

The Crittenden Press

WWW.THE-PRESS.COM

©MMVII
Printed in Marion, Ky., on recycled paper and soy ink
USPS 138-260 • MARION, KY 42064

THURSDAY, JULY 12, 2007

75 CENTS
An home-owned newspaper since 1879
VOLUME 128, NUMBER 2 - 14 PAGES

Guard return may be next week

Brass with the Kentucky Army National Guard are anticipated to make known today (Thursday) the return plans for Marion's local unit, Company B, 2nd Battalion, 123rd Armor. Indications are that the soldiers could return to Marion early next week. A formal announcement as to the timing of their return will come from the Department of Military Affairs in Frankfort. Soldiers from B Company have been in Iraq since February 2006. Their initial year-long deployment was extended with the surge of troops in and around Baghdad. Check Breaking News on our Web site for a celebration time and place.

Local West Point grad promoted

Brandon Carlson, a 2000 graduate of Crittenden County High School and West Point Military Academy, was recently promoted to captain in the U.S. Army. Carlson, son of Lee Ann Gardella, is currently preparing for his first deployment to Iraq with the Army.



6B

CAF presentation a murderous tale

Fohs Hall Community Arts Foundation's latest production, *Murder at the Prom*, will be May 21 at Fohs Hall. The dinner theater will feature local players in a playful tale of mystery and death at the Marion High School prom. The play is directed by Ken Crider.

1B

Check recovery seminar Monday

A seminar given by County Attorney Rebecca J. Johnson on how to maximize your recovery if you receive a cold check will be offered at the Marion Ed-Tech Center Monday. The 4 p.m., seminar will also teach business owners how to avoid taking a cold check. Call 965-2222 for more information.

Local meetings

- UPCOMING**
- City of Marion Tourism Commission will meet 6 p.m., today (Thursday) at the Marion Welcome Center.
 - Marion City Council will meet 6 p.m., July 16 in council chambers at City Hall.
 - Crittenden Livingston Water District will meet 7 p.m., Monday at the district office.
 - Crittenden Fiscal Court will meet 9 a.m., July 17 at the courthouse.
 - Livingston Fiscal Court will meet 5:30 p.m., July 19 at the courthouse.

Rain gauge

Reported by UK Agriculture Weather Service as of Wednesday at Paducah.

7 days 30 days 2007
0.78" 5.11" 23.61"
below average: 3.83"

Forecast

Reported by the National Weather Service.

Thursday 20%
Partly sunny 86/62

Friday 20%
Mostly cloudy 85/64

Visit us online 24-7 at WWW.The-Press.com
For breaking news, local news and sports updated as it occurs
E-mail us your news tips pressnews@the-press.com



Graduation credits reduced

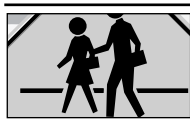
New period gives students multi-purpose class time

By DARYL K. TABOR
MANAGING EDITOR

The transformation of fourth period from regular course work to a new multi-purpose slot will reduce the number of credits a high schooler needs to graduate beginning this year.

Crittenden County School Board approved a proposal by high school Principal Karen Nasserri to turn one of the seven class periods during a regular school day into a half-credit "career focus" time designed to accommodate an array of needs for her students - from career counseling to club meetings.

The change will ultimately



Board of education

More from Tuesday's school board meeting can be found on Page 8A.

The Kentucky Department of education requires 22 credits to graduate. High school teacher Larry Duvall pointed out that only the number of required elec-

lower the number of required credits for graduation from 26 to 24. The class of 2008, however, will still be required to achieve 25 credits to receive a diploma.



"Unimaginable, the amount of things that could be done in that time."

- Karen Nasserri

CCHS principal on approved fourth-period "career focus" session for all high schoolers

tive courses were being reduced, not core curriculum such as math and science. The same number of those core classes will be necessary for graduation.

"Unimaginable, the amount of things that could be done in that time," Nasserri said of the mid-day period that will include lunch.

The proposal was the brainchild of Nasserri with input from Guidance Counselor Stefanie Hardin

curriculum.

Another concern was last year's debut of the Individual Learning Program for all Kentucky middle- and high-schoolers. The new Web-based ILP was designed for secondary students to focus their coursework on individual goals as they prepare for post-secondary studies and careers. The necessary computer time was coming at the expense of the English Department, reducing instruction time for language, grammar and literature.

"ILP is key," the principal said of the computer-based Kentucky Department of Education (KDE) mandate. "The high school is held accountable, and we must get this done in the (computer)

See CREDITS/page 5A

Marion teen shot, killed in Eddyville

STAFF REPORT

Charles Freeman was described as nothing less than affable by a former high school instructor. But the 19-year-old's life ended in a shooting following a domestic disturbance in Lyon County over the weekend.

"He was a good kid. Polite. Nice," said Larry Duvall, who grew close to the 2005 Crittenden County High School graduate as his FFA advisor for four years.

Freeman died early Saturday at Caldwell County Hospital from a gunshot wound to the chest, said Caldwell County Deputy Coroner Dwayne Trafford. According to a state police report, Freeman was pronounced dead at 1:40 a.m., after being transported by a private vehicle from the scene of the shooting near Eddyville.

Timothy W. Smurawa, 32, has been charged with Freeman's murder, as well as one count of wanton endangerment. Investigators said Freeman had apparently been living with the shooter and his family for several months.

"To my understanding, he had been living with the family," Trafford said.

No one else was reported injured in the late-night episode.

Trooper Barry Meadows said police responded to the scene of the incident on Ky. 293 about five miles south of Eddyville after receiving a call from a man who said there had been a domestic disturbance at his residence. The caller stated he had fired a handgun at a vehicle as it left his home.

Freeman, a passenger in the vehicle, was struck in the chest and

See MURDER/page 5A

Templeton gets a shot in arm... from lightning

STAFF REPORT

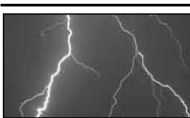
According to one source, about 100 Americans die each year from lightning strikes.

That's why Scott Templeton of Marion counts himself lucky.

Thanks to an indirect hit, he wasn't another weather-related tragedy.

About 10:30 last Thursday morning, Templeton was completing an installation of a new HVAC unit at a home near Mattoon. There was no power connection to the unit at the time. It had started raining, but he and partner Billy Davidson were trying to finish up the job.

"I saw a flash and the whole area lit up," said Davidson, who then looked



Storm damage

Last Thursday's storm brought serious flooding to the area, but no injuries. See more on Page 3A.

down to see Templeton shaking his arm and hand.

"It felt like I had been shot in the wrist," Templeton said pointing to his right arm. "It was like nothing I had ever felt before."

Templeton said he was holding a wet rag and was wiping down hoses on the air conditioning unit when he took what was apparently an indirect hit from a lightning strike.

After realizing what had happened, he and Davidson sought shelter from the storm indoors.

As time passed, Templeton said his arm began going numb, then it started

See SHOCK/page 3A

Out with the old: Roads get new pavement



PHOTO BY DARYL K. TABOR

A crew with Charbon Bridge Co. began milling streets yesterday in Marion, stripping up old asphalt to make way for new pavement. Above, workers finish up Main Street, taking up old surface in front of Beavers Car Wash. Paving of portions of U.S. 60 and Ky. 120 inside Marion began Tuesday. Rogers Group is resurfacing a total of 2.72 miles of roadway.

Main Street resurfaced; new water line possible

STAFF REPORT

A \$346,000 state paving project is putting a smooth surface on a pock-marked Main Street and other portions of U.S. 60 and Ky. 120 inside Marion city limits.

Milling, which strips up the old asphalt surface, began Monday and paving on Tuesday.

Scheduled to receive a new surface are a segment of Ky. 120 (East Bellville Street) from Marion Feed Mill east to Clay Street, U.S. 60 West (West Gum Street) from its junction with Ky. 1668 to Main Street, and Main Street from stoplight to stop-

light, ending at the intersection with Bellville Street.

That should ease the drive along a stretch of Main Street riddled with potholes from repairs made to an 81-year-old iron water main under the roadway. But Marion City Administrator Mark Bryant said winter usually brings more leaks along the patched main, though long-term fixes have been made to problem areas of the pipeline.

"It's going to turn around and leak again," he said.

The city administrator is hopeful, though, of approval from the

Pennyrile Water Management Council on July 25 to move ahead with a request for funding a replacement main. The project has not been engineered yet, but Bryant estimates a \$1.2 million price tag for laying a new line from near The Front Porch restaurant to around Second or Third Street.

If the council attaches priority to the project, Bryant explains, and a 100-percent grant gets appropriated out of Frankfort, the new water line could be coming soon.

"Conceivably, next summer," Bryant said.



PHOTO BY CHRIS EVANS

Scott Templeton sits on his front porch, recalling a strike of lightning last week that very easily could have been more serious.

AreaNews

New 70 mph speed limit now official

FRANKFORT, Ky. – The new 70 mph speed limit on most rural interstate highways and parkways was made official Tuesday.

On Tuesday, maintenance crews changed out the former 65 mph signs to reflect the new speed limit approved by the General Assembly in March. While the new law became official on June 26, the Kentucky Transportation Cabinet waited until after the July 4 holiday due to large amounts of traffic. The delay also gave time for an engineering safety study to be completed.

Miranda Thacker, spokeswoman for the cabinet, said 496 speed limit signs will be changed. Thacker said most will simply get a 70 decal pasted over the 65.

Lt. Phil Crumpton, spokesman for the Kentucky State Police headquarters in Frankfort, has said studies suggest the speed limit could be raised to 70 on rural four-lane interstate highways and parkways without a significant increase in crashes.

The speed limit won't increase on urban stretches of interstate highways.

School teacher pleads not guilty

A Crittenden County Middle School teacher pleaded not guilty in Crittenden District Court Wednesday, July 11 to a misdemeanor charge of fourth-degree assault.

Frank Pierce, 46, is accused of "initiating physical contact" with a student on April 20 of last school year. Due to the nature of the case and because it involves a juvenile, no other information was available from court records.

Pot found at Fredonia man's home

FREDONIA, Ky. – A Fredonia man has been accused of growing marijuana plants along a fence row behind his house.

Winford Gerald Deason, 66, was charged with cultivating marijuana under five plants last week, according to The Times Leader newspaper. Authorities were apparently led to Deason's home from a tip.

The plants were destroyed and Deason was cited to court.

U.S. 60 bridge remains one lane

PADUCAH, Ky. – The Tennessee River Bridge at Ledbetter will remain down to one lane into next week.

Inspection crews at the U.S. 60 bridge at the Livingston-McCracken County line will continue their work through today (Thursday) and then be back at the site to resume work Monday through next Thursday, according to the Kentucky Transportation Cabinet.

The lane closure is to allow a detailed inspection of the bridge. The Tennessee River Bridge carries approximately 9,000 vehicles a day across the river. The bridge inspection crew plans to be at the site each day from approximately 7 a.m. to 4 p.m., weather permitting.

Man arrested on Crittenden warrant

PRINCETON, Ky. – A Princeton man was arrested last week on an outstanding warrant charging him with failure to pay fines in Crittenden County and second-degree assault charge in Caldwell County.

James D. Brown, 27, was arrested Tuesday afternoon, according to The Times Leader newspaper, on a Crittenden County warrant charging him with failure to pay fines and a Caldwell County warrant charging him with second-degree assault.

The assault charge stems from an investigation begun last month after a complaint that Brown was allegedly involved in a dispute with Shelby T. Newberry, his girlfriend.

Brown allegedly picked up a knife during the altercation and threatened Newberry with it; in the struggle, she sustained a minor cut to her hand, according to reports.

Brown fled the residence before police arrived, and investigating officers obtained a warrant for his arrest.

He was lodged in Caldwell County Jail on both counties' charges.

Online loan company not legitimate

FRANKFORT, Ky. – The Kentucky Office of Financial Institutions (OFI) is warning consumers about an online loan company offering a variation of a common loan scam.

OFI has received numerous complaints from consumers and the Better Business Bureau about an entity using the name of Kentucky Title Loans and the web site www.ktline.net, although the Web site was unavailable at press time.

"The company does not appear to be a legitimate Kentucky business," the OFI said in a statement.

Board seeking volunteers to explore 4-day feasibility

By DARYL K. TABOR
MANAGING EDITOR

Four committees of six to eight volunteers could begin exploring as early as next month the benefits and drawbacks of shortening the school week in order to save Crittenden County schools money.

At Tuesday evening's board of education meeting, Superintendent John Belt was given authority to begin soliciting volunteers to serve on fact-finding groups related to the prospect of a four-day school calendar. Volunteers will serve on one of the following committees: child care, academic, finance and communications.

Belt said he will seek individuals from the ministerial and business communities, teachers, staff, PTO and the general population. Committee placement will be based on any area of expertise a person may have, such as a banker being assigned on the finance committee.

The superintendent said each committee will consist of no more than six to eight people.

"Any more than that and you start walking all over yourself," he said.

The board of education will be presented a list of potential names next month, "probably at the August work session," Belt said. Board members must approve the appointments.

A four-day school calendar has emerged as one option to save the school system money. Because of a recurring drop in enrollment and increased expenses, the school system has been forced to cut jobs and programs for students.

The feasibility of the four-day school week is being looked at as a solution to prevent more cuts in the future, Belt has said. However, changes to the school calendar would not occur this year, regardless of committee findings.

Reducing transportation costs by as

much as 20 percent is one draw of cutting one of five days off the weekly school calendar. This year, board Finance Officer Brent Highfill has estimated as much as \$100,000 will be spent on fuel alone.

Belt believes an abbreviated school week, implementing longer days and occasional five-day weeks to achieve the required 1,062 hours of instruction, would satisfy both financial and academic concerns.

In 2003, neighboring Webster County was the first board of education in Kentucky to implement the measure. Since that time, three other Kentucky school districts have undergone conversion to a shorter school week. However, that number is now down to two – Webster and Jenkins Independent in Letcher County – according to Brad Hughes with the Kentucky School Boards Association.

Providence Independent, also in Webster County, quickly followed the lead of the larger county district and maintained the four-day calendar until merging with Webster at the end of last school year. Jackson County, said Hughes, gave up on the effort less than half of a year in, largely due to a hasty attempt to start cost-saving measures.

More than 100 districts nationwide, most in less-populated rural areas, have gone to a four-day calendar.

Finding appropriate child care for students on the newfound weekday off was a major concern at each of the Kentucky districts, Hughes indicated.

"They have since evaporated," he said of the concerns at Webster County and Jenkins Independent.

Webster County, Hughes said, was the model for implementing the program, deliberating with months of research and community input. Belt has said the Crittenden board will use Webster County as a template for studying the program.



Belt

Sub pay down 60 percent; 4 earn attendance reward

STAFF REPORT
It's not just students skipping that costs a school system. Teachers and other employee absences cost Crittenden County schools almost \$200,000 in 2003.

But in the last five years, perhaps thanks in part to a cash award to those who show up most, board of education spending on certified and classified substitutes has dropped 60 percent from \$198,685 in 2003 to \$78,656 last year.

Earning a \$1,000 cash equivalent to a gold star for attendance in 2007 were instructors Lynette Miller and Larry Duvall and classified employees Houston Peek and Shelia Miniard.

Paying out \$4,000 in rewards is worth it if it continues to cut down on the more costly staff absences, Superintendent John Belt said at Tuesday night's board meeting. The reduction in substitute pay from 2003 as compared to 2007 is more than \$120,000. In fact, in 2006, only \$69,251 was paid to subs.

A high turnover rate in the transportation department last year accounted for almost \$11,000 of 2007's substitute cost, according to a memo from Finance Officer Brent Highfill.

He has ensured a transparent process, with at least one public hearing on the matter.

While Webster County has shown a savings directly related to its Tuesday through Friday schedule, increased test scores and improved attendance are more difficult to be directly attributed to the abbreviated week, according to reports.

The next board of education meeting in Crittenden County will be Aug. 14 at Rocket Arena.

New hospital CEO on job

STAFF REPORTS
He's in town and on the job this week.

New Crittenden Hospital CEO Jim Christensen started

work this week, replacing interim CEO Taylor Cook, whose last day was Wednesday. In fact, today (Thursday) will be Christensen's first day settling into his new office.

Christensen comes from a rural Montana hospital and was hired in May to permanently replace former CEO Claudia Eisenmann.



Christensen

Belt Auction- Realty is proud to introduce our new Sales Associate Jim DeFreitas



Jim is a resident of the Frances area in Crittenden County and lives there with his wife Tracy, daughter Lindsey and son Justin. Born and raised in Paducah/McCracken County, Jim and Tracy bought a farm in Frances in 1994 and decided to make Crittenden County their home in 2005. Jim has developed Oxford Place subdivision in McCracken County, building new, remodeling homes, and developing farm ground of all types into prime wildlife habitat in Ballard, Hickman, McCracken and Crittenden counties. Anyone interested in talking to Jim about selling or buying a home or farm, please contact him at jimd@beltrealty.com or call our office 270-965-5271.

CRITTENDEN COUNTY HOMES

- SALE PENDING WELCOME HOME**...is what you will be saying in this 3 bedroom brick home. Located on nice landscaped corner lot not far from town. Features eat-in kitchen with appliances, living room with gas log fireplace, French doors leads to deck and large back yard for the children to play. This won't last long so call for more information.
- FOR THE BUDGET MINDED**...this 4 bedroom house has full size basement. Main level has 2 bedrooms, bath, living room, eat-in kitchen. The deep basement has 2 additional bedrooms and unfinished bath. Great potential property on nice lot located walking distance to school. Priced at \$19,500
- SALE PENDING 1.88 ACRES**...located on Hwy 60 West. AFFORDABLE AND CONVENIENT...location to center of Marion. This home would be a nice starter home or an addition to your rental investments. Features: 2 bedrooms, 1 bath. Call for appointment. \$27,500.
- SOLD INVESTORS TAKE A LOOK**...3 bedroom house and large lot. \$18,000.
- ECONOMICAL & AFFORDABLE**... is this 3 bedroom, 2 bath split plan home. Located on nice corner lot with unattached garage & large storage building.
- SOLD CHECK THIS ONE OUT**... Investors take a look at this nine-room fixer upper house that was formerly used as a duplex. Features 2 kitchens, 2 baths, laundry room, floored attic and partial basement. Situated on nice lot in Marion and located 2 blocks from Main St. REDUCED TO \$22,500.
- NEW HOUSE**... to town from this neat vinyl siding 1 bedroom home. Nice kitchen including dishwasher, laundry room, basement and large back yard. Price reduced to \$34,500.
- FIXER UPPER**...Investors take a look at this 3 bedroom, 1 bath house located in Marion. Priced at \$14,500.
- SOLD 2 +/- ACRES**...plus 3-4 bedroom house. This one and half story home has been completely remodeled with new kitchen cabinets, large living room, laundry & replacement windows, central heat & air, county water. Located in Crayne and priced at \$54,500.
- GROWING PAINS?**...This vinyl siding 2 story family home has 4 bedrooms, 2 baths, foyer w/open stair case, living room, formal dining room enhanced with beautiful fireplace mantle, modern kitchen with major appliances, TV/entertainment room; partial basement, plus more. Located on large deep lot on West Belleville St. Marion. PRICE REDUCED.
- 533 E. DEPOT ST.**...commercial building. Was being used as a doctor's office. Features large multi purpose room, offices, 2 baths, and a lot of parking space. Also has apartment with 3 bedrooms, 1.5 baths. Many possibilities. PRICE REDUCED.
- GOLFER'S FANTASY**...Enter down the private drive to this landscaped estate that joins Marion's County Club Golf Course. This magnificent two story home includes 4 to 6 bedrooms, open grand staircase, 2 master suites, 4 bathrooms, kitchen w/appliances, 2 laundries, study, great room with gas log fireplace, recreation room plus bonus kitchen, enclosed glass solarium & private deck overlooking the beautiful greens. In addition this lovely home has a large walk-out heated basement, an attached oversized double car garage plus many additional amenities. Fulfill your dreams by calling for an appointment today. Owner says sell. Reduced to \$292,500.

- Fleetwood double wide.**
- SALE PENDING 331 E. MAIN ST**... Newly remodeled 2 bedroom, 1 and half story home located in Salem. Priced to sell at \$27,500.
- CHILDREN WANTED**...in this 4 brdm., 1? story family home that enters into living rm. w/grand open staircase. The nice colonial column front porch house has vinyl exterior with replacement windows and concrete double drive with large 30' x 40' building. Situated on beautiful corner acre lot in Salem.
- LARGE FAMILY HOME**...This home speaks children...Features: 5 bedrooms, 2.75 baths, living room, formal dining room, and kitchen with major appliances, large laundry, TV/Rec. room and only 3 years old. Located in Salem on approx. 3 acres.
- SOLD GREAT CORNER LOCATION**...describes the setting for this 3 bedroom 1 1/2 bath brick with attached double car garage. Home redecorated last year with new carpeting includes nice kitchen w/major appliances; formal dining room, family/Florida room, laundry hook up w/washer/dryer, central heat & air plus private deck. Situated on 2 nice lots in Salem. Call today for details.
- 129 W. MAIN ST. ...FRESHLY PAINTED.** This building has many possibilities. It could be your home or a place for your business. Features 2 rooms that could be used as bedrooms or office space. Large kitchen, bath, and a large living/dining room. It depends on how you want to use it. Come take a look and see for yourself. Great location right on Main St in Salem. Priced to sell at \$32,500.
- SOLD VINYL SIDED**...frame build home. Features: 2 bedrooms, eat-in kitchen, extra den or dining area and vinyl replacement windows. Plus a small storage building and black top drive. REDUCED TO \$38,000.
- SALEM**...this corner lot listing located East Main and College Streets has a three bedroom, 1 bath home with Livingston Co. stone exterior. Convenient location within walking distance to Bank, grocery, churches, beauty shop, etc. Would also make excellent commercial / office property. Call today for details.

LOTS / SMALL TRACTS / FARMLAND

- SOLD 2 MOBILE HOMES & LOTS**...located in Salem.
- BUILDING LOT**... located in Crayne. County water, natural gas available.
- LAKE AREA LOT**...located south of Eddy Creek Marina on Hwy 93. Perfect for mobile home or build your dream home. Utilities already on property. Call for more information.
- 7 BEAUTIFUL LOTS** located in Hickory Hills Subdivision. Call for more information.
- GREENWOOD HEIGHTS**...looking at building your dream home? Here are the lots for you. Priced to sell at \$8,000. Call for more information.
- SOLD 5.59 ACRES**...all open. Located in Crayne.

COMMERCIAL PROPERTIES

- GREAT LOCATION**... in Salem. Commercial building and lot. Many possibilities. Call for more information.
- START YOUR OWN BUSINESS**...from this 30 x 50 garage. Features (3) 10' x 12' overhead doors, office space, propane heat, exterior lighting, concrete floors, city water. Call for more details.

UPCOMING AUCTIONS

FRI. AUG. 24, 5:30 PM – Commercial Property & lot located 420 S. Main St. Marion, KY.

REALTORS® 411 SOUTH MAIN ST. MARION, KY. 42064

Raymond Belt (270) 965-2358

Sharon Belt (270) 965-2358

Jim DeFreitas (270) 832-0116

Peggy Watson (270) 704-0079

See website for our Home Visual Tours
www.beltrealty.com

BEALT AUCTION-REALTY
Celebrating our 37th year
270-965-5271

REALTORS® is a registered collective membership mark which may be used only by real estate professionals who are members of the National Association of Realtors® and subscribe to its strict code of ethics.

Safety Blitz yields more than 704 citations in 4 counties

STAFF REPORT

Law enforcement officers representing ten agencies wrote more than 704 citations during the May U.S. 60 Corridor Safety Team Law Enforcement Blitz. Participating police agencies made 17 arrests for Driving Under the Influence.

U.S. 60 Corridor Safety Team Coordinator Jeff Thompson says the whole idea is to get people to slow down and buckle up.

"We gave everyone plenty of warning that our police partners along this four-county corridor were serious about preventing crashes and fatalities," Thompson said. "No-nonsense enforcement efforts like this one have a proven track record along this corridor and the 12 other safety corridors across Kentucky."

The law enforcement blitz covered Crittenden, Livingston, McCracken and Ballard counties. The police agencies wrote 198 citations for speeding, seven for driving on a suspended license, six for illegal drugs, and 30 for no insurance. They made 13 arrests for outstanding warrants, and issued another 132 citations in other categories, along with issuing 205 warning tickets. They also reported working 17 traffic crashes during the blitz.

Thompson says his main concern is that after all the aggressive education efforts to remind drivers about the importance of wearing safety belts, police wrote citations to 77 motorists safety belt violations.

In Crittenden County, 11 speeding tickets were written and 35 warnings were given. Six other citations were written. Meantime, in Livingston County, authori-

ties wrote 26 speeding tickets, 17 seat belt violations, 12 citations for no insurance, nine for other reasons and 73 warnings. One DUI arrest was made and 12 one for outstanding warrants.

"Wearing your safety belt is one of the easiest and simplest things you can do personally to improve your safety wherever you drive. It takes less time to buckle your safety belt than it does to check your hair in the car mirror. Taking a couple of seconds to buckle up each and every time you drive can save your life and keep you from getting a ticket," Thompson emphasized. "It

is the single most important thing you can do to improve your personal safety."

Kentucky's highway fatality rate is currently 31 below 2006 which recorded a five year low in the traffic death toll. Trooper Barry Meadows with Kentucky State Police Post One in Mayfield says while traffic fatalities are down across the state they are up here in western Kentucky.

Meadows says too many people are trying to talk on their cell phone, trying to eat a hamburger, or doing other things that distract us from the important task of driving.



Have big plans for your next home?

Get a big loan with nothing down!

Don't put all your money into a down payment - save that cash to make your new house a home.

- We offer a variety of 100% loan programs - available for borrowers with credit scores as low as a 580 FICO.
- Whether you have good credit or not so good credit, we are confident that we have the mortgage to fit your needs.
- Flexible income verification options - self employed? Qualify with 12 months bank statements.
- Want a lower payment? Consider an interest only mortgage.
- Applications taken at your convenience.

ANCHOR RESIDENTIAL LENDING, LLC.
135 E. Carlisle St.,
Marion, KY 42064
270-965-9695
Toll Free 1-866-965-9695
Licensed Mortgage Broker, License# MB4617

*No down payment, some closing costs may be required.



Down Payment

No Down Payment

All loan programs, terms and rates are subject to change without notice. Additional terms and conditions may apply. Loan qualification and rates dependent on borrower's credit score and financial history.



NEXT WEEK IN THE PRESS...
Get your 2007 Crittenden County Fair Catalog!

RODEO

Hodge 11th in nation

Crittenden County's Jessi Hodge, 14, finished 11th in goat-tying at the Kentucky Junior Rodeo National Finals last weekend at Gallup, N.M. Hodge also competed in barrel racing, pole bending, breakaway roping and ribbon roping. Crittenden County cowboy Lane Shelley, 12, was third in an NRA shooting competition at the national rodeo. He also competed in breakaway roping, team roping and chute doggin' at the national finals.



HODGE

BASEBALL

All-star team photos

The Crittenden Press is seeking photographs of local all-star baseball and softball teams to publish this summer. Email photos to thepress@the-press.com.

GOLF

Last chance to play

The annual Quarterback Club Golf 4-Person Tournament will be held next week, Wednesday, July 18, at Marion Country Club. Tee time will be noon. Cost is \$40 per player. All proceeds benefit the high school football team. To register, call Ronnie Myers at 965-3104 or coach Al Starnes at 965-3525.

Sycamore Hills tourney

Marion Country Club will host its annual signature golf tournament Sunday, Aug. 19. The one-day, 18-hole, medal-play tournament has prizes for the top place finishers in each flight. For more information contact Tournament Director, Emily Shelby at 965-3464.

SOCCER

Goalie club meeting

The Crittenden County Lady Rocket Goalie Club will meet at 5 p.m., Wednesday, July 18 at the City-County Park pavilion on Jim Fred Mills Drive.

Register for league

Boys who will be incoming sixth, seventh and eighth graders this fall and are interested in playing organized youth soccer should contact Greg Holloman at 965-2746. The league is part of the Crittenden County Youth Soccer Association. A team of combined U-12 and U-14 players will compete in the fall league.

Boys & girls clinic

Challenger Sports will again this summer offer a week-long soccer camp led by British soccer players. The camp will be for all ages July 23-27. Call Kory Wheeler to register at 704-0279 or go online to www.challengersports.com.

SWIMMING

MST schedule

Rain has washed out a couple of swim meets already this season, but Marion Swim Team finally got in a meet Tuesday. The team has a makeup meet scheduled for Thursday (tonight) at Calvert City. Its next two meets will be at Princeton July 19 and against Princeton July 24 at Marion Country Club.

Internet Access

Only **\$9.95** Per month.

CORECOMM

- ▶ FREE 24/7 Live Technical Support
- ▶ Unlimited Hours, No Contracts!
- ▶ 10 E-mail Addresses
- ▶ FREE Spam Protection
- ▶ Invoice Billing Available
- ▶ Reliable Access Since 1994

1-877-267-3266

www.core.com

Thompson commits to Hoosiers

Rocket lineman headed to Big 10

STAFF REPORT

It didn't take A.J. Thompson long to pick Indiana University out of the host of colleges knocking on his door.

At 6-foot-4, 300 pounds, Thompson is a Division I college football prospect because he has lots of intangibles and a good track record. He has good grades, is academically qualified, moves well for a big man and has a father who played at Florida State.

All of that equals a college scholarship for a young man who hasn't even strapped on the pads for his senior season in high school.

Thompson is the first Crittenden County football player in decades, perhaps ever, to be guaranteed a scholarship before his 12th grade season.

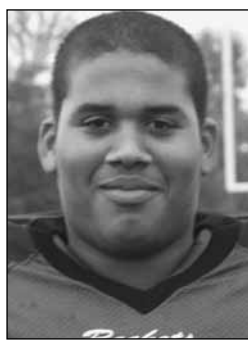
"It's a great opportunity for A.J.," said Rocket coach Al Starnes. "He's worked hard for this and he deserves it."

Starnes said that Thompson's ability to earn a scholarship is testament to the fact that if you're good enough, the recruiters will find you - even at a small, rural high school such as Crittenden County.

Thompson said he really never expected so much attention and, in fact, wasn't getting a whole lot until his performance at a Best of the Best Nike Camp at Purdue University earlier this summer.

From the Nike Camp, Thompson started to get some serious suitors. He attended several other camps, including one at the University of Florida. That's where Indiana saw him and started wooing the interior lineman.

Thompson went to the Indiana campus for a clinic on June 18. On that day, assistant coach Bobby



THOMPSON

Johnson offered him a scholarship following a short workout session in front of the offensive line coach. Tragically, the head coach, Terry Hoepfner, died the following morning after a bout with cancer.

Thompson said it was the coaching staff and facilities at Indiana that made the difference. He already had a second firm offer from Marshall University and Louisville was also very interested.

"I liked the academic situation at Indiana. Plus, coach Johnson was the coach I liked better than all of the others recruiting me. And they're getting ready to renovate their stadium," Thompson explained.

As for academics, Thompson hopes to pursue studies in business administration. Mandatory study time, he said, was one of the things that interested him about Indiana.

"I need somebody to push me," he said.

Thompson admits that he's a bigger fan of the Southeastern Conference, but is looking forward to playing in the Big 10 Conference with the Hoosiers.

"I just knew that's where I wanted to go and I didn't want to keep think-

ing about it with football season coming up," Thompson said, explaining his logic for making an early decision.

He was the 12th recruit to verbally commit to Indiana this summer.

"I'm very excited. I can't wait." Thompson will have to finish high school first and he's just as thrilled about the upcoming Rocket season.

Crittenden starts pre-season workouts Monday and will begin in full pads on Aug. 1. The first scrimmage is Aug. 10 at Muhlenberg South and the opening regular-season game is Aug. 25 at the Mayfield Alliance Bowl against Massac County (Ill.).

"In my mind, we should be pretty good," said Thompson, whose Rockets return the core nucleus of a team that went 4-7 last year.

"We're going to have two 300-pound linemen (himself and Ezekiel Sorina) and others like Aaron Berry and Josh Ipock up front," Thompson said. "Then we have one of the best running backs in western Kentucky (Jeramie Sorina).

"The defense is going to be as strong as ever and offensively we should have all of the tools."

Wranglers hosts annual rodeo and Grand Jubilee

Wranglers Campground at Land Between the Lakes will host its 11th annual Primitive Rodeo and Grand Jubilee gathering July 20-21 at Wranglers Campground such a success during the past year.

Activities include half-price camping, a watermelon feast, exhibits, children's activities, and a visit from Smokey Bear. In addition to special activities, campers and day-use riders will have the chance to win numerous prizes, including tack, dinner at area restaurants, and items donated by local merchants. Half-price camping will be offered Friday and Saturday.

Also, J-N Rodeo Company returns to Wranglers Campground with events beginning at 8 p.m. The rodeo events include saddle-bronc and bareback riding, steer wrestling, calf roping, barrel racing, break-away roping, and bull riding. "Primitive" refers to the informal atmosphere - Wranglers Campground does not have a permanent arena, so visitors are asked to bring their own lawn chairs. Rodeo admission is \$8 ages 13 and up; \$5 ages 12 and under.

All Stars

The 7- and 8-year-old Crittenden County all-stars won two out of three games Saturday, beating Lyon and Webster but losing to Caldwell. Here, Crittenden catcher Paxton Riley puts the tag on a Webster runner. The all-stars will be back in action Thursday at home for an eight-team tournament at Marion City-County Park.

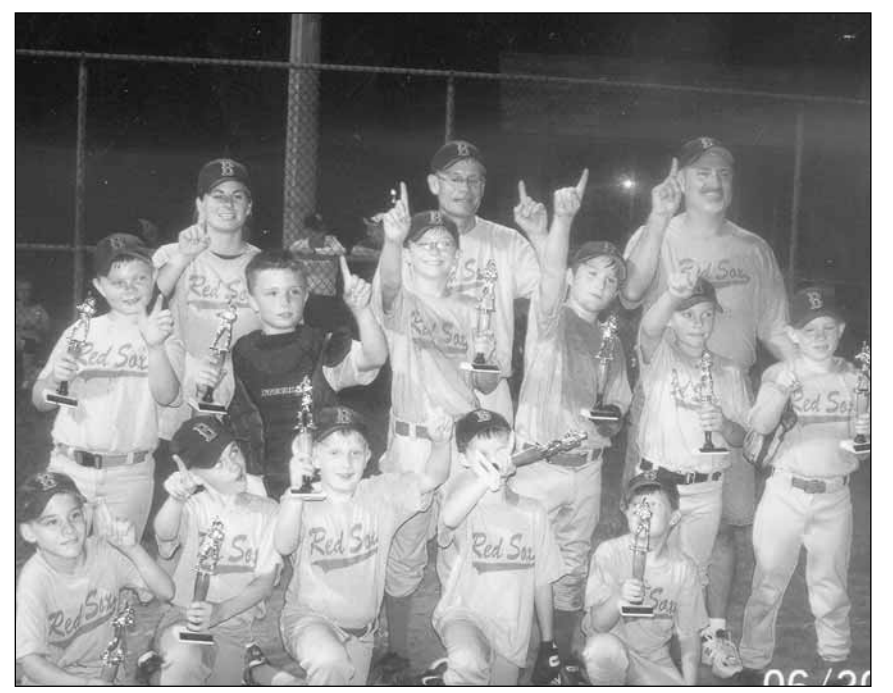


JAMESPHOTOSHOP

LITTLE LEAGUE BASEBALL NEWS



The Mets Rookie League baseball team won second place in the league tournament. The Mets beat Dawson Springs Braves and Lyon County Gold but lost to Lyon County Purple in the championship game. Players are (front from left) Cody Belt, Carsen Easley, Mason Hunt, Trent Champion; (middle) Will Tolley, Seth Birdwell, Clay Croft, Ray Houghton, Lane Champion, Ethan Hunt; (back) Jim Tolley, Brian Hunt and Steve Champion. Not pictured Sean O'Leary.



Crittenden's Red Sox took first place in the Minor League Tournament in Dawson Springs and first place in the league. Front from left are Jesse Belt, Nathan Burnett, Jayden Willis, Austin Travis and Jantzon Croft; (second row) Eli Wring, Cole Easley, Colby Watson, Noah Dickerson, Ryan James and Rece Dyles, (back) coaches Emily Watson, Ronnie Watson and Tommy Croft.

Fluids: Do's and don'ts during workouts

Virtually every outdoor and fitness buff - except deer hunters - welcome the arrival of spring and summer with open arms. We can run, walk, hike or cycle without layers of rain or cold-weather gear, and take advantage of the expanded daylight and kids' summer vacations to work out morning, noon or night.

However, there is an aspect to summer training that cannot be overstated - the necessity to hydrate, to drink properly. Failure to do so can turn even a one-hour workout into a bout of heat exhaustion or dehydration that none of us want to experience.

Like everything else in fitness sports, theories about proper hydration are abundant. When it's hot and humid, some experts recommend drinking up to 10 minutes before a workout, then drink every 20-30 minutes during the workout. Others recommend drinking until the workout starts, then every 30 minutes.

StayingFit WITH BOB YEHLING



There is no set formula that works for everyone. We're all individuals with different bodies, workout routines, metabolisms and levels of exertion. We burn different amounts of calories, depending on the intensity and length of the workout. Some of us walk or ride bikes recreationally, while others pound the pavement at Marion-Crittenden County Park daily at 6 a.m., logging long miles in preparation for fall marathons.

A good rule of thumb starts at home. If you have a regular fitness regimen, load your refrigerator with plenty of water and electrolyte replacement (sports) drinks, such as Gatorade and PowerAde. The body that sweats loses not only water, but also vital salts and minerals that electrolyte replacements furnish. Get accustomed to drinking both

water and sports drinks, often.

Second, drink a glass or bottle of water within 15 minutes of the start of your workout. If you plan to work out for more than 30 minutes, make sure water is available. If 30 minutes seems too long for your comfort level, start at 20 minutes. Either carry bottled water, or exercise at a place that has drinking fountains. If your workout exceeds 90 minutes, it's best to bring along a bottle of sports drink as well.

When you're working out, do not drink large amounts of fluids. Drink enough to satisfy your thirst and feel a cooling effect in the body. You're not trying to replace every ounce of water you lose through sweat, but to keep your body temperature low and your body hydrated. For example, if you ran a marathon in four hours on a 70-degree morning, you'd lose up to a gallon of water (128 ounces). If you follow hydration guidelines, you'd only drink 40 to 50 ounces in that race (combining water and

sports drink). Drink often, but don't overdo it. Dehydration is cause for concern, but gross over-hydration is potentially fatal.

After your workout, cool down and start drinking. Drink slowly at first, allowing your body to absorb the liquid. Drink both water and sports drink. It sometimes takes four or five hours to fully re-hydrate the body after a hard workout or race. Don't worry about it. Simply catch up, comfortably.

Summer workouts offer so many enjoyable moments, from the early-morning and early-evening runs with friends to partaking of the natural beauty on our county's back roads. Guarantee yourself full enjoyment by drinking often, and wisely.

Two-time Boston Marathoner Bob Yehling, an assistant track coach at Crittenden County High, is a member of the Crittenden County fitness group, which meets Tuesday nights at 6 p.m. at Marion Park.