

Judge Signs Diabetes Awareness Month Proclamation



Pictured is Russell County Judge Executive Randy Marcum signing the Proclamation declaring November as Diabetes Awareness Month. Joining Judge Marcum are Jennifer Dixon

November is recognized as American Diabetes Month in the United States. November 14th is World Diabetes Day across the globe. Russell County Judge Executive Randy Marcum has signed a Proclamation declaring November Diabetes Awareness Month in Russell County. If you have diabetes, take steps today to improve your control -- it is not always easy, but it is worth it! If you don't have diabetes, talk to your health care provider to see if you are at risk. For additional information about diabetes contact your local health department and speak to the diabetes educator.

November Diabetes Awareness Month Proclamation

Whereas: 37.1 million American adults are estimated to have diabetes (diagnosed and undiagnosed), including over 486,000 Kentuckians (13.8%) reporting that they have diabetes making Kentucky the 5th highest in the United States for the prevalence of diabetes, a serious disease that has no cure and can be associated with complications that threaten both length and quality of life; and

Whereas: an additional 101,000 adult Kentuckians are estimated to be living with undiagnosed diabetes (based on the national rate), and 345,083 adult Kentuckians (12.2%), or one in ten, Kentuckians report being told they have prediabetes - a condition that puts them at increased risk for developing type 2 diabetes, but most remain unaware that they have the condition (applying the national rate of 1 in 3 adults having prediabetes to Kentucky, the number with prediabetes may be as high as 1.1 million); and

Whereas: diabetes is the 7th leading cause of death by disease in Kentucky and in the nation, Kentucky has the 13th highest diabetes mortality rate in the nation, and diabetes can be associated with complications that threaten both length and quality of life such as blindness, heart disease, kidney failure, stroke, and leg or foot amputations; and

Whereas: diabetes costs Kentucky over \$5 billion in total medical expenditures, lost work, and lost wages each year; and

Whereas: an increase in community awareness of risk factors and symptoms related to prediabetes and diabetes, as well as evidence-based interventions that can improve outcomes and quality of life among those with and at risk for diabetes can increase the likelihood that they will seek out education, support, and treatment early in the course of the disease; and

Whereas: structured lifestyle change programs such as the National Diabetes Prevention Program have been proven to prevent or delay type 2 diabetes in adults with prediabetes, and accredited/recognized Diabetes Self-management Education and Support programs that support appropriate self-care and behavior change strategies critical to managing diabetes have been shown to improve diabetes outcomes;

Now, Therefore, I, Randy Marcum, Judge Executive of Russell County County, Kentucky, do hereby proclaim November as Diabetes Awareness Month in November County, Kentucky, and urge all citizens to help fight this disease and its life-threatening complications by increasing awareness of the risk factors for diabetes, making healthy lifestyle choices, and by providing care and treatment for those living with diabetes.

In Witness Whereof, I have hereunto set my hand and caused the seal of Russell County to be affixed this 1 day of November, 2023.

11-16-23

Super Crossword

WOMEN'S MOVEMENTS

ACROSS

1 Golf tourney

7 "Nonsense!"

12 Wordplay bits

16 Jump

19 Tiny country in Europe

20 Similar

21 Woodwind instrument

22 Spring mo.

23 Prima ballerina who received the Kennedy Center Honors in 1989

26 Winning sign

27 Sinuous

28 2003 Tony winner for "Movin' Out" choreography

30 Vamp player in "Singin' in the Rain"

36 Choose

37 Writer Jaffe

38 Vast period

39 Doggy doc

40 Part of TNT

42 "The Wedding Singer" director Frank

44 Magical land of C.S. Lewis

46 Noted performer in a Greek tunic and bare feet

50 "Honest" prez

51 Southwestern grassy plain

54 Feature of "Christmas"

55 Raises

56 San — Zoo

58 Soda holders

60 Inflict on

61 "Su-u-ure"

62 1947 Tony winner for "Brigadoon" choreography

66 Suture

67 Throng

68 Zodiac cat

69 "Water" star Michael

71 Greek vowel

73 Imitated

76 Camera type, in brief

79 "Top Hat" co-star

85 Fishing aids

86 Take to heart

88 "Horror!"

89 Rival of U.S. Grant

90 Rink surface

91 Laundromat dryers, e.g.

94 Radio booth notification

96 Golf standard of C.S. Lewis

97 Royal Ballet legend awarded the 1977 Shakespeare Prize

100 City due west of Chicago

102 Historical records

103 Birthday topic

104 Ascot, e.g.

106 — Spumante

107 Sauce brand

108 Doctrine

111 Prima ballerina famous for her "Dying Swan"

114 Courtesan whom King Ludwig I made Countess of Landsfeld

117 Bush replacer

118 Yale alum

119 "The Twelve Days of Christmas" gift (and what this puzzle features)

126 Mtn. statistic

127 Yemen locale

128 Cocooned stages

129 Many a web surfer

130 Mind-related, in combinations

131 Smell bad

132 Deficient

133 "— Fi" (Marines' motto)

DOWN

1 Thurman of Hollywood

2 Fa follower

3 Undivided

4 — Romana (peace)

5 Digital money

6 Unrelated to maritime armed forces

7 Sit down, slangily

8 Makes laugh loudly

9 Shrouded

10 Nickname lead-in

11 Proceeded

12 Coral colony member

13 Curved fastening bar

14 — Scotia

15 Marine fish of the western Atlantic

16 West Indies' largest city

17 Outerwear for some high-culture shows

18 Get ready

24 Have the gall

25 — Jima

29 Tooting thing

30 Trudeau's country

31 "About this large," informally

32 Original Mouseketeer — Tracey

33 Channel for Wolf Blitzer

34 Parts of city grids: Abbr.

35 Noted times

41 Tyrant Amin

42 Structure for storing music

43 Some ctrs. of learning

45 "You win"

46 Charged, as particles

47 From long ago

48 Autos from long ago

49 Kitty chip

52 Maven

53 "Rambo" war zone, in brief

57 Neuters, as a stallion

59 Smelling junk

61 GIF or JPEG

63 Throw a few back in a bar

64 52, to Livia

65 Kin of -ess

70 Goad

72 Baseball executive Joe

73 Jungian inner personality

74 Sticky, nutty treats

75 Endlessness

77 Onetime teen idol

78 Garrett

80 Nevada city

80 Suffix with Caesar

81 Nutrition amt.

82 Texas city

83 1990s "caught on tape" series

84 Belgrade site

87 Dress in

91 In a pillared structure

92 Educ. org.

93 Onetime rival of Atari

95 Diagrams for brainstorming

98 Infatuated

99 Deep longing ago

101 — Kan (classic dog food brand)

104 Typewriter formatting aid

105 Apple tablet

108 Kind of navel

109 T-bone, e.g.

110 Brooks of film

112 A lack of musical skill

113 Actress Vivian

114 Jump

115 French river

116 Electric jolts

120 "OB-viously!"

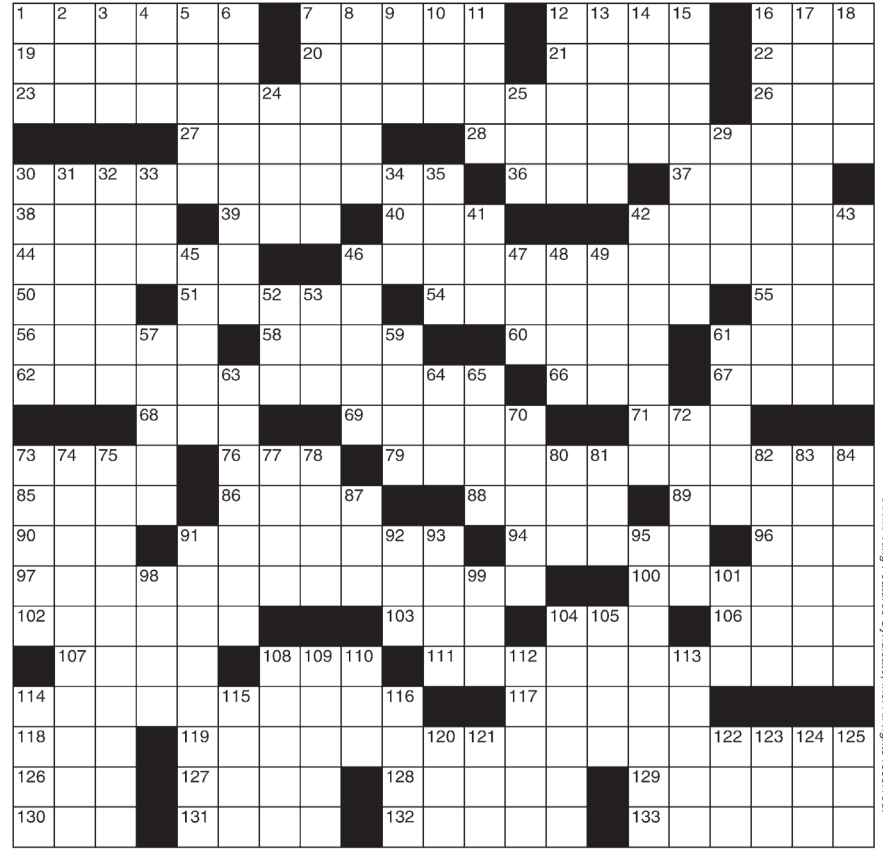
121 NYSE event

122 — laude

123 Enabler of web access

124 Once named

125 Mutt's noise



Answers on Page 9

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The Times Journal
USPS 617-680
Periodicals Postage paid At Russell Springs, KY 42642

Subscriptions
Russell and adjoining counties \$31.95 THURSDAY PAID (both online access and printed copies mailed) Elsewhere in Kentucky \$40.95 Out of State \$55.95

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