

JAVA SPRINGS RIBBON CUTTING



A ribbon cutting was held last Thursday for the much-anticipated opening of Java Springs. The county’s newest coffee shop/boutique, located at 23 Bernard Lane, just off U.S. 127, is now open Monday through Saturday, 6 a.m. to 6 p.m. Look for a feature story about them in a future issue of The Times Journal.



ASK Dr. Angelia

Mental Health Crisis - Call 988

988 is the new Mental Health Crisis line that went live last Saturday. By calling this 3-digit number, there is instant access to mental health crisis counselors. Just as you would call 911 for physical health concerns, 988 is for mental health concerns. This is a huge step forward towards free, private, confidential help in a crisis. This means no one has to go through a mental health crisis without someone to help by calling 988. This is a major step forward in that – most people never access the help when it is most needed, which can be fatal.

Shocking is the number of suicides in this country. To give that

statement credence, there are 2 suicides for every homicide in this nation. We are inundated by the number of homicides daily, yet we don’t talk about the people that die by suicide. According to the Centers for Disease Control and Prevention (CDC) Leading Causes of Death Reports, in 2020: Suicide was the twelfth leading cause of death overall in the United States, claiming the lives of over 45,900 people. Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34. There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). The hope is that number

can and will be reduced with the introduction of the national 988 mental health, substance abuse and suicide crisis line.

A staggering 43% of U.S. adults who say they needed substance use or mental health care in the past 12 months did not receive that care, and numerous barriers to access stand between them and needed treatment, according to a new national survey by The Harris Poll on behalf of the National Council for Mental Wellbeing. The hope is the 988-call line will breach that gap. “Hope has a new number and it is 9-8-8. This historic transition to 988 Suicide and Crisis Lifeline will promote help seeking

and increase awareness and accessibility to this life-saving resource. The 988 Lifeline is a vital mental health safety net for all in this country,” Kimberly Williams, president and CEO of Vibrant Emotional Health, which runs the Lifeline, said in a statement.

Remember my friends and readers, embrace, 2 Timothy 1:7 “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Love God and All People. Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator, angelia.s.bryant@gmail.com [270.566.1122](tel:270.566.1122)

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Kentucky 4-H

Communications Day

Congratulations to these Russell Co. 4-H members for their accomplishments in 4-H demonstrations on July 9!

Elizabeth Hoskins -- Champion of Sr. Foods

Kate Daffron -- Champion of Sr. Performing Arts

Sadie Grace Shearer -- blue ribbon in Jr. FCS

Gunnar Coe & Aaron McGowan -- blue ribbon in Jr. Team Demonstration

Sydney Dykes -- red ribbon in Jr. Health



Community Calendar

Singing

ALL4HIM will be in concert at the Union Baptist Church located on Hwy. 3525 in the Gosser Ridge Community on Sunday, July 31st at 6:00 p.m. Central Time. Pastor Patrick Patterson and the congregation invites you to come and receive a blessing.

Blood Drive

Russell County Community. Thursday, July 28 from 11:30 a.m.–5:30 p.m. CST. South KY RECC Community Room, 2405 N. Main Street, Jamestown. Please note: Online appointments and reminders (emails and texts) are shown and made in EST. For example, if you make an appointment online for 2 p.m., please arrive at the blood drive at 1 p.m. CST. Donors will be entered to win a \$100 gift card sponsored by Lake Cumberland Housing Agency! Blood donors must be at least 17 years old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org. Appointments are preferred and walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Hayes Chapel Church Homecoming Services

Hayes Chapel Church located at 1353 West Highway 619 in Russell Springs, Ky will be having their homecoming services on August 28th beginning at 9:30 AM with Brother Bobby Cole preaching and The Blakeys will be singing. A meal will follow the service. Everyone invited.

Russell County Senior Center located at 132 Brian Walters Drive Russell Springs in Middletown

For seniors 60 and older. Open Monday – Friday 8:00 am-2:00 pm We offer transportation to and from the senior center at no cost. Provide lunch. Lunch times are 10:30 – 11:00 in our drive thru 11:00-11:30 if you want to eat inside Daily activities (BINGO, Music, Checkers, Rook, etc.) Trips every month Contact Tiffany Hammond at 270-866-2899 for more information. We would love for everyone to come join us.

Byrd-Zachary Reunion

The descendants of William Harrison Byrd & Lucinda Hildreth Zachary will be holding the 42nd annual Byrd-Zachary reunion on Saturday, July 30, 2022 from 3:00 to ??? P.M. at the Clinton County Fairgrounds in Albany, Kentucky. PICTURES taken at 4:30 P.M., DINNER served approximately 5:00 P.M. CST, AUCTION at 6:00 P.M., & DOORPRIZE drawing following auction. Please bring your favorite covered dish, family pictures, 2 gifts for the Auction & anything you would like to share. Come early & be prepared to visit & have lots of fun. There will be music, entertainment, etc. For more information contact: Kenny Byrd Jr. at 859-351-1347 or eku9507@icloud.com

Worship at the Springs

Worship at The Springs Back Parking Lot July 29th. A night of worship, Word, food and fun! Bring your lawn chair and a covered dish to the Church at the Springs 6:00 PM CST

Aquatic Exercise Classes

Aquatic exercise classes are being offered on Mondays, Wednesdays, and Fridays at the Russell Springs City Park Pool(June 1-September 2), 9:00AM-10:00AM. Classes are free. Sponsored by Russell County Hospital Physical Therapy.

Cemetery Donations Needed

Poplar Grove Cemetery on Highway 127 North is in need of donations for mowing and up keep of cemetery. Send donations to Junior Cunningham, 4562 West Highway 76, Russell Springs, KY 42642

Cemetery Donations Needed

Donations are being accepted for the upkeep of the Hadley Cemetery. Mr. Troy Young is in charge of the maintenance of the cemetery. Please send donations to Betty Higginbotham, 3756 N. Highway 55, Jamestown, KY 42629 or Geneva Walters, 224 R. Helm Road, Jamestown, KY 42629.

Al-Anon

(“A mutual support program for people whose lives have been affected by someone else’s drinking”)

Monday nights 6:00 PM Russell Springs United Methodist Church, Russell Springs, KY

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Alcoholics Anonymous(AA) Women

Saturday mornings at 11:00 AM Senior Citizens Center, Russell Springs, KY

Alcoholics Anonymous(AA)

Wednesday nights at 7:00 PM Senior Citizens Center, Russell Springs, KY

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY

Celebrate Recovery Thursday nights at 6:00 PM, Russell Springs United Methodist Church