



When you buy your Prescription Medicines from our pharmacy you'll enjoy satisfying benefits!



**Concerned About Hepatitis A?**

Come by Jamestown Pharmacy and speak with one of our Pharmacists.

Jeff Warner, Holly Adams, Allie Williams

Along with Hepatitis A, we also provide vaccination for Hepatitis A & B, Pneumonia, Flu, and Shingles. These are covered by most health insurance plans.

**Jamestown Pharmacy**

1417 North Main Street in Jamestown, KY  
 Phone: 270-343-4443  
 Hours: Monday - Saturday from 8:00am - 5:30pm  
 Saturday from 8:00am - 12:00pm



Owner: Jeff Warner



Lake Cumberland District Health Department

**Lightning Safety**

When Thunder Roars, Go Indoors!

Sources: National Weather Service (www.weather.gov) and National Oceanic and Atmospheric Administration (www.lightningsafety.noaa.gov)

Lightning kills over 20 people in the U.S. each year and hundreds more are severely injured. Lightning also causes over \$5 billion of economic loss each year in the U.S. from fires and other property destruction.

wiring and plumbing are best. A hard-topped metal vehicle with the windows closed is also safe. Stay inside until 30 minutes after the last rumble of thunder. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If you hear thunder, don't use a corded phone except in an emergency. Cordless phones and cell phones are safe to use. Keep away from electrical equipment and plumbing. Lightning will travel through the wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.

If someone near you is struck by lightning and unresponsive or not breathing, immediately call 9-1-1 and administer CPR. Use an Automatic External Defibrillator if one is available. These units are lifesavers! Don't be a victim. If possible, move the victim to a safer place. Lightning CAN strike twice. Learn more at www.lightningsafety.noaa.gov

gov

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 a 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.

Avoid the threat of lightning by following these safety tips. Have a lightning safety plan. Know where you'll go for safety and ensure you'll have enough time to get there. Consider postponing activities if thunderstorms are forecast. Monitor the weather. Once outside, look for signs of a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning. Get to a safe place. If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings with

**Celebrate National Men's Health Month**

Take action to be healthy and safe and encourage men and boys in your life to make their health a priority.

**Get Good Sleep**

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

**Toss out the Tobacco**

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Also avoid second-hand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

**Move More**

Adults need at least 2 1/2 hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of

time during the day.

**Eat Healthy**

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

**Tame Stress**

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

**Stay on Top of Your Game**

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these, or symptoms of any kind, be sure to see your doctor or nurse. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your healthcare provider can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask

what tests you need and how often you need them. Some important ones are: high blood pressure, blood glucose, cholesterol, and BMI.

Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, 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 a 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.

Source: <http://www.cdc.gov>

06-09-22 **Super Crossword** **LUCKY COMPLEMENT**

**ACROSS**

1 Statesman Kefauver  
 6 Psi follower  
 11 Very top  
 15 "Dancing Queen" quartet  
 19 Political muscle  
 20 Plain (obvious)  
 21 You, to a Quaker  
 22 ... rock (70s genre)  
 23 "... the Sorcerer's Stone," ... the Chamber of Secrets, etc.  
 26 Carpentry file  
 27 Mr. Chips player Peter  
 28 Desert of the Southwest  
 29 Harm's way  
 30 Fashion line?  
 32 Solon of Athens, Thales of Miletus, etc.  
 35 "Casino Royale" actress Green  
 38 Director Howard  
 40 Sinusitis-treating doc

**DOWN**

1 Imitate  
 2 Shutter strip  
 3 Bullring bull  
 4 Italian coins  
 5 Shag or bob  
 6 Siouan language  
 7 Witty sayings  
 8 These, in Acapulco  
 9 Actress Davis  
 10 Extremely light porous solid  
 11 Words before clinking glasses  
 12 45 player  
 13 "A mouse!"  
 14 Marks, as a ballot  
 15 Consents (to)  
 16 Bugle noise  
 17 Elementary outing  
 18 Abundant  
 24 Anjou and  
 25 With  
 105-Across, singer of the 1960 #1 hit "I'm Sorry"  
 29 Before printing, for short

**ACROSS**

41 Bullring cries  
 42 Hawikuh, Cibola, etc.  
 47 Since Hector was —  
 48 Lilt syllable  
 51 Allow access to  
 52 Stole third, perhaps  
 53 Rhine tributary  
 55 Adorable sorts  
 57 Like tornado winds  
 59 WWII prez  
 61 C1, C2, etc.  
 63 Mao — tung  
 64 "Beetle Bailey" dog  
 67 Hope that one may  
 69 Uber rival  
 70 Great Pyramid of Giza, Colossus of Rhodes, etc.  
 75 "Very funny!"  
 77 Heavenly  
 78 Gin fruit  
 79 Paranormal skill, in brief  
 82 "Infant," "whining school-boy," etc.  
 85 Albeit, for short  
 87 Boxer's combo

**DOWN**

89 Singer Franklin  
 90 Photo badges, e.g.  
 92 Rockies ruminants  
 95 Diarist Nin  
 96 "My Gal —"  
 97 — Mawr, Pennsylvania  
 99 Envy, gluttony, etc.  
 102 Trilogy, often  
 103 Furious  
 104 Little peeve  
 105 See 25-Down  
 106 Red, orange, etc.  
 112 Barber's sprinkle-on  
 115 Jetson tyke  
 116 Criticize petulantly  
 118 "Eh Cumpari" singer Julius  
 122 Petri dish  
 123 100-meter hurdles, high jump, etc.  
 126 Romantic  
 127 Provo's state  
 128 "... his wife could — lean"  
 129 Justice Dept. employees  
 130 Plum pit, e.g.  
 131 Makes illegal  
 132 Acting Buddy

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19					20					21				22					
23				24					25					26					
27						28							29						
30					31		32					33	34						
35	36	37			38			39						40					
42			43	44					45	46			47			48	49	50	
51						52				53	54			55		56			
57					58			59		60		61		62					
63				64		65	66		67	68						69			
70	71							72					73	74					
75	76					77						78				79	80	81	
82					83	84				85		86		87		88			
89						90		91		92		93	94		95				
96				97		98			99	100					101				
102																			
106	107	108						109				110	111		112		113	114	
115								116									119	120	121
122						123	124							125					
126						127											129		
130						131													133

**JEFF JOBE, GROUP PUBLISHER**  
 jobe@jobeinc.com  
 270-590-6625 Cell

**COURTNEY DOUGLAS, SUSAN FORBES**  
 Production Team Leaders  
 print@jobeinc.com

**RENEE DAFFRON, GRAPHICS**  
 renee@jobeinc.com

**CITIZEN-TIMES/SCOTTSVILLE OFFICE**  
 Crissy Bryant, Graphic Designer  
 Lake Doss, Graphic Designer  
 Crystal Spencer, Advertising/  
 General Manager  
 crystal@thecitizen-times.com  
 270-622-2025

**BARREN COUNTY PROGRESS/GLASGOW OFFICE**  
 Jennifer Moonson, General Mgr.  
 jupitermoonson@yahoo.com

**CUMBERLAND COUNTY NEWS/BURKESVILLE OFFICE**  
 Greg Wells, Editor  
 Billy Guffey, Layout/Graphics  
 Jessica Pitcock, Office Mgr.  
 ccn@burkesville.com  
 270-864-3891 Office  
 J.R. Jessie, Sales  
 jrjessie@jpinews.com  
 270-861-9395

**BUTLER COUNTY REPUBLICAN BANNER/MORGANTOWN OFFICE**  
 Lynzie Embry, Managing Editor  
 sales@jpinews.com  
 270-792-4384

**EDMONSON COUNTY NEWS/BROWNSVILLE OFFICE**  
 Lynn Bledsoe, Reporter  
 Jessica Pitcock, Reporter  
 ednews@windstream.net  
 270-597-3115 Office  
 Lisa Tarter, Sales  
 lisa@jobeinc.com

**HART COUNTY NEWS HERALD/HORSE CAVE OFFICE**  
 Mary Beth Sallee, Reporter  
 marybeth@jpinews.com  
 270-786-2676 Office

**EDMONTON HERALD NEWS/EDMONTON OFFICE**  
 Jennifer Moonson, General Mgr.  
 jupitermoonson@yahoo.com  
 PJ Martin, Editor  
 heraldnews@jpinews.com  
 270-432-3291 Office

**TIMES JOURNAL/RUSSELL SPRINGS OFFICE**  
 Wade Daffron, Editor  
 Lisa Coffey, Reporter/Office Mgr.  
 270-866-3191 Office  
 news@russellcountynewspapers.com  
 J.R. Jessie, Sales  
 jrjessie@jpinews.com  
 270-861-9395  
 Jessie Crabtree, Sales  
 270-590-8633  
 jccrabtree@jpinews.com

**THE TIMES JOURNAL**  
 USPS 617-680

Periodicals Postage Paid At  
 Russell Springs, KY 42642

Postmaster send change of address to  
 THE TIMES JOURNAL  
 PO Box 190,  
 Russell Springs, KY 42642

**SUBSCRIPTION RATES:**  
 In Russell and adjoining counties \$29.00 Both print and online  
 THURSDAY PAID  
 Out of County \$39.00 | International \$89.00

*The Times Journal is part of the Jobe news and advertising network; serving more homes in Allen, Barren, Butler, Cumberland, Edmonson, Hart, Metcalfe, and Russell than all others combined. Russell County's oldest continuous news source.*