 12:00 pm Gospel Singing (ALL4HIM) 2:00 pm Sparkling Stars Special Needs Pageant 3:30 pm</p> <p>MONDAY, JUNE 6 - \$10.00 GATE</p> <p>Dairy Show 10:00 am Paradise Amusements Open 6:00 pm (rides included with gate admission) Demolition Derby (classes pending) 7:00 pm</p> <p>TUESDAY, JUNE 7 - \$10.00 GATE</p> <p>Floral Hall Open Entry 8:00 am Paradise Amusements Open 6:00 pm (rides included with gate admission) Off-Road Challenge 7:00 pm (Tube Buggies, SXS, Dirt Bikes & Kids Classes)</p>	<p>WEDNESDAY, JUNE 8 - \$10.00 GATE</p> <p>Paradise Amusements Open 6:00 pm (rides included with gate admission) Garden Tractor Pulls 7:00 pm Dirt Drag Racing (back track) 7:00 pm</p> <p>THURSDAY, JUNE 9 - \$10.00 GATE</p> <p>Fresh Off The Farm Truck & Tractor Pull ... 6:00 pm (Antique & Farm Stock Truck & Tractors) Paradise Amusement Open 6:00 pm (rides included with gate admission) Championship Draft Horse Pull (back track) . 6:00 pm Wrestling USWF (grove) 7:00 pm</p> <p>FRIDAY, JUNE 10 - \$10.00 GATE</p> <p>Beef Show 6:00 pm Paradise Amusements Open 6:00 pm (rides included with gate admission) TNT Truck & Tractor Pull 7:00 pm Karaoke Contest 7:30 pm</p> <p>SATURDAY, JUNE 11 - \$10.00 GATE</p> <p>Kids Day Events 10:00 am Horseshoe Pitching 10:00 am Mobile Dairy Classroom 11:00 am Pedal Tractor Pull 12:30 pm Corn Hole Tournament 2:00 pm Horse Racing 2:00 pm Russell County Derby (Horse Race) 4:30 pm Sara Simmons (Nashville Singer/Song Writer) 5:00 pm Paradise Amusements Open 6:00 pm (rides included with gate admission) Championship Pony/Mule Pull (back track) . 6:00 pm Championship Rodeo - Bullwhip 7:00 pm Closing Ceremony 10:00 pm</p> <p style="text-align: center;"><i>Thank You To All Supporters & Sponsors</i> IT'S FAIR TIME</p>
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