

The Crittenden Press

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School starts for teachers Monday

While students won't have to report for classes until next Wednesday, a professional development day will kick off the school year for instructional staff on Monday. Mike Rutherford, an education consultant from South Carolina, will be the speaker at the meeting, which will start at 8 a.m., at the elementary school.

On Tuesday, an opening day meeting for all district faculty and staff will also be at the elementary school, beginning at 8:30 a.m.

Students will start the academic year next Wednesday with a half-day of class. Schools let out at 11:45 a.m. Heart to Heart after-school care will be provided after the half-day.

5A

Dems gathering at Garden Party

Democratic gubernatorial candidate Steve Beshear and his running mate, former state Sen. Daniel Mongiardo, will be in Princeton Friday for a pre-Fancy Farm gathering at Rep. Mike Cherry's home. The annual Pennyrile Garden Party will also host other Democratic candidates for state office as a fundraiser for the party. Cherry and his wife have hosted the gathering for several years.

The Garden Party is open to the public and begins at 3 p.m. Donations are not required. The Cherrys reside at 804 S. Jefferson St., Princeton.

8B

Thurman returns for CCES assist

Back for one more year. That's what Sylvia Thurman agreed to with the Crittenden County Board of Education



Thurman

when Superintendent John Belt turned to the long-time educator and former principal to serve as assistant principal at the school she once headed.

According to Belt, Thurman will return to CCES next week, replacing Todd Merrick, who last month took a principal's position in Caldwell County.

Thurman will serve alongside Principal Melissa Tabor.

Belt said the school system is now fully staffed for the coming school year.

Rain gauge

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

7 days 30 days 2007
0.05 2.24 24.94
below average: 5.20"

Forecast

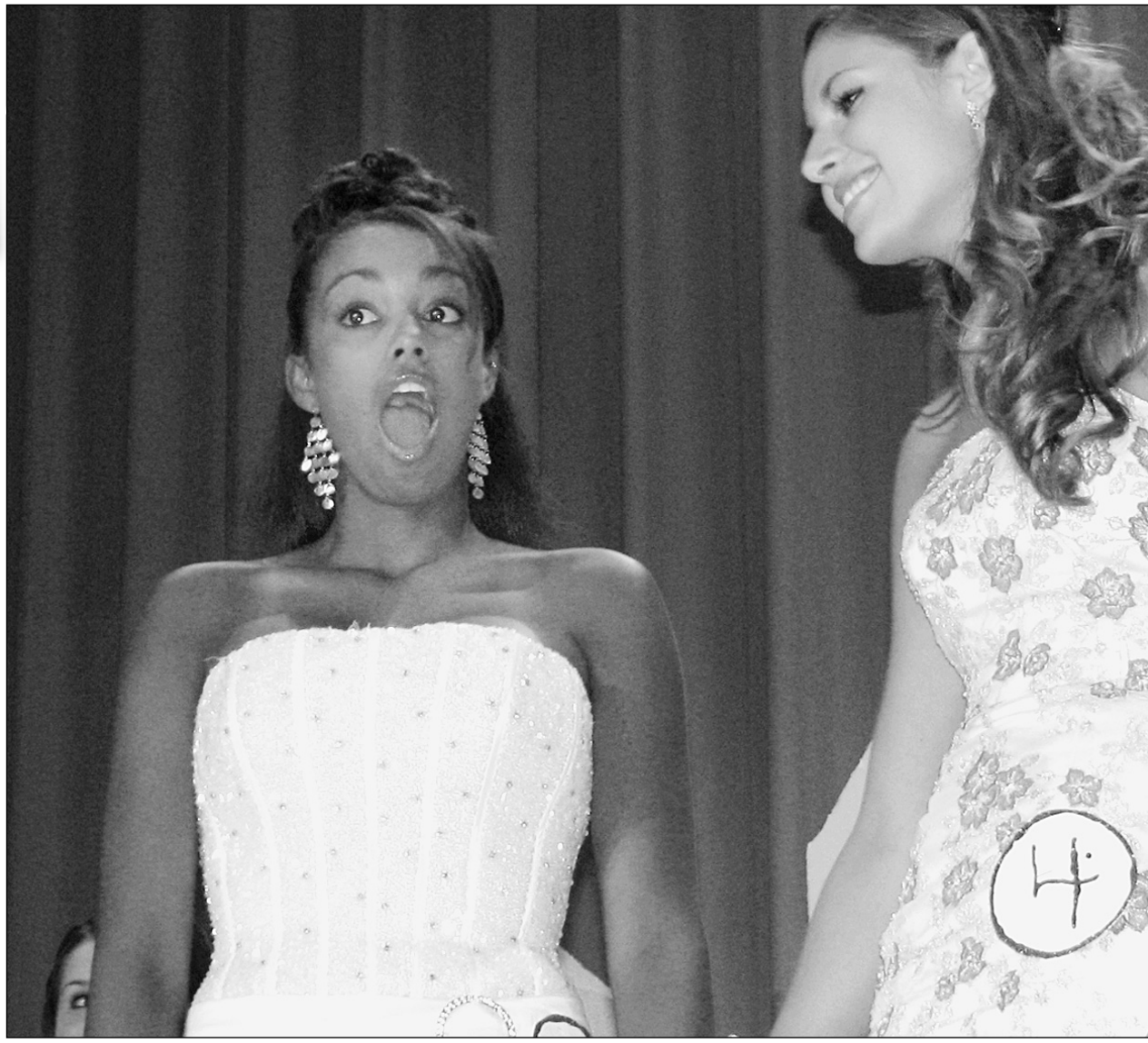
Reported by the National Weather Service.

Thursday Sunny 93/66
Friday Mostly sunny 94/70

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County fair starts: Cozart makes history



Breanna Cozart (left) reacts Monday evening to learning she has been chosen Miss Crittenden County as Meredith Lanham is announced as runner-up at the county fair's beauty pageant at Fohs Hall. Cozart is the first black woman to be crowned Miss Crittenden County.

PHOTO BY DARYL K. TABOR

Queen crowned, fair continues all week

STAFF REPORT

Breanna Cozart had a little pep in her step Tuesday morning as she took her position in the life-guard seat at Venture River Water Park in Eddyville.

The 17-year-old awoke to the euphoria of being named Miss Crittenden County the night before. Cozart, one of 10 contestants in the annual Lions Club County Fair Pageant, is the daughter of Stephon and Heather Cozart of Marion.

To Cozart, the significance of winning the crown lies in the fact that she is the first African-American to earn the title of Miss Crittenden County.

Her father stayed up late Sunday helping her prepare for potential questions she might be asked during the competition. While her dad was unable to miss work for the pageant, Cozart called him with the good news, noting it was his help that catapulted her through the questioning phase of the pageant.

Cozart is a very poised young

woman who has excelled in Crittenden County athletics. She was a standout on the Lady Rocket basketball and volleyball teams as a sophomore but sat out the 2006-07 seasons to recover from knee surgery to repair a torn ACL.



Entry to the fair

Ticket prices for the Crittenden County Fair this week are free for children 4 and under, \$5 for ages 5-15 and \$8 for all others.

Cozart expects to be back in action this fall in both sports - either of which she'd like to play in college.

The senior at Crittenden County High School has considered Kentucky State University in Frankfort as one college option, and hopes to discuss collegiate sports with coaches there in the near future.

She said her friends encouraged her to enter the pageant, suggesting it would look good on college applications. Now she can add Fair

See FAIR/page 6A

What's on tap?

WEDNESDAY » 7 PM tractor pulls

THURSDAY » 7 PM truck pulls

FRIDAY » 7 PM endurocross

SATURDAY » 7 PM demolition derby

O'Neal takes over as head of Marion Police

BY CHRIS EVANS
PRESS EDITOR

There's no denying that Ray O'Neal is humbled by his new job as Marion police chief.

O'Neal, 45, was officially named new head of the Marion Police Department during a small badge pinning ceremony Tuesday at Mayor Mickey Alexander's downtown office.

One can't help but detect the sincere tone in his voice when O'Neal talks about serving the only hometown he's ever known.

"It's really an honor for me to have grown up in Marion and now become the chief of police," said the former coal miner turned lawman. "What other honor could be greater than this? I wouldn't live

anywhere else in the world."

A graduate of Crittenden County High School, O'Neal worked in the mines for 18 years then applied twice for a job with the city police department before landing a patrolman's job in 1999. He graduated from the Kentucky Department of Criminal Justice Training Center in 2000 and has been assistant chief of police for the past year.

Mayor Alexander presented O'Neal with his new badge and the standard chief's eagle collar pins as City Administrator Mark Bryant

and outgoing Chief Kenneth Winn stood witness.

"We like to promote from within," the mayor said. "We feel like that if we choose good, quality people for entry level positions then we're able to do that. Ray has demonstrated leadership abilities during his time as assistant chief, and I think he will step right in and there will be no disruption in our police services whatsoever."

Winn's retirement was also official Tuesday after 19 years as the city's chief.

"I have the greatest confidence in Ray," Winn said. "The department is left in fantastic hands."

A news release issued by the city announcing O'Neal's

See POLICE/page 4A



PHOTO BY CHRIS EVANS
Marion Mayor Mickey Alexander presents Ray O'Neal Tuesday with his new chief's badge. O'Neal takes over as chief of Marion police from 19-year veteran Kenneth Winn, who retired Tuesday.

Schools seeking tax hike

STAFF REPORT

Taxpayers will be asked this year to give a little more to a school system already forced to cut staff and programs to meet its financial needs. The board of education, too, is in the stages of exploring a four-day school week to reduce expenses, primarily in a burgeoning transportation budget.

The Crittenden County Board of Education will hear from the public later this month on a proposal to increase the general fund tax levy to 41.4 cents per \$100 of assessed real estate and personal property. Last year's tax rate was 40.2 cents.

The bulk of the additional \$127,000 the tax increase is expected to raise would go toward instruction, according to a news release from Chief Financial Officer Brent Highfill. In fact, \$118,000 - or about the

See TAX/page 5A

Motorcyclist killed Sunday near Dam 50

STAFF REPORT

Investigators are not exactly sure what caused a Crittenden County man to crash his motorcycle near Dam 50 Sunday afternoon. A passing Amish called for help after finding the accident scene about 5 p.m., on Ky. 387 (Dam 50 Road).

The driver, Ronald H. Hobbs, would have turned 58 years old Monday. Although he

was still alive when ambulance crews and Deputy Billy Woolsey got to the scene, Hobbs was pronounced dead at Deaconess Hospital in Evansville after being flown there by PHI air ambulance.

Deputy Woolsey said he didn't know how long Hobbs had been lying in the field before the accident was discovered.

Driving a 2003 Harley Davidson Sportster, Hobbs was traveling toward the Dam 50 recreation area when he lost control of the bike in a curve, left the roadway and crashed in a field.

"He didn't hit a tree or anything else," Woolsey said.

The deputy said it appeared that Hobbs' injuries were from blunt force trauma from hitting the ground.

The deputy's accident report noted that skid marks were evident on the highway. Hobbs may have been braking to miss a deer or something else, the deputy said. However, it was unclear exactly what happened. There were no witnesses.

Hobbs, of 1750 Old Morganfield Road, was a retired coal miner and was currently working at Special Metals in Princeton. See obituary page 7A.

Deer hunters get lesson in growing bigger whitetails

STAFF REPORT

Deer hunting has been popular in western Kentucky for the last three or four decades, but recent trends indicate that it's also big business.

Outdoorsmen are now paying upwards of \$15 an acre for hunting leases and land prices are fetching a record high, mostly due to recreational uses such as hunting. Some Crittenden County land has recently sold for around \$2,000 an acre.

Landowners and hunters are becoming more aware of the necessity to manage wildlife in order to increase the value of their asset or to get the most value out of their hunting lease. It's a phenomenon that's streaking across the Midwest.

Quality Deer Management Association is among the leaders in educating deer hunters about the best practices for growing bigger, healthier whitetailed deer. Doing so can translate into nicer mounts for the wall or bigger bucks for the landowner seeking to lease his property for hunting.

Tolu taxidermist Shannon York and his wife Jennifer have been instrumental in starting a local QDMA chapter called the Tri-Rivers Branch.

The group is hosting its first banquet and auction at 5:30 p.m., Saturday night at



Quality Deer Management Association director Brian Murphey talks to a local crowd at Crittenden County Public Library about deer management.

the Crittenden County High School multi-purpose room. Single tickets are \$40 each, or it's \$50 for a couple.

Last week, the Tri-Rivers Branch hosted a deer management seminar at the Crittenden County Public Library. About 25 people attended to hear QDMA director Brian Murphey discuss factors in deer herd quality. He said that only five percent of all bucks reach five years of age which means that most male whitetails are harvested well before they reach maturity. He stressed the importance of letting immature bucks live so that they have a

chance to grow into real trophy animals. He also pointed out how important it is to manage the doe herd.

"What do you see while hunting, four does to one buck?" he asked.

Murphey said that birth rate studies indicate that 51 to 52 percent of the deer born each year are males. However, hunting pressure takes most of them out of the population. A ratio nearer one-to-one is better, he said, but difficult to achieve.

"Leaving those two-, three- and four-year-old bucks will give you the greatest return

on your investment," he said, pointing out that most people shoot deer well before they reach maturity.

Education, Murphey said, is the key to improving whitetail management in any given area. He said that QDMA's goal is to provide that information.

"You can't rely on old wives' tails to manage deer," he explained.

QDMA is a national conservation organization headquartered in Georgia. It currently has more than 50,000 members. For more information about QDMA, call 965-3223.

Students may exhibit first day jitters

FROM STAFF AND WIRE REPORTS

That first day of school can be both exciting and frightening for young children and their parents, so proper preparation can go a long way in making the transition a smooth one.

"We used to work the first two weeks of school with kids crying," said Crittenden County Elementary School counselor Trudy Bramblett.

But, with more and more children attending daycare and preschool, that problem is becoming rarer.

"We don't have that much any more," said the 15-year educator.

The school also holds a transition day in May that allows students to meet next year's teachers and classmates.

Still, Bramblett said, not all children get the trial run before kindergarten and there is work that needs to be done at home to even better prepare

any unsure youngster for his first week of school. Her first suggestion is to let children know that the grown-ups at school are there to help the students.

"We are here for them," Bramblett said. "Assure them that all adults at the school are here for their safety."

An expert in childhood development with the Early Childhood Center at the Indiana Institute for Disability and Community at Indiana University,

offers another point of view on first day jitters.

"Getting ready for school is an event that parents face with mixed emotions - a sense of excitement about our children's development and new experiences to come; a sense of loss because our children are growing up; a sense of helplessness because we are no longer in control; perhaps apprehension because we will not be there to protect them," said Cathy Beard, family sup-

port specialist with the Early Childhood Center at the Indiana Institute for Disability and Community at Indiana University.

Here are some tips from Beard on helping young kids adjust to going to school for the first time:

•Build up the big day. "Always talk about school in a positive way," Beard said. Reading books about going to school and making new friends, circling the date on the calendar, and planning a special family outing to celebrate going to school can help build enthusiasm.

•Practice, practice, practice. Beard suggests taking a bus ride and talking about bus rules, visiting the new school and playing on the grounds, carrying a backpack with a book or two inside, and packing lunchbox picnics in advance.

•Assess self-help skills. Things like putting on and taking off outerwear, tying shoes and using table manners are essential skills for an

independent school day. Also make sure your child has experience using public restrooms.

•Establish a sleep schedule you can follow during the school year. Remember to allow extra time in the morning for everyone to get ready. Gradually moving toward the bedtime you'll use during the school year will help your child adjust. "Do this early so it is not viewed by your child as a drawback to going to school," Beard said.

Those are all good tips, Bramblett agreed.

Another effort to help children and parents adjust is Monday's Sneak-a-Peek, which will serve as an open house at the elementary school. The program begins at 6 p.m., and guests from school and other organizations will be on hand to answer questions.

Good planning can bring both you and your child a sense of control and lessen some of the fears you both may feel about this exciting new time.

Farm bill won't likely spare FSA office

STAFF AND AP REPORTS

A proposed 2007 Farm Bill that would delay Marion's Farm Service Agency from moving to Salem in a consolidation effort passed the U.S. House of Representatives last week. It combines billions in farm aid with money for low-income nutrition programs.

The \$286 billion bill, passed on a vote of 231-191, also makes fruits and vegetables eligible program crops for the first time and prohibits the closure of any FSA office within one year of enactment.

Marion's FSA office has

been slated for closure as early as January 2008, due to USDA cuts for local FSA outlets across the nation. Final passage of the House measure by Senate and presidential approval would give the Marion office a longer life, said on local official, but would not likely alter the decision made by Jeff Hall, state director of the USDA's FSA.

"It probably would just delay (the closure)," said Crittenden County Judge-Executive Fred Brown.

Rep. Ed Whitfield, was one of only 19 Republicans to sup-

port the measure in the House, which will next go to the Senate, due to begin its consideration of the legislation in September. The current farm law expires Sept. 30.

Brown encouraged FSA users to contact Kentucky Sens. Jim Bunning and Mitch McConnell, both Republicans, urging their support of the House farm bill.

POLICE

Continued from Page 1A

promotion noted that he has been a driving force behind Marion's effort to achieve accreditation through the Kentucky Police Chief's Association. That's a distinction that few small town forces earn, the city administrator said.

"It lets everyone else know that we have a highly-trained, professional police force," Bryant added. "Because of homeland security issues and the necessity for departments and agencies across the state to work together, it's important that we cast a professional image."

Image is one thing the mayor says he stresses to new department heads, especially a visible one like the police force.

"Marion is a city that embraces tourism," Alexander said. "We don't want to be known as a speed trap or be overzealous, but we do want to maintain a

professional police department that enforces the law."

O'Neal has the leadership qualities and sound judgment that the city was looking for in a new police chief. O'Neal is just the third man to hold that job in the last 52 years.

The five-man police force is currently understaffed, O'Neal said.

"We're going through the hiring process right now to fill one position," he said. After that, the department will still be one person short.

Other than hiring some new help, O'Neal said there are no major changes planned under his command in the near future.

"Things are changing rapidly, however, with all of the new technology," O'Neal said. "We've seen more development in technology for our police department in the past six months than in the previous six years."

O'Neal resides in the city with his wife, Brenda. They have two children, Justin, 23, and Arieal, 10.

Carrsville hosts TV antique show

Don't miss WPSD's Antique Appraisal Program, "What's It Worth" scheduled for today (Thursday) at the Dr. Dorris J. Hutchison Community Center in

Carrsville. Taping starts at 8:30 a.m., with playback over WPSD-TV at 11 a.m.. Bring your family for a fish fry starting at 11 a.m., and continuing until 2 p.m.

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~AUCTION~

To help settle the estate of Mr. Roy Hazzard, Riden Auction & Realty, LLC has been authorized to auction the following real estate and personal property:

SAT., AUGUST 11, 2007, 10 A.M.

• Location and Auction Site •

619 East Belleville • Marion, Kentucky

Approximately 6 Blocks East Of The Courthouse



**Real Estate
Will Sell At
12:00 Noon
then the
Vehicles**

This home has a large living room, large dining room, kitchen, 3 large bedrooms, bath, large hall, utility room on the first floor, large bedroom upstairs, approximately 2,000 square feet of living area, also a partial basement approximately 400 square feet, radiator heat, window air conditioner, 2 car garage, front porch, covered patio, shop building with 3 garage doors approximately 1,800 square feet, also has a 1 car carport on shop. Lot size 80' x 200' Deed Book 127, Page 480.

The additional lot will be sold separate and then combined. This lot is 80' x 200' Deed Book 195, Page 292.

APPLIANCES • VEHICLES COLLECTIBLES • TOOLS • FURNITURE

1984 Ford Crown Vic. V-8, 4 Door, 1971 Chevy Beauville Sport Van 30

COLLECTIBLES - Cream can, cookie jars, some marbles, green fruit jars, kerosene lamps, quilts, quilt top, several record albums, 8-track tapes, small bottles, wood rolling pins, wood pulley, milk glass vases and other dishes, some green Depression glass, Ruby Red glass pieces, Fire King cups, Fire King bowls, white Hobnail glass, milk glass with grape pattern several pieces, fireplace and irons, gas iron, autumn gold wheat pattern service for 12 plus other bowls that match, Staffordshire Summerline pattern service for 12, several pieces, Pyrex with lids, large punch bowl with stand and cups-lead crystal pinwheel pattern, antique record cabinet with claw feet, Lazy Susan, several pieces, clear pressed glass bowls, glasses, plates, Seth Thomas metro dome, Sheffield fine china Classic 501 service for 8, John Deere items, J.D. lunch box, 2 flags-one is 48 star, Avon bottles, some new chess pieces, Hoosier kitchen cabinet, 2 glass door cabinets, salt & pepper sets, old sausage mill, ladder-back chairs, hay hooks, several Avon bottles, iron skillets, metal bread boxes, brown crock bowl with lid, Gem Dandy electric churn, ref. dishes with lids, Coke glasses, porcelain pans, quilt frames, old juicer, some Carnival glass.

TOOLS - Drill, jig saw, 2 Craftsman tool boxes, wrenches, levels, electric water pump, mitre saw, shovels, pick, rakes, forks, 2 long handle pruners, 2 garden tillers, Murray riding mower 18 h.p. 46" cut, bench grinder, floor creep, 2 2-wheel hand trucks, portable air tank, small roll around tool chest, 5 ft. stowaway aluminum ladder, 4 ft. wood stepladder, electric tape, putty knives, sledge hammer, hammers.

APPLIANCES - G.E. side-by-side with water & ice on door 25.2 cu. ft., G.E. H.D. washer, toaster oven, Frigidaire microwave, new mixer, electric skillet, food processor, several small kitchen appliances, slow cooker, Zenith color TV with remote, Sunbeam grill, Orion color TV 15" with remote, stereo records 8 track, GPX portable stereo, portable GE phone, food dehydrator, large coffee maker, Bunn coffee maker.

FURNITURE - Large maple china cabinet, large maple harvest table with 6 chairs, maple rocker, 2 swivel rockers, 3 piece bedroom suite, large mahogany cabinet with 2 glass doors, corner shelf, microwave stand, walnut dresser-antique with nice mirror, small glass door cabinet, small hall tree, 4 drawer chest, 2 dressers with round mirror, Duncan Phyfe table, 2 bar stools, lamp tables, bed headboards, vanity stools, large counter cabinet, bed, recliner, 6 drawer chest, night table.

MUSICAL - Harmony acoustic guitar with case, Buckeye acoustic guitar with case, Heit electric guitar (needs repair) with case, Reiter upright piano in good condition with bench, Marshall amp, small organ.

MISCELLANEOUS - 2 walkers, potty chair, lamps, floor lamps, utility cart, planters, electric heater, box fan, window fan, glider settee with 2 glider chairs, porch furniture, concrete dogs, 2 step-stools, pictures and frames, light covers, small portable picnic table, pots, pans, glasses, cups, 3 pressure cookers, radios, plasticware, club aluminum pans, some tupperware, spice rack, jewelry box with jewelry, puzzles, games, shelves, bedding, dresser lamps, other items not listed.

Auctioneer's Note: This home has a lot of living area, large shop, large lot, only 6 blocks from the main business district, good neighborhood.

OWNER: ROY HAZZARD ESTATE

TERMS: Real Estate 10% down day of auction, balance within 30 days with deed. **TAXES:** Pro-Rated. Possession with deed. **PERSONAL PROPERTY:** Cash or good check with proper ID. Lunch available. Not responsible for accidents. Announcements made day of auction take precedence over printed materials.

**Some homes built prior to 1978 have lead base paint. Buyer must have inspection prior to auction, buyer will be required to sign a waiver day of auction.

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OUTDOORS

Deer event Saturday

Quality Deer Management Association's Tri-Rivers Branch headquartered in Marion will host its first banquet and benefit auction beginning at 5:30 p.m., Saturday at the Crittenden County High School multi-purpose room. Tickets are \$40 for singles and \$50 for couples. For info, call 965-3223.

Hunter Ed changes

The Kentucky Department of Fish and Wildlife Resources' Hunter Education regulation requires anyone born on or after January 1, 1975 and age 12 or older to have a hunter education course completion card in their possession while hunting. The age used to be 10 years old, but it has now been raised to 12. See following article about how to get a one-year, one-time exemption.

Hunter Ed exemption

The Kentucky Department of Fish and Wildlife Resources' Hunter Education regulation requires anyone born on or after January 1, 1975 and age 12 or older to have a hunter education course completion card in their possession while hunting. The KDFWR now has a permit that allows someone to hunt without a hunter education card for up to one year. The Hunter Education Exemption Permit can be obtained by anyone and is valid for the 12 months following its purchase. This permit can only be obtained once in a lifetime and requires the permit holder to be accompanied by a properly licensed adult hunter (18 years or older) who meets Kentucky's hunter education law while hunting. The exemption permit costs \$5 and requires each applicant to complete an online tutorial at the KDFWR's web site.

GOLF

Sycamore tournament

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 call 965-3464.

BASEBALL

Tryouts for Storm

Tryouts for the 2008 14-year-old Paducah Storm baseball team will be held in Paducah at Noble Park Aug. 10-11 at 6 p.m. For more information, call 554-8292.

Tryouts for the Storm 11-year-old team will be Aug. 11-12 at 3 p.m. Call 554-4090 for information.

Tryouts for the nine-year-old Storm will be Aug. 11-12 at 10 a.m. Call 534-8233.

BOATING

Kentucky Lake races

Kentucky Drag Boat Association (KDBA) will host its annual boat races at Pisgah Bay on Kentucky Lake this weekend. Racing runs from 10 a.m., until 5 p.m. Test and tune-up runs are Friday, with time trials on Saturday and featured races on Sunday. There is a \$5 fee at Birmingham Landing at LBL.

ARCHERY

Bow club shoot

The Marion Big Buck Bowhunters will host a 3-D archery shoot on Sunday. Registration begins at 10 a.m., at the club's range on Arrow Lane.

FOOTBALL

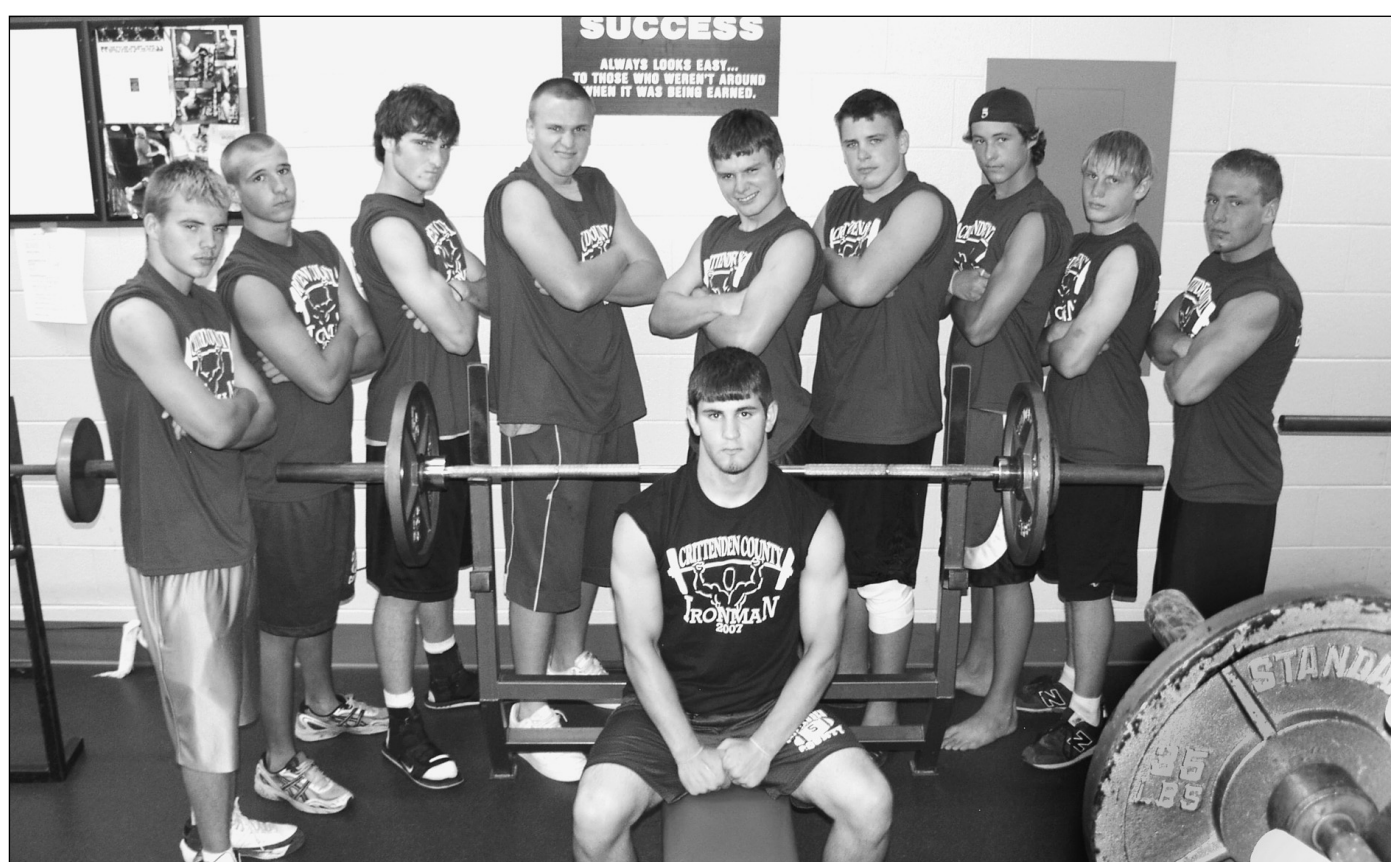
Couch lands job

Former No. 1 draft pick Tim Couch signed a two-year contract with the Jacksonville Jaguars on Sunday, getting a chance to revive his career as a backup to quarterback Byron Leftwich. Couch, the top pick by Cleveland in 1999 out of UK, hasn't played a down in the NFL since the 2004 preseason.

VOLLEYBALL

Season starting

The Crittenden County Lady Rocket volleyball season starts Monday with a match at 6 p.m., at Christian County.



Rocket Ironmen

Pictured above are Ironman top 10 finishers (from left) Andrew Freeman, Seth Keene, Mason Baker, Gaige Courtney, J.D. Gray, Josh Ipock, Joey Pluskota, Josh Urbanowski, Marcus George and Rodney Robertson (front). Pictured at left is Robertson, the two-time champion of the pre-season program designed to emphasize strength, speed and agility. The Rockets' first scrimmage game is next Friday, Aug. 10 at 6 p.m., at Muhlenberg South.

Ironman Competition

Crittenden County High School Football coach Al Starnes has announced results of the Rocket football team's annual pre-season Ironman competition. The competition involves all varsity and junior varsity players and tests their strength, agility, speed and other qualities when pre-season camp begins.

Junior Rodney Robertson became the first player to ever win the Ironman competition twice. Robertson is a running back and linebacker. The No. 2 and No. 4 finishers, J.D. Gray and Gaige Courtney, were both among the top three in 2006. Indiana University signee A.J. Thompson did not compete in the event and neither did running back Jeramie Sorina.

Following is the top 10 by rank after the competition was complete:

OVERALL RANKING

1. Rodney Robertson
2. J.D. Gray
3. Marcus George
4. Gaige Courtney
5. Seth Keene
6. Josh Urbanowski
7. Mason Baker
8. Josh Ipock
9. Andrew Freeman
10. Joey Pluskota

OTHER TOP PERFORMANCES

- Bench Press**
1. Rodney Robertson, 270 lbs.
 2. Marcus George, 245 lbs.
 3. Aaron Berry, 230 lbs.
 4. Alex Fritz, 225 lbs.
 5. Andrew Freeman, 200 lbs.
 6. Austin McGriff, 200 lbs.

Squat

1. Aaron Berry, 355 lbs.
2. Rodney Robertson, 335 lbs.
3. Marcus George, 335 lbs.

Clean

1. Rodney Robertson, 230 lbs.
2. Marcus George, 205 lbs.
3. Alex Fritz, 205 lbs.

40-Yard Dash

1. Rodney Robertson, 4.69
1. J.D. Gray, 4.7
3. Joey Pluskota, 4.92
3. Josh Urbanowski 4.92

MARION SWIM TEAM RESULTS

It was a close one for the Marion Swim Team's season finale Thursday as they narrowly defeated Princeton 559-539. Results that follow are incomplete.

INDIVIDUAL MEDLEY

- 8-U girls-Alexis Tabor, 2nd; Francesca Pierce, 3rd; Meredith Evans 4th.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Maggie Collins, 1st; Mallory McDowell, 2nd; Elizabeth Tosh, 5th.
- 10-U boys-Cole Foster, 3rd; Skyler Greenwell, 4th.
- 12-U girls-Bailey Brown, 1st; Adrienne Phelps, 5th; Emily Owen, 6th.
- 12-U boys-Micah Hollamon, 1st.
- 14-U girls-Kaitlyn Newcom, 2nd.
- 14-U boys-Alex Kirby, 1st; Dalton Shoulders, 2nd.
- Open boys-Logan Owen, 2nd.

BREASTSTROKE

- 6-U girls-Shelby Cooper, 1st; Mauri Collins, 3rd; Brandy Book, 4th.
- 6-U boys-Briley Brown, 2nd; Xander Tabor, 4th; Caden McCallister, 5th.
- 8-U girls-Francesca Pierce, 2nd; Alexis Tabor, 3rd; Meredith Evans, 5th.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Maggie Collins, 1st; Mallory McDowell, 2nd; Casey Freeman, 4th.
- 10-U boys-Cole Foster, 2nd; Skyler Greenwell, 4th.
- 12-U girls-Emily Owen, 1st; Bailey Brown, 3rd; Adrienne Phelps, 5th.
- 12-U boys-Micah Hollamon, 1st.
- 14-U girls-Kaitlyn Newcom, 2nd.
- 14-U boys-Alex Kirby, 1st; Dalton Shoulders, 2nd.
- Open boys-Logan Owen, 2nd.

BUTTERFLY

- 6-U boys-Briley Brown, 1st.
- 8-U girls-Francesca Pierce, 2nd; Alexis Tabor, 3rd; Ashley Croft, 5th; Landry McKinney, 6th.
- 8-U boys-Briley Brown, 1st; Jake Ellington, 2nd.
- 10-U girls-Maggie Collins, 2nd; Casey Freeman, 4th.
- 10-U boys-Cole Foster, 4th.
- 12-U girls-Bailey Brown, 1st; Emily Owen, 5th; Adrienne Phelps, 6th.
- 14-U boys-Alex Kirby, 1st; Dalton Shoulders, 2nd.
- Open boys-Logan Owen, 2nd.

FREESTYLE

- 6-U girls-Shelby Cooper, 2nd; Brandy Book, 3rd; Mauri Collins, 4th.
- 6-U boys-Briley Brown, 3rd; Xander Tabor, 5th; Caden McCallister, 6th.
- 8-U girls-Francesca Pierce, 3rd; Meredith Evans, 4th; Landry McKinney, 5th; Ashley Croft, 6th.
- 10-U girls-Maggie Collins, 1st; Mallory McDowell, 2nd.
- 10-U boys-Skyler Greenwell, 3rd; Cole Foster, 4th.
- 12-U girls-Bailey Brown, 1st; Adrienne Phelps, 5th; Emily Owen, 6th.
- 12-U boys-Micah Hollamon, 1st; Darren Sharp, 3rd.
- 14-U girls-Kaitlyn Newcom, 2nd.
- 14-U boys-Alex Kirby, 1st; Dalton Shoulders, 2nd.

Open boys-Logan Owen, 2nd.

BACKSTROKE

- 6-U girls-Mauri Collins, 3rd.
- 6-U boys-Briley Brown, 1st; Caden McCallister, 4th; Xander Tabor, 5th.
- 8-U girls-Francesca Pierce, 2nd; Meredith Evans, 3rd.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Mallory McDowell, 1st.
- 10-U boys-Skyler Greenwell, 3rd; Cole Foster, 4th.
- 12-U girls-Bailey Brown, 3rd; Adrienne Phelps, 5th.
- 12-U boys-Micah Hollamon, 2nd; Darren Sharp, 3rd.
- 14-U girls-Kaitlyn Newcom, 2nd.
- 14-U boys-Dalton Shoulders, 1st; Alex Kirby, 2nd.
- Open boys-Logan Owen, 2nd.

MEDLEY RELAY

- 8-U girls-McKinney, Pierce, Tabor, Evans, 1st; Book, Collins, Shoulders, Croft, 2nd.
- 8-U boys-Ellington, McCallister, Brown, Paris, 2nd.
- 10-U girls-Tosh, Freeman, Collins, McDowell, 2nd.
- 14-U girls-Brown, Phelps, Collins, McDowell, 2nd.
- 10-U boys-Greenwell, Foster, Hollamon, Sharp, 1st.
- Open boys-Kirby, Shoulders, Owen, Hollamon, 2nd.

FREESTYLE RELAY

- 8-U girls-Evans, Tabor, McKinney, Pierce, 1st; Croft, Collins, Book, Shoulders, 2nd.
- 8-U boys-Brown, Ellington, McCallister, Tabor, 2nd.
- 10-U girls-Cartwright, Tosh, Freeman, Pierce, 3rd.
- 10-U boys-Ellington, Paris, Foster, Greenwell, 1st.
- 12-U girls-Collins, Phelps, Brown, Owen, 2nd.
- 12-U boys-Greenwell, Foster, Hollamon, Sharp, 1st.
- 14-U girls-Owen, Brown, Phelps, Newcom, 2nd.
- Open boys-Kirby, Shoulders, Hollamon, Owen, 1st.

Marion swimmers defeated Princeton 426-285 July 19 in a meet cut short due to lightning. Finishes were as follows:

MEDLEY RELAY

- 8-U girls-Landry McKinney, Francesca Pierce, Alexis Tabor, Meredith Evans, 1st; Brandy Book, Mauri Collins, Regan Frazer, Railey Carter, 3rd.
- 8-U boys-Caden McCallister, Jake Ellington, Briley Brown, Ian Ellington, 2nd.
- 10-U girls-Elizabeth Tosh, Sydney Hunt, Maggie Collins, Mallory McDowell, 2nd.
- 10-U boys-Skyler Greenwell, Cole Foster, Jason Enoch, Jordan Enoch, 1st.
- 12-U girls-Bailey Brown, Adrienne Phelps, Megan Wheeler, Anna Schnitker, 1st.
- 12-U boys-Jordan Enoch, Jason Enoch, Micah Hollamon, Adam Watson, 1st.

- 1st.
- Open girls-Megan Wheeler, Lauren Hunt, Whitney Johnson, Hillary Wright, 1st.
- Open boys-Alex Kirby, Jordan Enoch, Logan Owen, Micah Hollamon, 1st.

INDIVIDUAL MEDLEY

- 8-U girls-Alexis Tabor, 2nd; Meredith Evans, 3d; Francesca Pierce, 4th.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Mallory McDowell, 1st; Maggie Collins, 2nd; Sydney Hunt, 6th.
- 10-U boys-Jordan Enoch, 1st; Jason Enoch, 3rd; Skyler Greenwell, 5th.
- 12-U girls-Megan Wheeler, 1st; Bailey Brown, 2nd; Anna Schnitker, 4th.
- 12-U boys-Micah Hollamon, 1st.
- 14-U girls-Whitney Johnson, 2nd; Lauren Hunt, 4th.
- 14-U boys-Alex Kirby, 1st.
- Open girls-Micah Hollamon, 1st; Hillary Wright, 2nd.
- Open boys-Logan Owen, 2nd.

FREESTYLE

- 6-U girls-Shelby Cooper, 2nd; Brandy Book, 3rd; Railey Carter, 4th; Mauri Collins, 5th.
- 6-U boys-Briley Brown, 2nd; Ian Ellington, 4th; Caden McCallister, 5th; Xander Tabor, 6th.
- 8-U girls-Francesca Pierce, 2nd; Meredith Evans, 3rd; Alexis Tabor, 5th; Landry McKinney, 6th.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Mallory McDowell, 1st; Maggie Collins, 2nd; Elizabeth Tosh, 6th.
- 10-U boys-Jason Enoch, 2nd; Jordan Enoch, 4th; Skyler Greenwell, 5th.
- 12-U girls-Bailey Brown, 1st; Megan Wheeler, 2nd; Skyler Greenwell, 5th.
- 12-U boys-Micah Hollamon, 1st; Adam Watson, 2nd.
- 14-U girls-Whitney Johnson, 2nd; Lauren Hunt, 4th.
- 14-U girls-Alex Kirby, 1st.
- Open girls-Hillary Wright, 1st; Micah Hollamon, 2nd.
- Open boys-Logan Owen, 2nd; David Kessler, 3rd; Zac LaRue, 4th, Alex Kirby, 5th.

BACKSTROKE

- 6-U girls-Shelby Cooper, 2nd; Brandy Book, 3rd; Mauri Collins, 4th, Catiyn Bishop, 6th.
- 6-U boys-Caden McCallister, 2nd; Xander Tabor, 3rd; Ian Ellington, 4th.
- 8-U girls-Meredith Evans, 3rd; Francesca Pierce, 4th; Regan Frazer, 5th, Maddy Mink, 6th.
- 8-U boys-Jake Ellington, 1st.
- 10-U girls-Mallory McDowell, 1st; Maggie Collins, 5th.
- 10-U boys-Jordan Enoch, 2nd; Jason Enoch, 3rd; Skyler Greenwell, 6th.
- 12-U girls-Megan Wheeler, 1st; Bailey Brown, 2nd; Anna Schnitker, 3rd.
- 12-U boys-Micah Hollamon, 1st.
- 14-U girls-Whitney Johnson, 1st; Lauren Hunt, 3rd.
- 14-U boys-Alex Kirby, 1st.
- Open girls-Mary Hollamon, 1st; Hillary Wright, 2nd.
- Open boys-Logan Owen, 2nd.

After layoff, resume workout routines gradually

Thoughts on resuming fitness programs after five days of flying, attending my nephew's wedding, attending family functions, and wakeboarding until my legs buckled...

Many of us are returning from summer vacations, going back to work and preparing for the first day of school - now less than a week away. We're also diving back into our fitness regimens after days or weeks of sightseeing, touring, eating, sitting and enjoying the outdoors. While many aren't so keen about work, the urge to resume training is strong after vacation. There's a couple to shed and tightness to work out.

My recommendation: Resume gradually. If you're accustomed to



spending an hour in the gym four days a week, make your return workout 30 minutes. If you're used to running five or six miles a day, run four miles. If you've been walking three or four miles daily, go with three miles. If you've practiced yoga, pilates, Jazzercise or martial arts for 60 minutes at a time, cut down to 40-45 minutes the first week. This goes against our instincts to rush back into shape, but that's the point: If we try to pick up where we left off, we'll likely hurt ourselves, experience muscle soreness or lose our motivation to suit up the next

day - not what we want. Unless we did nothing but eat and sit during our vacations, the loss of conditioning is small. Our bodies haven't sweated, exerted or moved as frequently as they did during our home routines. Maybe we enjoyed sports and recreational activities, which definitely mitigates loss of fitness. Also, since I'm sure those stretching exercises flew out the window on some interstate or airport, our bodies aren't as flexible. In distance running, there's a loss of conditioning formula that applies for all sports: For every week spent in relative inactivity, we lose about two percent of the peak level we enjoyed before loading our suitcases. For performance athletes who target specific summer races, tour-

naments or events, this can be significant. For everyone interested in staying fit, this is easily re-attained. It takes a few days to regain the flexibility, cardiovascular capacity and conditioning level we enjoyed before our vacations. Help your body and mind by flowing into your routine. Once you feel like you did before you left, then it's time to practice your full program. See you on the park loop or in the gym, doing what I'll be doing for the next week - regaining full condition.

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-CC Park.