

# Kemp Signs Letter of Intent



RCHS Senior Jacob Kemp signed his letter of intent to play baseball at Campbellsville University.

# Dear Dietitian

Dear Readers: Many of us start our day with a hot cup of coffee. In my opinion, the best part of the day is over when the alarm clock goes off, so coffee is needed to come alive. Coffee is a good source of caffeine, which increases alertness, and antioxidants, which may help prevent several diseases.

Finland tops the world in coffee consumption, where they consume 23 pounds of the brew per person each year. In the US, 64% of adult Americans drink java, with the average coffee drinker taking in about 10 pounds of coffee every year (1).

What does your cup of java say about you? While these findings may not be strictly scientific, they are interesting and fun.

People who order black coffee are no-nonsense. They are the ones who get to a meeting five minutes early and leave promptly when it's over. There's no time to socialize. They like to keep things simple, and they work efficiently. Some of the drawbacks of their personality are that they can be abrupt and sometimes moody. Black coffee drinkers tend to be set in their ways and resist change.

Many people seek comfort in coffee by adding cream and sugar. They are often

people pleasers and will go out of their way to help someone. They are giving, but they may get overextended while volunteering for too many charities. Since they often put others' needs above their own, they may need improvement in self-care.

Those who make instant coffee are said to be procrastinators and don't mind waiting until the last minute to make their brew before dashing out the door. They are laid back and take life as it comes. Sometimes they can be too laid back and neglect health issues. Instant coffee drinks are not good planners.

People who order decaffeinated coffee like to be in control and may be perfectionistic. They tend to their health needs and make good choices. On the downside, decaf drinkers tend to be worriers and can be overly sensitive.

Iced coffee drinks are popular now. Folks who order these brews are spontaneous and like to try new things. They are outgoing and consider themselves to be trendsetters. On the dark side, they may fall for gimmicks and don't always think things through before acting.

If you haven't tried a flavored coffee, I suggest doing so. There are many flavors on the market, including hazelnut, pumpkin spice, and

salted caramel. Flavored coffee drinkers are risk-takers. They like variety and aren't afraid of change. Some less favorable characteristics of this group include impulsivity and being highly sensitive (2).

Now that you know what your coffee says about you see if you can mix it up next time and dare to be different.

Be safe and healthy!

Dear Dietitian

References

Rolfson, E. (9 Aug 2020). Coffee trivia to amaze your friends and delight total strangers. <https://www.beanpoet.com/coffee-trivia/>

Walters, E. (8 Jul 2018) What does your coffee reveal about you? <https://psychcentral.com/blog/what-does-your-coffee-reveal-about-you/>



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

St. Louis, Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [dear-dietitian411@gmail.com](mailto:dear-dietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

## Grow Your Business With Us!

CALL TODAY to place your business advertisement in the Times Journal

270-866-3191

# Thank you

During my recent sickness and surgery I want to thank everyone for your phone calls, texts, and cards, but most of all your prayers. Thanks to Terry, Brooke, and everyone at Stephens Pipe and Steel for being so understanding. Thanks to Russell County Hospital. Dr. Perkins and staff in E.R., Dr. Shelton and his staff in surgery, and all the nurses on the floor. Last, but not least, my loving wife Paula for wonderful care. May God bless everyone.

Thanks,  
Paul E. Robertson

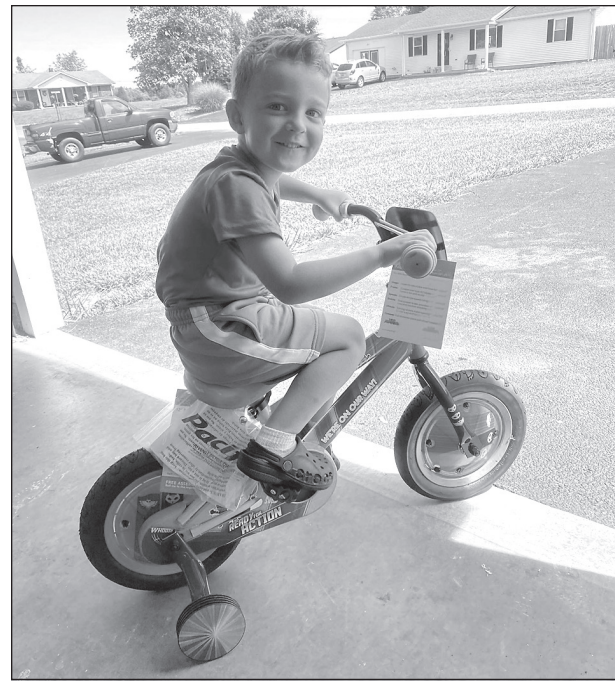
# Catch a Rainbow Fishing Derby



Ezra Womack makes a big catch at the Catch A Rainbow Fishing Derby Saturday, Ezra is the son of Adam and Faith Womack

After missing three calendar years, the annual Catch A Rainbow Fishing Derby was held this past weekend at the

Wolf Creek National Fish Hatchery in Jamestown. According to James Gray, Project Leader at Wolf Creek National



Emmitt Womack took home a bike from Saturday's Catch a Rainbow Fishing Derby. Emmitt is the son of Adam and Faith Womack

Fish Hatchery, over 800 children attended the event. "Everyone had a great time, and the weather was great too."

Said Gray. Attendees were fed hot dogs, chips, and snow cones. Every child left from the event with a prize.

# There's a new doctor in town.

"I am so excited to join the Russell Family Medical Center team. I am blessed and honored to provide care to the people of south-central Kentucky."

-Dr. Erika Kelly



Erika Kelly, DO  
Internal Medicine

Schedule an appointment  
270.866.3161

Russell Family Medical Center

404 Steve Drive

Russell Springs, KY 42642

Monday - Friday: 7:00 AM to 4:30 PM CT



Holly Von Gruenigen DO, Stefanie Dolen DO, Sharon Benson APRN, John Partin APRN, Shannon Young APRN-CNP, Miranda Jewell APRN-CNP, Susan Wilson MSW, LCSW, Jana Bowmer LCSW, Anthony Holmes LPCC-S