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Thursday, February 6, 2014

18 PAGES | VOLUME 132 | NUMBER 31

NEWSSTAND \$1.00

USPS 138-260 • MARION KY 42064

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Atmos ups cost of natural gas

Atmos Energy customers will notice a higher rate for natural gas usage on their February bills. That's because effective Jan. 24 the gas company, which serves Crittenden County, began charging 8.9 percent more for its product. That means high heating bills from a cold winter will be even higher next month.

"Even with this rate increase, Atmos Energy tariffs are still the lowest in the Commonwealth," said Mark Martin, vice president of regulatory affairs for Atmos.

Atmos filed a rate case with the Public Service Commission in May 2013. They expect a ruling sometime around March or April. Upon completion of the PSC approval process, Atmos will refund any necessary corrections to customers' bills.



kynect sign-ups around 200,000

Sign-ups for affordable health insurance through Kentucky's health care exchange, kynect, are going strong in the Commonwealth — with an average of nearly 1,600 new enrollees each day. Around 200,000 Kentuckians are now enrolled in new health coverage.

Of that total, kynect statistics from the governor's office show 234 people from Crittenden County have enrolled for coverage. Only four of Kentucky's 120 counties have signed up fewer individuals.

Open enrollment continues through March 31.

Missed school days adding up

According to the updated 2013-14 school calendar released at last week's board of education meeting, this week's missed school days will be tacked on to the end of the academic year, which was scheduled to be May 21. It is unclear how the now-altered schedule will affect graduation, which is slated for May 23.

As of Wednesday, Crittenden County students had missed 10 days of instruction due to weather. Only one of those days has been made up already.

Public meetings

- Marion City Council will meet in special session at 5 p.m. Monday at city hall.
- Marion-Crittenden County Park Board will meet at 5 p.m. Wednesday at Marion City Hall.



Lots of us make resolutions to start out a new year. This week's poll at The Press Online asked, "A month into 2014, have you kept your pledges?" It appears most of our online voters chose to not make any resolutions. The results were:

- No, none: 12%
- Yes, some: 11%
- Yes, all: 8%
- Didn't make any: 69%



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Open weekdays 9 a.m. to 5 p.m.



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Substance abuse aftercare available locally

By JASON TRAVIS
STAFF WRITER

There is now a local aftercare and counseling center for people looking to win the battle over substance abuse.

Seeing the community's need for such services, Crittenden County Coalition for a Drug-Free Community has worked to establish in Marion a satellite office of a western Kentucky treatment facility. Crittenden County/Boulware Mission Inc. Counseling Center, located on the corner of West Carlisle and Court streets, is associated with Owensboro's Boulware Mission, a homeless shelter and sub-

stance abuse treatment facility serving numerous counties in the region.

Farmers Bank & Trust Co. donated the office space and Boulware Mission is providing the license for the center to operate as a satellite treatment facility. The Coalition takes care of the day-to-day expenses of the local center.

Among its services, the facility will provide aftercare for individuals who have completed treatment at Boulware Mission or any other facility. It is also available as a resource to family members who have a loved one dealing with a substance abuse problem.

Boulware Mission in Owensboro can assist adults in Crittenden County



Rogers

used the Owensboro facility for treatment.

Pointing out that substance abuse is an every-day battle and not something that can be cured, Rogers believes it is important to have the local counseling center where individuals dealing with addiction issues can go for support on a regular basis without having to travel to another city.

"Relapse is connected to an individual's ability to maintain aftercare," she said. "That's why it was very important for us to establish that here."

Randa Simpson, a former regional supervisor of Kentucky Drug Courts,

See **AFTERCARE** /Page 4

Winter. Really, six more weeks?



PHOTO BY DARYL K. TABOR, THE PRESS

Even adults can enjoy a snow day. Above, Bonnie Irvin takes a snowy slide Monday afternoon down a hill at Marion-Crittenden County Park after a little push from Rebecca Brown as Brandon Lambert looks on.

Groundhog issues unwelcome weather forecast, Mother Nature follows up with snow, wintry mix

STAFF REPORT

When it comes to predicting weather, it appears at least one groundhog has a pretty good fix on things.

As if on cue, just a few hours after Punxsutawney Phil emerged from his burrow early Sunday morning to declare six

more weeks of winter, Mother Nature obliged with another round of icy precipitation for the area.

A snow that began early Sunday afternoon and continued into the early morning hours left 4 inches of the powder in Marion. Accumulations varied slightly throughout

the county, but it was more than enough to cancel school and keep the snow plows on the road around the clock.

As if that was not enough, another weather system began dumping sleet and freezing rain on the area Tuesday afternoon and into the night.

With many fed up with winter

See **WINTER** /Page 4

CCES getting near threshold for free meals

STAFF REPORT

Crittenden County's largest school is close to being approved to offer free meals to its more than 600 students during the next academic year.

At the Jan. 28 meeting of the Crittenden County Board of Education, Food Services Director Ruth Harris told board members that Crittenden County Elementary School is near approval for implementation of the National School Lunch and School Breakfast Program called Community Eligibility Option (CEO). This federal program administered through the U.S. Department of Agriculture provides an opportunity for schools with high percentages of low-income children to provide free breakfasts and lunches to all enrolled students regardless of family income.

Once a school is approved for CEO, the cost of all student meals at that facility would be paid through reimbursements from the Kentucky Department of Education. Schools that participate in CEO will no longer be required to collect free and reduced-price meal applications to determine individual student eligibility for free meals.

A la carte items would still be available to purchase.

To receive a CEO designation, Harris said 75

See **MEALS** /Page 3

Woman, 91, still has every birthday card ever received

STAFF REPORT

In the digital age, electronic messaging is a swift and easy way to stay in touch. Facebook, e-mail, Skype and cell phone texting help keep families and friends

"I treasure every one of them."

— **Mona McDaniel**
91-year-old on having kept every birthday card ever given her

connected during special occasions and holidays.

However, the act of mailing a handwritten thank you note or birthday card is still seen as a personal gesture that holds a special significance for the recipient.

Birthday cards carry great importance for Crittenden County native Mona McDaniel. McDaniel, who celebrated her 91st birthday on Monday, has kept every birthday card she has received. Each card has a personal significance and often tells a short story of a moment in time.

"I love cards and I love my friends. The cards remind me of my friends," she said. "I appreciate everything, and I want to look at them and remember five or 10 years later. I come across some of them and sit and reminisce. It's just wonderful to know I have friends. I wouldn't trade them for money any day."

McDaniel equally enjoys sending birthday cards to friends and members of her family, which includes three children, five grandchildren and 17 great-grandchildren.

Her birthday cards are carefully stored in a couple of locations. Each February McDaniel enjoys receiving birthday cards that include personal messages from friends and loved ones.

"I look forward to it. I treasure every one of them," she said. "I've got a good family, good friends and I appreciate all of them."



McDaniel

CrittendenBoardofEd

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EDITORIAL

Snow, ice removal teams deserve thanks for clearing roadways

This winter has been a little less than pleasant for most of us. It's been long. It's been cold. And it doesn't appear to be going away anytime soon.

To be blunt, this winter has been nasty. Not on the scale of a season in Minnesota or New England, but it's been just about as bad as it gets for this part of the country.

But the winter has been more than uncomfortable; it has been very costly. Before Sunday's storm even hit, the Commonwealth of Kentucky had spent a whopping \$27 million for snow and ice removal, having cleared more than 60,000 lane miles of roads. The tally reflects a variety of costs, including equipment, labor, materials and contractors, according to a release from the Kentucky Transportation Cabinet.

Both city and county governments are spending the money, too. Like the salt spread on roadways eats away at the icy precipitation, snow and ice removal eats away at road and street budgets. Pennies used in the winter are pennies that cannot be used to make road improvements when winter becomes a memory.

Yet some of the best money spent in the winter is on the snow plow operators and those who keep the equipment moving. Whether employees of the state, county or city, these people are on call 24/7 during the winter months.

While more than 100 million Americans were watching the Super Bowl comfortably in their living rooms, road crews were hard at work, battling the elements to keep roads passable. Those who did not work around the clock, perhaps, got only a couple hours of rest before hitting the road again to put in a full day of clearing the pavement.

And there was no rest for the weary. Crews were forced to get back at it again Tuesday afternoon and into the night as another front moved through the area dumping more icy precipitation on roads.

The job is dangerous and often unappreciated. But when Old Man Winter throws all he's got at us, the snow and ice teams are still there, ready to do what it takes to clear a path for us. And around here, they do a fine job of just that.

For that, we cannot thank them enough.

The Crittenden Press
USPS 138-260
125 E. Bellville St. | P.O. Box 191 | Marion, KY 42064
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The Crittenden Press (USPS 138-260) is published weekly by The Crittenden Press Inc., P.O. Box 191, 125 E. Bellville St., Marion, KY 42064. Periodicals postage paid at Marion, KY and at additional mailing offices. Subscriptions \$32 to \$55 per year. POSTMASTER: Send address changes to The Crittenden Press, P.O. Box 191, Marion, KY 42064.

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Crittenden Board of Education normally convenes in regular session at 6 p.m., on the fourth Tuesday of each month. Work sessions typically convene the second Tuesday of each month at Rocket Arena.

Win or lose, Manning a class act

On Sunday, Peyton Manning lost his second Super Bowl in three tries. Disappointing for Manning and Broncos fans, but trivial in the grand scheme of life. You see, Manning can be measured by something that's far more important than any win-loss record in the Big Game.

In an age of arrogant and often irreputable professional athletes, Manning is a man among boys. Win or lose, he has exuded humility and class from the day he first hit the practice field for the Colts 16 years ago.

If I were a parent, there's no one in sports I can think of who I would more like my child to choose as a role model than Peyton Manning.

You'll never see him perform a touchdown dance or mug in front of the camera after a great play. Praise him for a performance, and he'll divert the spotlight to the rest of his team.

Off the field, he's just as

Daryl K. Tabor
Editor of
The Crittenden Press
My 2¢ Worth

professional. You're not likely to ever find his name splashed across the front of a grocery store tabloid, that's for sure.

For some, he may be squeaky clean to a fault. Boring even. For me, however, Manning is quite simply the epitome of class.

I once had heroes in sports...before I grew older than those playing the game. My first hero to wear a number on his back sported No. 16. Joe Montana.

I was but 7 years old, and it was Super Bowl XVI when I discovered Montana, San Francisco's rising star at quarterback. He knew how

to win, and he kept doing it his entire career, winning four Super Bowls – including that game 32 years ago. He is considered one of the best to ever play quarterback.

He, too, was the league-leader in class during his playing days.

Though Manning hasn't quite lived up to Montana's success at winning championships, he has proven he knows how to win time and again and is ranked right up there with No. 16 as one of the best to ever step behind center.

It's winning that makes people like Manning and Montana so rare. To be sure, there are plenty of men and women in sports who are as classy as either of those two quarterbacks. But to be considered one of the best in the game, it takes a pretty level head to not lose that same head in the fame, fortune and bright lights of professional football.

Though it's difficult for me

to understand, there are people out there who seem to loathe Manning. Admittedly, sometimes the media overplays him, as they do any hot commodity. Perhaps that is why.

Or maybe it's because Manning keeps beating a favorite team. I, too, have been known to hold a grudge against players who continually beat my favorite squads, and those are many considering I'm a Cubs fan.

Manning is 37, near the end of a stellar career. He is a certain first-ballot Hall of Famer and deserving of every accolade he receives. And while he may never reach another Super Bowl, he really has nothing left to prove – on the field or off.

Quite simply, Manning is a class act.

(Daryl K. Tabor is editor of The Crittenden Press. His column appears in this newspaper periodically. He can be reached at (270) 965-3191 or thepress@the-press.com.)

Bills raise concern over cost to taxpayers

This past week saw the first extended debate in the House of Representatives.

House Bill 154 started as a bill to require financial reports to be made by school financial officers and the commissioner of education and also require an annual review of school district financial reports. However, the bill ended up being more about requirements for additional training of school board members, school finance officers and school superintendents than it did for transparent financial reporting.

Why, you might ask, would either of these elements be controversial? The answer lies in how the bill was presented, what it lacked and the potential unintended consequences. The financial reporting part of the bill was filed and sent to committee for discussion and vote, but on the morning of the committee meeting, a substitute was presented that called for the additional training requirements. Because the substitute was so late in being offered, there was not adequate time to study it. Nevertheless, a vote was taken, the bill was passed in committee and sent to the full House for debate.

During debate, it was noted that a fiscal impact statement on what the additional training would cost had not been made, nor even requested. Since local school districts, who already must count every penny when it comes to providing a quality education to stu-

Rep. Lynn Bechler
(R-Marion)
House District 4
House in Review

dents, would be required to come up with the money for the training, it seemed appropriate to me to request a fiscal impact study. It should be noted that every member of the Republican delegation and several Democrat members felt the same way.

Unfortunately, a majority did not feel that it was necessary to determine what that cost would be. Therefore, the bill was passed and sent to the Senate. It is my hope that the Senate looks at the impact on school districts.

The additional cost may, in fact, be minimal because some training is already required and the additional training might be able to be accomplished during existing classes and conferences.

Regardless, though, I would like to know. I am adamantly opposed to burdening our schools and local officials with unfunded mandates, and I find it puzzling that a common sense conservative position of wanting to know the cost of something before money is spent would be controversial.

Several other bills that will undoubtedly be hotly debated on the House floor

were passed out of committee this week. HB 1 and HB 191 take on the thorny issue of the commonwealth's minimum wage and HB 251 confronts the question of the cause of cancer in firefighters.

HB 1 would raise the current \$7.25-per-hour minimum wage to \$8.20 on July 1, to \$9.15 on July 1, 2015, and to \$10.10 on July 1, 2016. HB 191 would raise the state minimum wage for tipped employees from \$2.13 per hour to \$3 per hour on July 1 and each succeeding year until it reaches 70 percent of the hourly minimum wage.

HB 251 declares that people who have worked as firefighters for five years or more, not used tobacco for 10 years and develop cancer, get cancer solely – unless proven otherwise – as a direct result of being a firefighter. There, of course, are many other parts of the bill, but no one knows what the cost to Kentucky will be for the required workers' compensation insurance, and some of the assumptions in the proposed legislation are open to question.

As with HB 154, the main sticking point of all three of the aforementioned bills is the cost. The effect these bills have on jobs is another concern. I will continue to study these bills and once these bills are debated in full and a vote taken on the floor, I will, as I always do, let you know how I voted and why I voted the way I did.

As always, thank you for

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TTY Message Line
(800) 896-0305

reading my updates and thank you for contacting me with your concerns and thoughtful suggestions. I remain honored to represent you in the Kentucky House of Representatives and your input helps me make decisions that best represent the views of the 4th District.

Besides being able to contact me through the information listed on this page, I am also on Facebook. You can follow my periodic posts if you "Like" my Lynn Bechler, Kentucky State Representative page.

(Rep. Bechler is a first-term Republican representative from Marion. He represents House District 4, which is comprised of Crittenden, Livingston, Caldwell and a portion of Christian County.)

Bill would allow e-warrants for searches; session's first month ends

Work at the Capitol kicked into high gear as we wrapped up the first month of the 2014 regular session of the Kentucky General Assembly. Several bills gained momentum this week, many earning committee and full Senate approval. More than 700 will likely be proposed this year, about a quarter of those will make it to the law books.

While a handful of proposed measures – like the biennial budget – are complex, sweeping measures, the majority are simple, focused bills aimed at making thoughtful improvements in our state.

Each year the legislature takes up measures to update and improve the state's policies, laws and services. We look for ways to address the diverse and changing needs of the Commonwealth, to make government more efficient and effective and to enrich the lives and the livelihood of Kentuck-

Sen. Dorsey Ridley
(D-Henderson)
Senate District 4
Senate in Review

ians in significant ways. It is not flashy work, but it is a key part of our job as lawmakers.

Sometimes it is finding easy and obvious ways for government to work smarter. Like with Senate Bill 45, which passed the chamber unanimously this week. SB 45 would expand the state's electronic arrest warrant program to also include search warrants. Completing the process digitally would not only be more secure but also more convenient for police officers, prosecutors and judges. This would not change the constitutional safeguards in

place when issuing a warrant, and any person being served a warrant would receive a paper copy. This is just one way we can take advantage of the benefits of technology.

Some lawmakers also propose changes to the state's telephone infrastructure. SB 99, passed this week, would remove some regulations from the telecommunications industry to allow service providers to invest more money in newer broadband and IP-enabled technologies. Opponents expressed concerns about decreased oversight of the Public Service Commission and worried that fewer reliable landline options might be available to low-income and elderly residents in the future. But supporters of the measure say it will improve cell phone coverage across the state without jeopardizing landline service in rural areas.

An education bill, SB 55,

would ensure that SEEK funding – the formula used to calculate General Fund dollars to local school districts – could not be withheld from schools as a punishment. While we do not have reports of this happening, it is a basic safeguard that would further protect this necessary funding for students.

We also unanimously passed a measure this week that would provide liability protection to licensed engineers and architects who volunteer to offer requested services during a declared emergency or disaster. Recovery from catastrophic events takes a lot of work. People willing to help shouldn't have to fear litigation when they are acting responsibly and compassionately.

These bills now go to the House for consideration.

While a quarter of this legislative session is now behind us, the majority of its

work is still ahead. I encourage you to get involved and stay involved in the legislative process. Some of our best legislation has resulted from the dedicated citizens with the state's best interest in mind.

Along those lines, I was glad to meet with and talk to citizens in Frankfort this week for the Alzheimer's Advocacy Day and the United 874K Coalition Rally. Throughout my legislative career, I have been a strong advocate for laws related to our more vulnerable citizens. Alzheimer's patients and individuals with disabilities both fall into this group.

I was pleased with Gov. Beshear's announcement this week of the creation of WorkSmart Kentucky, an initiative to provide employers efficient, quality and seamless workforce services and resources, all in one place. This measure is all about the people of Ken-

tucky and providing a skilled, talented and educated workforce needed for companies and businesses to come and stay in the Commonwealth. For more information on WorkSmart Kentucky, visit WorkSmartKentucky.com.

On a personal note, we had a very somber moment in our chamber this week when we joined the senator from Madisonville in reverent silence and prayer for nine family members who perished in an early Thursday morning housefire in a close-knit western Kentucky community. Our hearts ache for the Chad Watson family and the community of Depoy in Muhlenberg County.

(Sen. Ridley, a Henderson Democrat, has served in the Kentucky Senate since 2004 representing Senate District 4, which is comprised of Crittenden, Livingston, Caldwell, Webster, Union and Henderson counties.)

Fohs Hall Ball arrives Feb. 15

STAFF REPORT

It's become the premiere social event in Marion.

Next week, Fohs Hall will host another Fohs Hall Ball, a dinner and dance set to the Big Band-era sounds of the Evansville, Ind.-based Temple Airs. And there are still tickets available, according to Alan Stout, president of Fohs Hall Inc., the group charged with oversight and upkeep of the stately buidling.

The elegant, semi-formal affair is slated to begin at 6 p.m. Feb. 15, with fine dining catered by Conrad's Food Store.

Fohs Hall, constructed in 1926 and given to the people of Crittenden County by F. Julius Fohs for community use, is in better shape than it has been in many years thanks to donations and proceeds from events like the ball. The facility has undergone extensive renovations in the past year. Besides a much-needed facelift and new roof, a new energy-efficient HVAC system is being installed. That is probably the

most significant improvement, according to Stout.

"A lot of the money we take in (at the ball) will go to defray the cost of that," Stout said.

The ball generates a lot of revenue for Fohs Hall Inc. Besides ticket sales, the event will feature a silent auction for items like jewelry from Michelson Jewelers in Paducah, condo packages at Green Turtle Bay and a dinner prepared by Ethel Tucker. Stout said the auction will be limited to five or six items.

"There might be some surprises," he hinted.

A unique aspect to this year's ball will be the official launch of a website for Fohs Hall, FohsHall.org, and a Facebook page.

"I think that will be a big asset for us," Stout sid.

Tickets for the ball are \$75 per person, but they are limited to the first 100 guests. Meantime, dance only tickets can be purchased for \$25.

Ticket information for the Fohs Hall Ball can be obtained by contacting Shyral Estes at (270) 704-1068.



Luck of the draw

Last Thursday in County Clerk Carolyn Byford's courthouse office, candidates in Crittenden County's primary election on May 20 drew for placement on the ballot. Above, Junior Martin, a candidate for magistrate in District 3, draws for his spot on the ballot in the Republican primary as his opponent, incumbent Glenn Underdown, awaits his turn. Underdown drew the top spot. Voters have until April 21 to register to vote in the primary. The general election will be Nov. 4.

Annual trash sculpture awards announced



Winners in the upper and lower elementary school divisions of the annual West Kentucky Regional Recycling trash sculpture contest have been announced. Winners pictured above are (from left) Holden Cooksey, first place and overall winner; Ian Ellington, second place; and Seth Taylor, third place, in the upper elementary division and Layla Winn, first place; Jeremiah Brantley, second place; and Adrinne James, third place, in the lower elementary division. Pictured in the back are Meredith Hall, Crittenden County University of Kentucky Cooperative Extension Service agriculture and natural resource agent, and Crittenden County Judge-Executive Perry Newcom.

STAFF REPORT

Winners have been announced in the trash sculpture awards contest sponsored by West Kentucky Regional Recycling. The contest is open to public or home-schooled students from kindergarten through high school.

C o o r d i n a t e d through the Crittenden County Extension Service, winners received checks awarded by Crittenden County Judge-Executive Perry Newcom on behalf of the regional recycling center.

Rachel Butler won first place at the Crittenden County Middle School and received \$60. CCMS teacher Mandy Hunt received \$50 as the teacher with the most students to enter the contest.

In the lower elementary category, Adrinne James placed third and received \$25, Jeremiah Brantley placed second and received \$40 and Layla Winn placed first and received \$60. In the upper elementary, Seth Taylor placed third and received \$25, Ian Ellington placed second and received \$40 and Holden Cooksey placed first and was the overall county winner and received \$110.



Butler

MEALS

Continued from Page 1

percent of the students enrolled in the elementary school need to have a free or reduced lunch plan. Currently, the elementary school is just a few percentage points shy of that number. She encourages parents to contact her office to see if their children qualify for free or reduced-price meals. Harris said many of the criteria have changed for free or reduced-price meal plans, and families that didn't qualify in the past may now be eligible.

As for the middle and high schools, Harris said currently the numbers are not in the range of eligibility for CEO participation.

"I wish we could do the whole district, but we are just a little bit too far away," Harris told the board of education.

Nevertheless, she emphasized the importance of parents with children in any school in the district to learn about eligibility for free or reduced meals by contacting her office at (270) 965-5052 or Holly White, community education director for Crittenden County schools, at (270) 965-3525.

The school district has to apply for the CEO program for the elementary school before April. Once criteria have been met, Harris said a CEO designation for the elementary school would take effect in August and would include the entire 2014-15 school year. Afterward, the school district could reapply to see if the school again meets CEO requirements.

Free and reduced-price meal applications can also be downloaded from the new food services Web page located on the school district's website. Harris said the page is available for viewing by visiting <http://crs-ky.schoolloop.com/foodservice>.

Visit

The Crittenden Press

on

FACEBOOK

Local jobless rate falls to 6.7 percent

Below are the jobless rates for select counties listed from the state's lowest in December 2013 to the highest, with rates for Crittenden and surrounding counties listed between.

AREA	DEC. 2013	NOV. 2013	DEC. 2012
Kentucky.....	7.4.....	7.8.....	7.9
Pennyrile.....	7.7.....	7.9.....	8.2
COUNTIES			
Woodford (1).....	5.5.....	5.9.....	5.5
Union.....	6.0.....	6.5.....	6.5
Caldwell.....	6.1.....	6.4.....	6.7
Crittenden.....	6.7.....	7.0.....	7.1
Webster.....	6.7.....	7.5.....	7.6
Lyon.....	7.6.....	7.9.....	8.9
Livingston.....	7.9.....	8.3.....	8.7
Leslie (120).....	15.7.....	16.2.....	14.9

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• Macaroni Grill

• TGI Friday's

• PF Chang's

• Subway

• On the Border

• Outback

• IHOP

• Max & Erma's

• Buffalo Wild Wings

• Maggiano's

• Olive Garden

• Red Lobster

SPECIALTY STORES

• Marshall's

• Macy's

• K Mart

• Foot Locker

• Starbucks

• JC Penney

• Lowes

• Michael's

• Justice

• Banana Republic

• Spa Finder

• Bed, Bath & Beyond

• Game Stop

• Sports Authority

• Nike

• Ticket Master

• Omaha Steaks

• Office Max

• Apple App Store

• JoAnn

• Toys R Us

• Nordstrom

• Nook

• Sears

• Shop NHL.com

• Lands' End

• Best Buy

• Home Depot

• Staples

• Aeropostale

• Petsmart

• Babies R Us

• Shell

• Guitar Center

• Bass Pro Shop

• Jiffy Lube

• iTunes

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• Forever 21

• Kohl's

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• Old Navy

• Gap

• Build-A-Bear

• Children's Place

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Anchored

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Friday, Feb. 21st-Saturday Feb. 22nd

Lola Pentecostal Church

Ages 10-16

7pm-7am

Questions - Call 270-704-6130

THIS HOPE WE HAVE AS AN ANCHOR OF THE SOUL... HEBREWS 6:19

Lola Pentecostal Church

Crittenden County Elementary School December Rocket Role Models



SUBMITTED PHOTO

Third through fifth grade

(Front, from left) Lexi Wesmolan, Raven Hayes, Parker Kayse, Wesley Fritts, Sam Impastato, Collin Epley, Jayd Lopez, (middle) Logan Young, Tucker Sharp, Grace Roberts, Chloe Weathers, Raylee Belt, Jacey Fredericks, Daley DeBoe, Brayden Hill, (back) Aaron Locke, Gavin Hunt, Lathen Easley, Kate Keller, Kaiden Hollis, James Crider, Jalaine Noel and Hailey Belt. Not pictured is Macie Hunt.



SUBMITTED PHOTO

Kindergarten through second grade

(Front, from left) Audrie McKinney, Andrea Federico, Mason Tramel, Josie Young, Jaxton Duncan, Mollie Blazina, Canaan Cullen, Aly Yates, (middle) Keegan Cummins, Chase Conyer, Hattie Hatfield, Taylor Haire, Braiden Brasher, Halle Hackney, Riley Kirby, Emilie Dempsey, Lane West, (back) Kiley Croft, Cayden Tramel, Jaxon Hatfield, Gattin Travis, Karsyn Potter, Kiley Travis, Ameer Bean, Tanner Crawford, Ashley Little and Robert Jackson. Not pictured are Dawson Jones, Christion Coleman and Sophie Madden.

AFTERCARE

Continued from Page 1

will serve as a substance abuse counselor for the Boulware satellite office. She emphasized the importance of continued care and the continuity of care once an individual leaves a facility such as Boulware. Simpson said she is already encouraged just by the community's support for the center.

"The impressive thing is the way that individuals – community members – have asked that this occur, and the community support has been astronomical," she said, adding she has received phone calls from people inquiring about what they can do to help.

One source of assistance came from Crittenden Fiscal Court. At January's regular fiscal court meeting, magistrates voted to disburse the county's \$1,200 allocation to the Coalition from its Fiscal Year 2014 budget. The money will be used to help pay for materials needed at the counseling center.

Crittenden County Attorney Rebecca Johnson said at that meeting that aftercare is critical for those people referred to Boulware Mission through district court to succeed in their battle against substance abuse.

"For it to truly be a successful program, we need (local) aftercare," Johnson said.

Simpson underscored that addiction is a disease and needs to be treated and viewed without stigmas being attached. She said addiction, like all diseases, has no prejudice and affects individuals of all socioeconomic backgrounds.

"It happens. It happens to good people. The nice thing is, in my career I have seen people get into recovery, and they have really made changes in their lives, and it's amazing," Simpson said.

Support group meetings are held at 6 p.m. each Monday. The center is also available to counsel and give advice to individuals whose family members have addiction issues. Simpson stressed while the center

may not be able to handle every situation, it can be a referral source.

Although many families want to support their loved ones during recovery, Rogers stressed the right kind of support can make all the difference.

"They need to make sure their family is knowledgeable and prepared to deal with situations that come up in recovery," Rogers said.

The center is open from 9 a.m. to 5 p.m. on Mondays and Tuesdays.

For more information, contact the center at (270) 965-0224. An answering service will direct individuals to another number for after-hour emergencies.

While recovery can be a difficult process, Simpson encourages individuals to contact the counseling center for support and encouragement.

"People have to learn how to live life on life's terms," she said. "It's really hard in the beginning. But with support, it can be done. I've seen it over and over."



Simpson

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WINTER

Continued from Page 1

after several bouts of icy precipitation, prolonged periods of below-normal temperatures and bone-chilling wind chills, when the snow started to fall on Groundhog Day, social media seemed to be a popular place for people to express their dissatisfaction with the rodent's 2014 prediction.

Those in local government charged with seeing that streets and roads get cleared after weather events are also pretty clear on their feelings for this winter.

"I'm tired of it," Marion City Administrator Mark Bryant told The Crittenden Press Monday afternoon.

As costs to remove snow and ice mount, Crittenden County Judge-Executive Perry Newcom is also ready for spring's arrival. He estimated that through Monday, the county had spent about \$80,000 on labor, materials and equipment to keep the roads clear this winter.

"It's going to be a costly winter," he said. "The costliest since I've been in office."

Newcom took office in 2010.

Prior to this week's frozen precipitation, the Kentucky Transportation Cabinet had spent \$27 million on snow and ice removal across the commonwealth. That tally

began to rise Sunday after this week's first winter storm and continued its climb Tuesday and into Wednesday following the week's second storm.

Bryant said this is one of the worst winters in recent memory as far as the number of wintry precipitation events and extended periods of below-freezing temperatures.

With only 39 miles of streets to maintain and a sparing use of salt this winter, the City of Marion's bill for



PHOTO BY DARYL K. TABOR, THE PRESS

James Crider enjoys a slide down a hill Monday afternoon at Marion-Crittenden County Park as Sawyer Towery cheers him on. After about 4 inches of snow fell Sunday and into the early morning hours Monday, students got the day off from school.

snow and ice removal is relatively small. However, the winter of 2013-14 is likely to be the costliest in some time.

For the county, charged with maintaining 390 miles of roadways, keeping the roads clear can be daunting with only two snow plows and two graders as the primary means to remove snow and ice. And some roads are more difficult than others to clear.

Newcom said clearing chip seal and gravel roadways is difficult because plows can do serious damage to the road beds. This winter has been particularly hard on chip seal roads because the freezing and thawing

of moisture can compromise the smooth surfaces, causing them to buckle and sink.

So when the spring thaw

comes, the bill from winter will continue to rise.

"Crews aren't going to want for anything to do this summer," Newcom said, referring to the numerous repairs that will have to be made to various county roads damaged by the harsh winter.

Despite the complaints with winter, some people enjoyed what the snow offered to start week. Just two days after 60-degree weather drew people outdoors to work around the house and wash cars, children and adults alike could be found Monday at Marion-Crittenden County Park enjoying a snowy ride downhill on a sled.

While children may enjoy the days off from school, each missed day of classes means a shorter summer. As of Wednesday, students had missed 10 days due to weather, only one of which has been made up. On Wednesday, the last day of school was set for May 26. Each additional day missed will push the last day of classes closer to June.

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Parish wins COC LAA 1 election

It seems to be popular opinion that everyone is ready to get rid of these colder temperatures. Before we know it, spring will be right around the corner.

Election results

The county committee (COC) election was held at our last regularly scheduled COC meeting on Jan 22. Local Administrative Area 1 COC member position was won by Philip Parish. Parish was an incumbent and has served on the committee for three years.

We want to congratulate him on his re-election to another three-year term on the county committee.

Farm operation changes

Producers who have bought or sold land or added or dropped rented land from their operation must report those changes to the Farm Service Agency (FSA) office as soon as possible. A copy of the deed or recorded land

Laura Kessler

Executive Director
Salem USDA FSA



Around the Farm

contract for purchased property is needed to maintain accurate records with FSA. Failure to do so can lead to possible program ineligibility and penalties.

While making record updates, be sure to update signature authorizations. Making record changes now will save time in the spring.

Tobacco payments

We still have a handful of individuals who receive tobacco payments. This year, the 10th and final tobacco payments will be made in February. We have not been given an exact date yet.

This year, however, 95 percent of the payment will be received in February and the remaining 5 percent will be issued in October. So be prepared that your tobacco payments will be a little smaller than normal; but the remainder will be paid, it will just be paid in October.

As soon as we know the date for these payments we will let you know.

Agency programs

From time to time, I talk with individuals from other agencies including those from county, state or other federal agencies. I always like to pass along any information about their programs that may help our producers.

The On-Farm Energy Efficiency Incentives is one of these programs. This program is funded by the Kentucky Agricultural Development Board (KADB) through the Governor's Office of Agricultural Policy. The maximum amount is

\$10,000 or 50 percent of the project total up to \$10,000.

You must have a third-party energy audit, and you must not have received funding through this program before.

Also, the program no longer covers solar panels and other energy generation, only efficiency projects.

For this and other KADB programs, go to <http://tinyurl.com/ldvj8t>.

Upcoming

- March 1: Last day to purchase Noninsured Crop Assistance Program coverage on grass.

- July 28: Last day to apply for Emergency Loan (Livingston County).

(Laura Kessler is the U.S. Department of Agriculture Farm Service Agency executive director at the Salem service center, which serves both Crittenden and Livingston counties. She can be reached at (270) 988-2180.)

Proper care can provide bountiful harvest

When we think of harvesting fruit off our fruit trees or shrubs, we often associate this with warmer weather. But once the green luscious growth and fruit production stops, it doesn't necessarily mean that the plant maintenance should come to an end.

This time of year can often be detrimental to your plants. It's not just the constant cold temperatures that account for this. It's the freezing and thawing of the plants and soil. To keep your plants in good shape for the next growing season, it's important to follow a few guidelines.

Late winter to early spring is the best time to prune fruit trees. When pruned, it de-hardens the plants. Since young trees – 5 years old or less – are more susceptible to winter injury, older trees should be pruned first.

Remove dead and diseased wood. Once dead and diseased wood is removed, make sure that it is destroyed because fungal disease can overwinter and

Meredith Hall

UK Extension
Ag and Natural
Resources Agent



Ag Notes

spores are easily spread.

Prune to open up the canopy. Opening up the canopy will increase air flow, which will decrease disease, increase fruit production, improve spray coverage and decrease the possibility of insect infestations.

It is vital to remove any old fruit off and from around the tree. Not only could the old fruit be carrying disease that will overwinter to next spring, the fruit that is left can attract rodents, mainly voles and rabbits. They will chew the bark of your tree at the lower trunk and on roots, damaging the overall health of your trees.

Prune raspberries in late February to early March. The

black and purple varieties should have side branches cut down to 12 inches. Leave six canes per hill.

The Spring Red raspberries are a little different. They should be thinned to five vigorous canes per foot of row. Raspberries that are fall bearing only are mowed to the ground.

Thin blackberries out to reduce the total cane number by a quarter to a third.

Blueberries should also be pruned during this same time period. According to Dwight Wolfe with the horticulture department at the University of Kentucky, canes that are larger than 1-inch in diameter at ground level should be removed. These canes use their energy to produce leaves at the expense of fruit production. Large leafy canes also shade inner canopies, resulting in reduced flowering.

On the contrary, younger, vigorous canes are more efficient at fruit production and should be preserved. Growers may selectively prune canes in order to position

fruit for ease of harvest.

Soil test now, then add lime or sulfur as needed to raise or lower pH to the desirable level for each crop. Most fruit crops do well at soil pH levels from 6 to 6.5, however blueberries often require added sulfur to bring the pH down to the 4.5 to 5.2 range.

Most fruit crops should be fertilized in February, based on soil test results or based on previous year's growth extension of the twigs. If apple trees are not showing at least 12 to 15 inches of new terminal growth each year, they need to be fertilized. Apply a quarter-pound of 34-0-0 fertilizer per tree per year of age.

As a reminder, up to 12 soil tests are available to you free of charge through the Crittenden County University of Kentucky Cooperative Extension Service. We have soil probes that can be loaned out, and I can assist you with step-by-step instructions if needed.

(Meredith Hall is the agricultural and natural resources agent with Crittenden County University of Kentucky Cooperative Extension Service. Her column appears in this newspaper periodically. She can be reached at (270) 965-5236.)

Bill to raise state's minimum wage awaits floor vote in Kentucky House

Legislation that would raise the state's minimum hourly wage of \$7.25 to \$10.10 by July 2016 has cleared the House Labor and Industry Committee on which Rep. Lynn Bechler (R-Marion) serves.

At press time Tuesday, the bill was still awaiting a vote from the full House.

The wage would be increased incrementally to \$8.10 an hour this July, \$9.15 per hour in July 2015, and \$10.10 an hour the following July under House Bill 1, sponsored by House Speaker Greg Stumbo (D-Prestonsburg). The legislation also proposes a prohibition on wage discrimination, specifying that Kentucky workers be paid equal wages for equal work, regardless of sex, race, or national origin, with a few exceptions based on seniority, merit pay, or productivity measures.

Stumbo said approximately 391,000 working Kentuckians earn less than \$10.10 an hour—including parents of one in five Kentucky children. He added that



Bechler

the current state minimum wage rate translates roughly to \$15,080 in gross annual pay for many full-time Kentucky workers.

HB 1, he explained, would raise that to \$16,209 a year for those workers.

"This is about the people who are earning the absolute lowest wage that a citizen...can make," said Stumbo.

Among the members of the committee with concerns about HB 1 was Rep. Bechler, who said he wants everyone to earn a decent wage but added, "I'm also very concerned about jobs."

He said the impact of federal health care reform com-

bined with Social Security and other costs would significantly increase costs for a small business – a cost equal to that of 2.6 employees in the first year alone, Bechler said.

Kentucky would join 21 states that have a minimum wage above the federal minimum wage of \$7.25 an hour, should HB 1 become law.

While HB 1 includes no proposed increase for wages of tipped employees, an increase in the minimum wage for tipped employees – which includes mostly restaurant employees – is included in HB 191, sponsored by Rep. Will Coursey (D-Benton).

That bill, which also awaits a vote from the full House, would raise the current tipped employee state minimum wage from \$2.13 an hour to \$3 an hour this year, then incrementally each year until the wage is 70 percent of the state minimum wage for non-tipped employees, now \$7.25 an hour.

Local farm joins cattle association

S & S Angus Farms of Marion is a new member of the American Angus Association, reports Bryce Schumann, chief executive officer of the national breed organization headquartered in St. Joseph, Mo.

The American Angus Association, with more than 24,000 active adult and junior members, is the largest beef breed association in the world. Its computerized records include detailed information on more than 17 million registered Angus.



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Livestock report

USDA Ledbetter auction results

Feb. 4, 2014 Receipts: 240 head. Compared to last week: No trend due to severe winter weather.					Feeder Bulls Medium and Large 1-2 Head Wt Range Avg Wt Price Range Avg Price 1 200-300 245 224.00 224.00 5 300-400 370 205.00-218.00 208.78 10 400-500 458 185.00-201.00 190.42 3 400-500 435 208.00 208.00 VA 4 500-600 524 175.00-188.00 183.49 1 600-700 660 159.00 159.00 4 600-700 632 176.00 176.00 VA 1 700-800 705 146.00 146.00					Feeder Steers Medium and Large 1-2 Head Wt Range Avg Wt Price Range Avg Price 1 200-300 245 224.00 224.00 5 500-600 562 158.00-169.00 164.72					Feeder Heifers Medium and Large 1-2 Head Wt Range Avg Wt Price Range Avg Price 2 200-300 240 156.00 156.00 7 300-400 347 184.00-190.00 188.17 13 400-500 467 165.00-177.00 171.53 6 500-600 521 164.00-170.00 166.28 40 500-600 568 174.00 174.00 VA 4 600-700 640 142.00-150.00 146.41 13 600-700 630 162.50 162.50 VA 1 700-800 725 135.00 135.00 1 900-1000 910 110.00 110.00					Groups: 40 head 568 lbs 174.00 milk wean Feeder Heifers Medium and Large 2-3 Head Wt Range Avg Wt Price Range Avg Price 2 300-400 380 150.00-175.00 162.66 1 400-500 400 160.00 160.00 1 600-700 635 140.00 140.00					Feeder Heifers Small and Medium 1 Head Wt Range Avg Wt Price Range Avg Price 1 300-400 340 140.00 140.00					Feeder Bulls Medium and Large 1-2 Head Wt Range Avg Wt Price Range Avg Price 2 300-400 338 185.00-200.00 192.78					Feeder Bulls Medium and Large 1-2 Head Wt Range Avg Wt Price Range Avg Price 1 400-500 415 201.00 201.00 1 500-600 545 174.00 174.00 6 600-700 645 150.00-165.00 157.78 1 700-800 720 148.00 148.00 1 800-900 820 127.00 127.00 1 1000-1100 1055 94.00 94.00					Feeder Bulls Medium and Large 2-3 Head Wt Range Avg Wt Price Range Avg Price 2 500-600 535 150.00-163.00 156.68 1 600-700 655 139.00 139.00 2 700-800 730 124.00-133.00 128.59					Feeder Bulls Small and Medium 1 Head Wt Range Avg Wt Price Range Avg Price 1 400-500 480 120.00 120.00					Slaughter Cows: %Lean Weight Avg-Dress Lo-Dress Breaker 75-80 1400-1600 80-89.50 Boner 80-85 1110-1600 81-87.50 Lean 85-90 1010-1650 72-79.50 63.50-69 Lite 85-90 Slaughter Bulls: YG: Weight Lo-Dress #1-2 1935-2255 85.00-91.00 Stock Cows: Not enough to test. Stock Cow/Calf Pairs: No test. Baby Calves: Beef breeds: No test.					Chip Stewart, market specialist www.ams.usda.gov/mnreports/sr_ls150.txt				
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Now that bow season is under way, it's important to keep scouting. Trail cameras provide an excellent tool for scouting potential new stand locations. We always like to have a number of stand locations available at any given time. Use trail cameras to check your stand areas while you're unable to be there. Keep a daily log of weather conditions and be especially mindful of wind direction. Compare that information to the data provided by your camera's time and date stamp on each photo. By cross-referencing data, a hunting can build a good pattern of deer movement in his hunting area.

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Old saying true: old too soon and smart too late

We go through life so unaware of the minefields Satan puts in our paths and usually so miserably unprepared to avoid or dismantle them.

Too many times, in the years of youth, money and material things are pushed out in front of everything else. So much of life is messed up, lost or missed altogether.

As a child, I was witness to gut-wrenching suffering of my mother when she was told Dad was killed. I saw this for many, many years after that. She suffered quietly over many things that happened in her own family, who she loved with all her heart.

My mother was not a complainer. She carried her cross with deep love and grace. So as a child, I was taught by example that family was the most important thing in our lives.

Not having everything everyone else had was never an issue in our lives. But what each of us had, was going through and needed was the main concern of



Mama's life, and so it became mine.

Even before I knew Jesus as my Savior, I would save my meager beginnings with my early jobs so I could bring all my people something at Christmas and Mama's birthdays.

So lately, as I see each of we 17 children leave this life one by one, I'm made more aware than ever that this world would be so empty, uninviting and unwanted if all my brothers and sisters left me behind.

My family was my all for years; then, I was born into the Family of God and all my life has only meant one thing to me – get all my family and all others I can to make Heaven their home. This life

is not only so short, but it is filled with pain, heartache, suffering, disappointment and death always at the end.

As I give up each one of my siblings, my heart breaks and life is left with more loneliness. Truly, giving up Gleaford is almost unbearable, as we were each other's right arm.

How I praise God he accepted Jesus, and I know he is not suffering any more. He is now waiting for the rest of us with Mama and so many more who are there with Christ, those who Paul spoke of when he said "to depart is to be with Christ."

My tears and hurt are for myself, as I remember some of the terrible hurts and pain he went through in life.

Jesus said death was our last enemy, and oh, how true. It kills everything and everyone we love.

Many times, we try to understand what someone is going through and want to help.

The whole truth is, no one is capable of truly knowing what anyone is going through unless they, too,

have gone through it.

Everyone takes suffering and loss the only way they know how in order to be able to go on living. All help is – and should be – appreciated, but trying to determine how one ought to act or feel should never be in one's thoughts.

Years ago, I was at a funeral of a mother of a large family I grew up with. Their grief was so apparent and so deep, and most of the children were girls.

Sitting there, I felt their grief because I had always loved my mother better than anyone in my life. I always knew if God took her before He did me, I would come as close to dying as anything that could happen to me, as I had seen how she suffered and sacrificed for all us kids all those years.

Even as I felt their grief, I knew I could not know the depth of it as I still had my mother to go home to and hold in my arms.

As we start out in life and make our own way and direction, so many times we forget until it is too late the

ones who suffered for us, helped us when we weren't looking and helped us be able to do for ourselves.

Many of the things that physically and mentally hurt my mother I find myself understanding more and more every day I live.

So many people I see are so wrapped up in their own families they have acquired that they seem not to really care about their own parents and siblings.

God made us in His own image, therefore, He made us all big enough to care for the families we make and also the families that made us.

He also made us big enough to love Him with all our hearts, souls, minds and strength.

The observable truth so evident in the years I've traveled through these minefields is those who do not love their own family members can never be trusted to truly love anyone else except for their own enjoyment or use.

We all – and certainly myself – should be more con-

cerned with the fact that none of us know what people go through so much of their lives. We need to pay more attention to what they are trying to convey to us than what we think they are or should be feeling or thinking.

I loved my mother, brothers and sisters above all my wants until my dear husband came into my life.

Now, I've given up 11 brothers and sisters, my precious mother and my dear husband Kenny. I can think of way too many things I wish I would have said, done and thought.

Life is so short, death so final, Hell is eternal suffering and eternity is forever.

If we will take more time to serve God and love our loved ones and our neighbors, this short life would be so much better. We would have far less regrets at our loved ones' deaths and certainly at our own.

(Rev. Lucy Tedrick of Marion shares her views regularly in this newspaper. Her opinions are her own, and are not necessarily those of the newspaper.)

True meaning of Feast of Unleavened Bread often lost

By **FELTY YODER**

GUEST COLUMNIST

When the children of Israel left Egypt, they took with them their dough, before it was leavened; for they thrust out of Egypt before they had the opportunity to leaven it. From that day forward the Israelites were to observe an annual feast of unleavened bread.

Therefore we read in Luke 22:1, "Now the gist of unleavened bread drew near, which is called the Passover."

The Feast of the Unleavened Bread followed the Passover and was associated with it so much so that the two events were regarded as being one and the same feast. The Passover itself was on the evening of the 14th day of the first month. Then the Unleavened Bread continued from the 15th day until the 21st day, seven days in all.

Paul gave us some insight

to the spiritual significance of leavened and unleavened when he writes in 1 Corinthians 5:8, "Let us keep the feast not with old leaven, neither with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth."

To observe the Feast of Unleavened Bread is to live life that's free from the corrupting influences of sin and the flesh. As long as a child of God is pressing on with God, fleeing from the corrupting influences of the world and following the pathway of obedience, he doesn't have time for the leaven to penetrate and spread. But let him linger by the wayside, lose the vision of the glory that is set before him and yearn for the good old days, and leaven will begin to work afresh in his life.

Any individual, assembly

or group of assemblies that loses the vision and the love for God, settles back satisfied with their condition and are content with the thought that they have the right doctrines and have arrived at the truth. Immediately, stagnation sets in, and the leaven begins to function and malice and wickedness characterizes the whole denomination.

Jesus warned the disciples to beware of the leaven of the Pharisees and Sadduces.

Now, the doctrines of the Sadduces was definitely false. For they denied the resurrection, the fact of angels and spirits and so forth.

The Pharisees, on the other hand, were quite orthodox in their teaching; so much so that Jesus commanded His disciples in Matthew 23:3 to observe and do what they said. But he also told them to beware of

their doctrine. What they said was all right, generally speaking, but they said and did not do, thus their words gave the lie to their teaching.

The true meaning of the Feast of Unleavened Bread – which in the new dispensation we know as the Communion of the Saints or the Lords Supper – was largely lost or obscured during the Dark Ages. Consequently, some begin to regard it as a matter of transubstantiation, whereas on the other end of the equation are those who see it as only a symbol.

So let us look at a few scriptures on the subject. John 6:53-56 reads, "Then Jesus said to them, verily, verily, I say unto you, except you eat the flesh of the Son of man, and drink his blood, you have no life in you. Whoso eateth my flesh and drinketh my blood, hath eter-

nal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him."

In 1 Corinthians 10:16, Paul puts it this way, "The cup of blessing which we bless, is it not the communion (participation with) of the blood of Christ? The bread which we break, is it not the communion (participation with) of the body of Christ?"

Therefore, without that spiritual participation and fellowship, it is really not the Lords Supper. The fact is this, the Lord's Supper, when observed in Spirit and in spiritual union and fellowship with the saints, is actual participation with Christ.

True, the Corinthians partook of the elements of the communion just as many do

today, but it is not really the Lord's Supper because in their carnality, they did not understand its true meaning. And instead of appropriating Christ, they became weak and sickly and many even died.

We can hardly expect anything else from a church that is filled with malice and wickedness, disunity and bitterness. Under such conditions, the church is doing no more nor less than eating and drinking condemnation to itself. For it is only in discerning the Lord's body that we can expect to derive healing, health and life from the Table of God.

"For the that eateth and drinketh unworthily, eateth and drinketh damnation (condemnation) to himself, not discerning the Lord's body." 1 Corinthians 11:29 reads.

Church notes

■ Ambassadors for Christ church in Marion will host an inter-denominational mid-winter harvest revival Friday through Sunday. Evangelist

Aaron Crenshaw from Bardwell will be the speaker. Other churches in the area will also participate, with the goal of reaching out to those in need of salvation, healing and deliverance. Pastor Kenny Downs and brother Crenshaw invite everyone to attend.

■ Sugar Grove Cemetery Association will hold its an-

nual meeting following morning worship service on Sunday. Those interested in upkeep of the cemetery are encouraged to attend.

■ The Crossmen Quartet will perform at 11 a.m., Feb. 16 at Calvary Baptist Church. Admission is free. Everyone is invited to attend. A free-will offering will be accepted.

■ Lola Pentecostal Church will present Anchored, a youth retreat and lock-in for ages 10-17. The event will start at 7 p.m. Feb. 21 and will end at 7 a.m. Feb. 22. This event is focused on bringing together the youth in our communities. Church youth groups are encouraged and all churches are welcome to attend this time of

worship, fun, fellowship and food. For more information please call (270)704-6130.

■ All ladies are invited to attend the 15th annual Lola Pentecostal Church Ladies Retreat entitled Letting Go and Reaching Ahead at 7 p.m., March 7 and 10 a.m. March 8. Registration is \$15 and is due by Feb. 14. It cov-

ers a meal after both services. There will be special services, skits, workshops, door prizes and more. Come and enjoy this uplifting retreat and bring a friend. For more information, call (270) 988-2190.

■ Mexico Baptist Church's clothes closet will be open 9-11 a.m., each Monday instead of Wednesdays.

Come worship with us...

For where two or three are gathered together in my name, there am I in the midst of them.

—Matthew 18:20

St. William Catholic Church

Sunday Mass 11 a.m.
Father Gregory Trawick

860 S. Main St.
Marion, Ky.
965-2477

Emmanuel Baptist Church

Pastor Justin Reynolds
Captured by a vision...

108 Hillcrest Drive, Marion • 270.965.4623

Sunday School 9:30 a.m. • Morning Worship 10:45 a.m. • Sunday Evening 6 p.m.
Wednesday 6 p.m. Adult Bible Study • Children and Youth Activities
www.emmanuelky.org

First Cumberland Presbyterian Church

224 W. Bellville St. • Marion, Ky.

Dee Ann Thompson, pastor • Sunday School 9:45 a.m. • Sunday Worship 10:45 a.m., • Sunday Night Worship Service 6 p.m.

St. William Catholic Church

Sunday Mass 11 a.m.
Father Gregory Trawick

860 S. Main St.
Marion, Ky.
965-2477

Hurricane Church

Hurricane Church Road off Ky. 135 West

Bro. Wayne Winters, Pastor

Sunday school, 10 a.m. • Worship, 11 a.m.
Sunday and Wednesday evening services, 6:30 p.m.

Tofu United Methodist Church

Bro. Selby Coomer, Pastor

Open hearts. Open minds. Open doors.

The People of The United Methodist Church

Sunday School 10 am • Service 11 am • Wednesday night youth 6:30 p.m.

Marion United Methodist Church

Open hearts. Open minds. Open doors.

The People of the United Methodist Church

Rev. Wayne Garvey, pastor

Wednesday Night Bible Study 6 p.m.
Sunday School 9:30 a.m. • Worship 10:45 a.m., 6 p.m.
www.the-press.com/MARIONUnitedMethodist.html

Marion General Baptist Church

WEST BELLVILLE STREET • MARION, KY

Sunday School 10 a.m. • Sunday Worship 11 a.m., 6 p.m.
Wednesday Bible Study 7 p.m. • Tony Perryman, Pastor

For rides, call 965-0726 • Find us on Facebook!

Unity General Baptist Church

4691 U.S. 641 • Crayne, Ky.

Barry Hix, pastor • 365-5836 or 625-1248

Sunday School 10 a.m. • Sunday Worship 11 a.m.
Sunday Evening 6 p.m. • Wednesday Night Service 6 p.m.

Life in Christ Church

A New Testament church

2925 U.S. 641, Marion

Sunday services 9 a.m. and 10:45a.m. | Wednesday services 7p.m.

➤ Chris and Sue McDonald, pastors

Marion Church of God

334 Fords Ferry Road • Marion, Kentucky

Sunday School 10 a.m. • Morning Service 11 a.m.
Sunday Evening 6 p.m. • Wednesday Evening 6 p.m.

"Where salvation makes you a member."

Lucy Tedrick, pastor

Sugar Grove Cumberland Presbyterian Church

585 Sugar Grove Church Road • Marion, Ky. • 965-4435

Rev. Terra Sisco • Sunday School 10 a.m. •

Worship 11 a.m., 6 p.m.
Wednesday Bible Study 7 p.m.

Frances Presbyterian Church

Bro. Blitch Gray • Bro. A.C. Hodge

Wednesday night prayer meeting and youth service: 7 pm

Sunday school: 10 am • Worship service: 11 am

Every fourth Sunday evening service: 5:30 pm

Marion Baptist Church

College and Depot, Marion • 965-5232

• Sunday school: 9:30 a.m.
• AWANA: 5:45 p.m.
• Sunday worship: 10:45 a.m., 6:30 p.m.
• Wednesday: 6:30 p.m.
• RAAs, GAs and Youth Craze: 5:45 p.m.

MARION CHURCH OF CHRIST

546 WEST ELM STREET • 965-9450

Richard Harp, minister

Bible Study: 9:30 a.m. • Sunday Worship: 10:30 a.m., 6 p.m.
Wednesday Bible Study: 6:30 p.m.

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Piney Fork Cumberland Presbyterian Church

State Route 506 - Marion, Kentucky

Sunday School 10 a.m. - Worship 11 a.m.
Sunday Night Bible Study 6 p.m.

Pastor Daniel Hopkins

A New Beginning, Going Forward and Looking to the Future

Mexico Baptist Church

175 Mexico Road, (270) 965-4059

Sunday Bible Study 10 a.m. • Sunday Worship Service 11 a.m.
Sunday Discipleship Training 6 p.m. • Sunday Evening Service 7 p.m. • Wednesday Service 7 p.m.

Pastor Tim Burdon
Minister of Youth Robert Kirby
Minister of Music Mike Crabtree

Visit us at www.mexicobaptist.org

Barnett Chapel General Baptist Church

• Sunday school: 9:45 a.m. Bro. Steve Tinsley, pastor
• Sunday worship: 11 a.m. Barnett Chapel Road
• Sunday evening: 6 p.m. Crittenden County, Ky.
• Wednesday night Bible study: 7 p.m.

Barnett Chapel... where everyone is welcome.

Crooked Creek Baptist Church

261 Crooked Creek Church Road, Marion, Ky.

Sunday school, 10 am

Sunday worship: Morning, 11 am | Evening, 6 pm

Wednesday Bible study, 6 pm

Join us every fourth Sunday of the month for gospel singing at 6 pm

Pleasant Grove General Baptist Church

State Route 723, 4 miles north of Salem

Sunday School 10 a.m. • Sunday Worship 11 a.m.
Sunday Evening 6 p.m. • Wednesday Bible Study 7 p.m.

Herbert Alexander, Pastor

SEVEN SPRINGS MISSIONARY BAPTIST CHURCH

Located between Dycusburg and Frances on Ky. 70

Sunday School: 10 am

Sunday Worship: 11 am, 6 pm • Wednesday: 7 pm

Dr. Bobby Garland, pastor

— Fundamental, Pre-Millennial, Independent —

DEER CREEK BAPTIST CHURCH

Marty Brown, Pastor

Sunday Bible Study: 10 a.m. "Whatever It Takes!"
Sunday Worship: 11 a.m. & 6 p.m.
Wednesday Bible Study: 7 p.m.

Approx. 5 miles from the intersection of Hwy. 60 & Hwy. 297
E-mail: deerccreek@quickmail.biz — Phone 965-2220

Caldwell Springs Missionary Baptist Church

2212 Ky. 855 • Marion, Kentucky

Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m., 6 p.m.

"We invite you to worship Jesus with us."

Crayne Community Church

Crayne Cemetery Road
Marion, Kentucky

Wednesday night Bible study, 6 p.m.
Sunday school, 10 a.m. | Sunday worship, 11 a.m.

OBITUARIES

Hackney

Steve Hackney, 64, of Salem died Jan. 30, 2014, at Livingston Hospital and Healthcare Services in Salem.

He was a coal miner and Full Gospel preacher.

Hackney is survived by his wife, Carol Hackney of Salem; a son, Steven R. Hackney of Marion; two daughters, Donna Hines of Reidland and Tracy Skees of Morganfield; 12 grandchildren and 11 great-grandchildren.

He was preceded in death by his parents, Robert and Wanda Franklin Hackney; and two brothers.

Funeral services were Saturday at Myers Funeral Home in Marion with burial in Union Cemetery.

Harris

Mary Charles Harris, 96, of Salem died Feb. 3, 2014, at Livingston Hospital and Health care Services in Salem.

She was born in Salem in 1917 to Jessie and Hendrick Mitchell and was married to George F. Harris for more than 50 years.

Harris attended what was then Murray Teachers College in 1936 and taught school for many years at Salem Elementary School. She was always an active member of her church, first at Salem Methodist and then at Salem Baptist, of which she was the oldest member.

Harris had a lifelong passion for music and was involved in every facet of her church's music program — her warm soprano voice often singing solos in the choir, directing music classes for Vacation Bible School and playing the piano for church services every time she got the chance. Her legacy was to instill a love of music and the arts in everyone in her family.

She is survived by two children, George and wife Linda of Salem and Kathy of Atlanta, Ga. She was "Ma" to two granddaughters, Tina Harris and husband Larry Tinsley of Salem and Holly Harris and husband Alan Plunkette of Calvert City; five great-grandchildren, Sarah Tinsley and husband Jeremy Rowe, Jeremy Tinsley, Blake May, Taylor May and Karson May; and one great-great grandson, Jagger Rowe.

Funeral services will be at 1 p.m. today (Thursday) at the Salem Baptist Church with the Revs. John East and Mike Grimes officiating. Burial will follow in Salem Cemetery.

Visitation was from 5 to 8 p.m. Wednesday at Boyd Funeral Directors in Salem.

Gifts may be made to the Mary Charles Harris Honorary Music Scholarship, Murray State University, Office of Development.

Condolences may also be left online at BoydFuneralDirectors.com.

(Note: Extended obituaries require a nominal fee. Please ask your funeral director about fee-based obituaries.)

Obituary policy

Most obituaries in The Crittenden Press are published at no charge. However, extended obituaries are available for a small fee. Please ask your funeral director about fee-based obituaries. There is no charge for use of a photo.

Pugh

Jewell Dean Pugh, 89, of Marion died Feb. 1, 2014, at Salem Springlake Care Center.

He was a U.S. Army veteran and member of Cave Springs General Baptist Church.

He is survived by his wife, Lemah Pugh of Marion; a son, Mike Pugh of Burna; four daughters, Dale Glore of Lola, Shelia Bishop of Smithland, Rita Shakles of Smithland and Sandra Crowley of Ledbetter; four sisters, Pauline Willings of Paducah, Zora Davis of Ledbetter, Sue Tabor of Paducah and Mary Pugh of Marion; a brother, Donald Pugh of Marion; several grandchildren, great-grandchildren and great-great-grandchildren.

He was preceded in death by a son, Bobby Pugh; a daughter, Barbara Easley; a grandson, Jamie Pugh; his parents, Virgil and Agnes Pugh; two brothers; and three sisters.

Funeral services were Tuesday at Gilbert Funeral Home in Marion with interment in Mapleview Cemetery.

Glore

Harold Perry Glore, 80, of Marion died Jan. 29, 2014, at his home.

He attended Barnett Chapel Church and was a Korean War Army veteran, serving from May 1953 to June 1955. He worked in spar and gold mines in Colorado and for Island Creek Coal Co.

Surviving are his wife of 58 years, Rose Ann Glore; a son, Perry Jewell and wife Anna Nadine Glore of Punta Gorda, Fla.; two daughters, Sherri Ann and



Glore

h u s b a n d Johnny Don Watson and Vickie Dee Glore and fiancé Ricky Belt, all of Marion; five grandchildren, Kelly Christensen, Daniel Glore, Christopher Watson, Crystal Westmoland and Brandy Hunter; six great-grandchildren; three brothers, Ronnie Glore, D.L. Glore and Charles Eugene Glore; two sisters, Susie Barnes and Sandra Hollomon; several nieces, nephews and cousins; and a special cousin that grew up like a sister, Lucille Dickerson.

He was preceded in death by his parents, Charles and Bertha Lee Glore; his grandparents; three brothers; and one sister.

Funeral services were Friday at Gilbert Funeral Home in Marion with interment in Whites Chapel Cemetery. Military rites were conducted at the cemetery.

Donations may be made to: Glore Family, 35 School Ave., Marion, KY 42064.

(Note: Extended obituaries require a nominal fee. Please ask your funeral director about fee-based obituaries.)

Autry

Conward Jewell Autry, 70, of Marion died Jan. 31, 2014, at Crittenden Health Systems in Marion.

He was a veteran of the U.S. Army and member of Harvest House Church.

Autry is survived by his wife, Sandra K. Autry of Marion; a daughter, Linda Young of Marion; two sons, Conward J. Autry Jr. and John and wife Stephanie Autry, all of Marion; and six grandchildren.

He was preceded in death by his parents, John Dewey and Lola Lillian Autry; a daughter, Monica Autry; seven brothers; and a sister.

Funeral services were Monday at Gilbert Funeral Home in Marion with interment in Deer Creek Cemetery. Military rites were conducted at the graveside service.

Tramble

Steven Ray Tramble, 49, of Burna died Jan. 30, 2014, at Lourdes Hospital in Paducah.

He was of the Southern Baptist faith. He was a member of the Professional Kennel Club.

Tramble is survived by his father and stepmother, Roy and Christi Tramble of Burna; three brothers, Greg Tramble, Mike Tramble and Shawn Tramble; two step-brothers, Scott Lofton, and Cory Lofton; and several nieces and nephews.

He was preceded in death by his mother, Eullabelle Tramble; and a brother, Jeff Tramble.

Funeral services were Sunday in the chapel of Boyd Funeral Directors in Salem with Bros. James Oats and Tim Fouts officiating. Burial was in Dyer Hill Cemetery.

Condolences may also be left online at BoydFuneralDirectors.com.

Mills

Shelvie Jolene Martin Cullison Mills, 73, of Livingston, Tenn., died Jan. 27, 2014, at the Cookeville Regional Medical Center in Cookeville, Tenn.

She was born Sept. 14, 1940, in Albion, Ill.

Mills was a member of the Fellowship Baptist Church and a past factory employee with the Caterpillar Co.

She is survived by a daughter, Sherry Harris of Harriman, Tenn.; two sons, Fred Alan Cullison of Sand-wich, Ill., and Gerald Cullison of Viera, Fla.; a stepson, William Clayton "Bud" Mills of Marion; two sisters, Ann Borneman of Monroe, Tenn., and Judy Bowen of Sand-wich; three brothers, Milton Martin of Allons, Tenn., Ronald Martin of Elizabeth Station, Ill., and Aaron Martin of Allons; six grandchildren; seven great-grandchildren; six step-great-grandchildren; nieces; nephews; and other family members and friends.

Mills was preceded in death by her parents, Arvel and Mauzee Savage Martin; her husband, Odell Clayton Mills; and two infant sisters.

Funeral services were Friday at Fellowship Baptist Church in Allons with Bros. Frank Martin and Randy Pickens officiating. Livingston Funeral Home of Livingston was in charge of arrangements.

Graveside services were Saturday at Mapleview Cemetery. Myers Funeral Home in Marion was in charge of local arrangements.

Project Lifesaver

is now accepting participants and donors
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Sugar Grove Cemetery Association

Will Hold Its Annual Meeting

Sunday, February 8

After Morning Worship

Those interested in the upkeep of the cemetery, please attend this meeting.

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404 Court St., Smithland, KY 42081

This is an advertisement

Ambassadors for Christ Church

113 Court Street in Marion, KY

will be hosting an inter-denominational

Mid-Winter Harvest Revival

February 7 - 9, 2014

Everyone is invited to come and join us as we reach out to those in need with the gospel of the Lord Jesus Christ.

Evangelist Aaron Crenshaw from Bardwell, KY will be the speaker.

Other churches in the area have agreed to come and participate in the revival. Our intention is to reach out together as the body of Christ to those in need of salvation, healing and deliverance.

PASTOR KENNY DOWNS AND BROTHER AARON WELCOME YOU TO COME AND JOIN US.

When you need a familiar, friendly face, we'll be there.

At Gilbert Funeral Home, you can expect to see a familiar face when your family is facing what can be difficult times. The Gilbert family has been serving its community for many years. Whether it be as youth sports coaches, their church or through their involvement in community organizations, Brad Gilbert and his family have always been there. And, they will be there when you need the comfort of a friend and a professional.

As part of its commitment to the community, Gilbert Funeral Home is holding firm on rising costs. A traditional funeral service starts at \$5,000, which includes one night visitation, next-day funeral service, use of a hearse and flower car, a made-in-America 20-gauge steel casket, vault, memorial folders, register book, thank you cards and a copy of our memorial DVD.

If you are interested in prearranging a funeral or if you experience the loss of a loved one, please feel free to call us at any time about our services.

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2014 Commitment Marriage Conference

Pastors Chris and Sue McDonald would like to invite ALL MARRIED COUPLES to a fun filled night where you can have a great dinner and lots of fun with other couples while learning how to stay committed in your marriage.

FEBRUARY 15, 2014 AT 6:00 P.M.

Cost: \$20 Per Couple
(That gets you both either a steak or chicken dinner)

Call (270) 965-9200 to Reserve Your Seat and Order Dinner No Later Than Feb. 12.

Childcare is available upon request.

Life In Christ Church

2925 U.S. Hwy. 641 Marion, KY

Frances Fluorspar booms, welcomes Lafayette Fluorspar

Brenda Underdown

Crittenden County Historian



Forgotten Passages

Crittenden County was once known for being the largest fluorspar producing area in the nation. However, our fluorspar history is quickly being forgotten, as the generations of families that remember these times are also quickly fading away.

From the archives of The Crittenden Press, we can go back to the mid-1920s and learn of some of the things that were happening at that time. Exciting things were beginning to happen in the Mexico and Frances communities with the coming of the Lafayette Fluorspar Company.

June 1923 -The Press, on the behalf on the people of Marion and the mining interests of Crittenden County, welcomes the advent of the Lafayette Fluorspar Co. into this county. The company has taken over a considerable part of the property of the Kentucky Fluorspar Co., one of the first mining companies organized here in recent years, and has begun to set the wheels of the mining industry revolving at an increased velocity. All this has taken place in the last few weeks and at the expenditure of large sums of money.

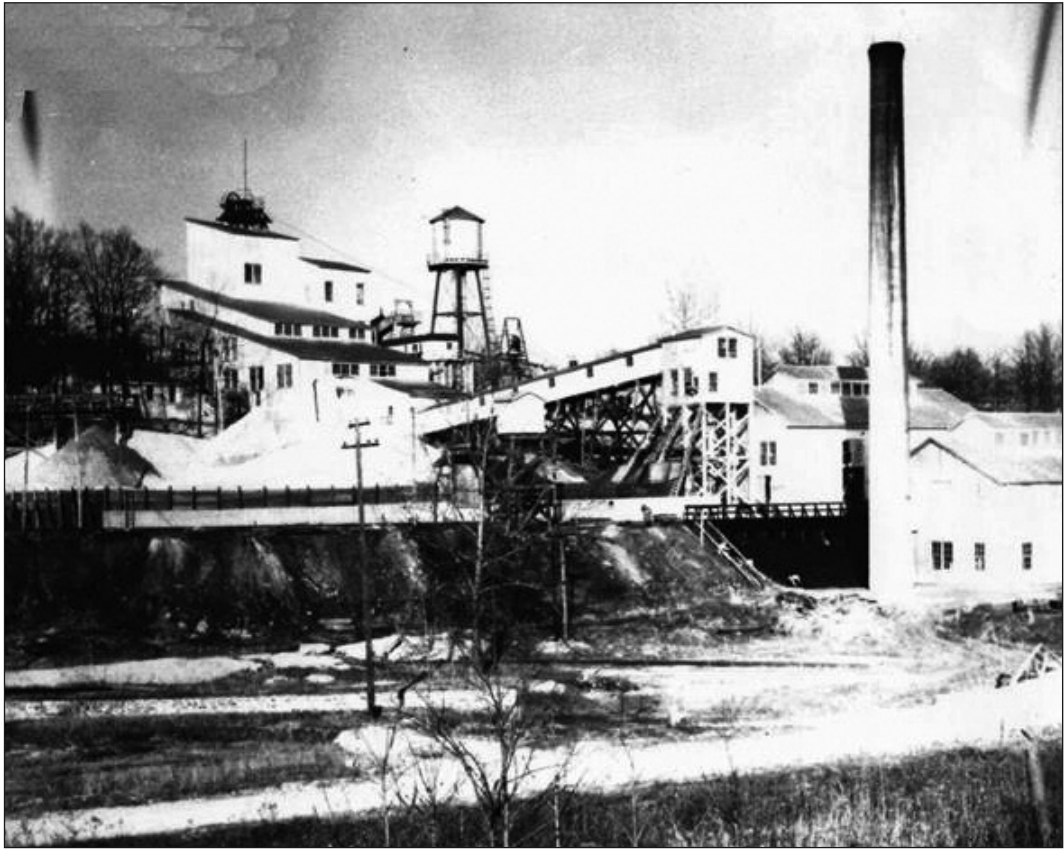
Crittenden County has embedded beneath her soil the finest quantity of fluorspar and other minerals. It is hoped that the new company, possessing all the improved mining methods and an abundance of capital, will add greatly to the mining interests of Crittenden an adjoining counties. We welcome its advent.

Fieldwork was done in the area before the actual purchase was made. Early in 1921, preliminary investigations were started by engineers from the Oliver Iron Mining Co. from Duluth, Minn.

Later, in October of 1921, arrangements were made to explore the veins by means of diamond drilling. Drill rigs and crews were dispatched to the area from the iron-mining district of Minnesota.

As a result of the drilling, investigations and mine examinations of the active operating mines, a group of properties was purchased from the Kentucky Fluorspar Co.

The actual transfer took place June 9, 1923, when Judge A.A. Northern, presi-



The great Lafayette Fluorspar Mill is shown above when it was at its height in fluorspar production. At right, top is the Lafayette Heights home of Chief Clerk Elmer Sorensen in 1942. At right, middle is the Lafayette Heights home of Superintendent Kenneth Johnston in 1942. Below is the home of the Weldon Hina family in 1942. Hina was chemist and metallurgist at this time.

dent of the Kentucky Fluorspar Co., accepted a check from President W.J. Olcott of the newly-organized Lafayette Fluorspar Co.

In July 1923, additional property was acquired from M.F. Pogue, S.H. Matthews and others. In August 1923, another group of local properties was purchased from the Blue Grass Fluorspar Co., which was owned by George P. Roberts, Sam Gugenheim and associates. Also, the Big Four group, located near Sheridan, was purchased from Avery H. Reed and associates.

One of the few remaining landmarks of this era is Lafayette Heights. What a wonderful story this historical area holds of that long ago special time of the fluorspar boom in our county.

Lafayette Heights, located in the community of Frances, must have started to be constructed soon after the coming of the Lafayette Fluorspar Co. The company built modern houses surrounded by beautiful yards and gardens for five families of the office personnel.

The company also maintained a community house where motion pictures were shown weekly, and all other social activities were held there also.

From an article in the Dec. 16, 1927, issue of The Crittenden Press, it says the employees of the Lafayette Fluorspar Co. at Mexico have just completed a new community building to be used for social activities of the company's em-

ployees.

About 200 or 250 people will be able to be seated comfortably in the new building, which is 30 feet wide and 50 feet long. The building is steam heated and is equipped with electric lights. A new motion picture machine has been purchased.

A Christmas program will be given under the auspices of the Lafayette Co. at the community house on the evening of Dec. 23. A four-reel juvenile picture and a special feature picture will be a part of the program. Both pictures will be accompanied by radio music.

Christmas carols will precede the arrival of Santa Claus to distribute gifts from the big tree. There will be gifts, candy, fruit and nuts for the children of the Lafayette employees.

What a memorable Christmas that must have been for the families that year.

On Dec. 28, 1938, the Lafayette Fluorspar Co. ceased to exist. This occurred through the transfer of the properties and the active management to the United States Coal and Coke Co., a subsidiary of United States Steel Corp. with headquarters in Pittsburgh, Pa. In January 1939, the Lafayette Fluorspar Co.'s name was changed, and the large plant is now known as U.S. Coal & Coke Co.

Even after U.S. Steel owned the mine and property, they were responsible for the upkeep of the yards and landscaping of Lafayette Heights.

All the houses were connected by a system of side-walks, and the children could skate or ride their bicycles from one end of the property to the other. The area was well lit at night with lights along both the front and rear yards.

Many families lived here during this period.

In the first house was Elmer and Banché Sorensen. He was chief clerk.

In the second house lived Avery and Alma Reed. He was chief engineer.

In the third house, (what is known today as the clubhouse) was the private home of Weldon and Alice Hina. Hina was the chemist and metallurgist and the safety officer who was called when there was a mine accident. This was the Hina's home from 1933 to 1951, when he died.

In the fourth house, now burned and probably the most imposing of all the houses, lived Kenneth Johnston and his wife, who was the superintendent. (This family information was shared with Chris Evans during an interview with Mr. Weldon's daughter, Marian Stuart in 2002.)

In 1973, Joyce and Harley Haegelin of the Frances community purchased the historic home, and in 1988, they were renting two of the 13 rooms to guests as they opened their home as a bed and breakfast.

Many school reunions and family gatherings were held in the friendly atmosphere and beautiful setting of the Haegelin's home. Guests and friends could



sit on the large front porch or stroll the grounds while visiting and remembering old times.

The Haegelins operated their bed and breakfast and catering business until 2003 when they were ready to retire from their hectic lifestyle.

The beautiful and historical home was sold at auction, but sits empty today. The other homes mentioned in the article have families living in them today.

The removal of the old familiar sight of the Lafayette Mill began in December 2002. The last remaining buildings of the old mill were the last reminder of the once-flourishing fluorspar mill that

employed several hundred of our local residents who had created the area known as Lafayette Heights for the mining office staff to live.

As you enter into the Frances community on Ky. 70 from Mexico, you will see the road sign on the right saying Lafayette Heights, a visible and last reminder of the history of a by-gone era when fluorspar was king and the Lafayette Mines wore the crown.

(Brenda Underdown is Crittenden County's historian and serves on the board of the historical and genealogical societies in the county. She is also active in maintaining Crittenden County Historical Museum.)

Public library to hold book sale; promotes 'Freeding'

STAFF REPORT

Sometimes, the best way to endure a cold winter is to curl up with a good book.

This month there will be plenty of opportunities to find a variety of books for all interests. Crittenden County Public Library will hold a book sale all next week during regular business hours.

Proceeds will go toward buying more books and DVDs for the library. Library director Regina Merrick said a book sale hasn't been conducted in more than a year. Culling little-used books from the shelves for sales helps with storage so the library can acquire more current books.

Merrick said many individuals donate books to the library. When book donations are made, Merrick said it is with the understanding that if the books



Cletis Hunt was recently sworn in as the newest member of the library board of trustees by Crittenden County Judge-Executive Perry Newcom.

can't be used, they will be placed in a book sale to benefit the library.

The sale includes all genres and audio and VHS tapes. Hardcover will be

available for as little as \$1 and many paperbacks will be sold for 50 cents. Children's books will be available for a quarter.

Merrick also invites pa-

trons of the library to take advantage of the eBook service called Freeding, or free reading. Cardholders will need their new library card to begin receiving books over their electronic devices. The library card number allows patrons to log into the service.

Once individuals receive a new library card, they will have access to the Freeding eBook service and can visit CrittendenLibrary.org/catalog.htm to browse the selections. Merrick said an Adobe account ID will be needed if individuals do not currently have one.

The library is open 9 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday and 9 a.m. to 1 p.m. on Wednesday and Saturday.

New trustee installed

The library installed a new trustee at last Thursday's regular monthly

meeting and set its slate of officers for 2014.

Cletis Hunt was sworn in as the newest member of the board of trustees, replacing John May. He was

also appointed treasurer.

Other trustees include Brandi Rogers, president; Linda Myrick, vice-president; Dulcie Hardin, secretary; and Angel McDonald.



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Apps help keep pesky New Year's resolutions

THE ASSOCIATED PRESS

Smartphone apps help us stay connected with friends, record the world around us and kill little green pigs with flying birds.

They also can help make your daunting New Year's resolutions a little more manageable.

If you want to lose weight, Charleston, W.Va., dietitian Amy Gannon says measuring caloric intake is a crucial step to watching what you eat.

But since writing down everything you eat can be a daunting task, Gannon recommends her patients use the free app "My Fitness Pal."

The application uses a person's height and weight to determine their daily recommended caloric intake. It then allows users to create a list of their favorite foods and the number of calories in those dishes.

"Once you get those in there, you can

just click, boom, boom, boom. It's easy to track on a daily basis," Gannon said. "That really helps you to see, 'Oh my gosh, that extra few tablespoons of coffee creamer is pushing me over my calorie limit.'"

The app also allows users to track their physical activity and how many calories they burn throughout the day.

"Using the app is a way of self-monitoring. You can see a clear line of calories in, versus calories out," she said.

Although Gannon likes My Fitness Pal, she said it doesn't matter what app people use. Just keeping track of those calories makes a big difference.

She said the National Weight Loss Registry show people who check their weight every week and keep track of their daily food intake are most likely to keep their weight off long-term.

"What you can't track, you can't change," she said.

My Fitness Pal is available on both

Apple and Android phones, but can also be used in a computer browser at www.myfitnesspal.com.

If your New Year's resolution was to get organized, Rita McGhee, who owns Sort My Space professional organization service, says she uses Google Calendar to keep all her appointments straight.

The app is only available on Android phones, but there are plenty of other calendar apps for iPhones.

McGhee said no matter what application you use, it's important to sync your phone's calendar with the one on your desktop.

"Keep it all the same. Whatever you're using on your desktop, you need to use it on your phone. You make an update while you're out and it also makes it on your phone or your iPad, what have you," she said.

That way, any changes made on the phone are also changed on the desktop.

"Some people make mistakes, they'll have too many calendars going," McGhee said.

Also, if one device bites the dust, syncing ensures the information will survive somewhere else.

Brandon Walters, head personal trainer at the Charleston YMCA, recommends the FitBit One for those wanting to get more exercise in the New Year.

The FitBit One is a \$100, chewing gum-sized device that clips inside a user's pocket and transmits fitness data to their smartphones, providing a simple and addictive way to record fitness statistics.

"It's a tool I think people will like," Walters said. "The pedometer is boring and it's bulky. This is very connected and you get feedback on your phone."

Walters said most Americans walk 4,000 to 6,000 steps a day, when they should be getting at least 10,000 steps per day.

His FitBit recorded about 31,000 steps on Monday, the equivalent of 15 miles.

"I use it constantly," he said. "It's really an eye opener. People have no idea how little they move until they wear this thing."

The device comes with a free smart phone application, which allows users to set daily fitness goals. The app then provides encouraging reminders to help them meet those goals.

"Throughout the day it will give you a message. It will say, 'You're almost there, only 2,600 more steps to go,'" Walter said.

The app becomes a kind of game, with users earning rewards for specific accomplishments and competing with their friends.

He said it always helps to have a group of friends involved, no matter what fitness app you choose. Having similar goals helps keep everyone honest.

FitBit's applications work with both Apple and Android phones.

Study: Childhood obesity risk starts before entering school

THE ASSOCIATED PRESS

Those efforts to fight obesity in schools? Think younger. A new study finds that much of a child's "weight fate" is set by age 5, and that nearly half of kids who became obese by the eighth grade were already overweight when they started kindergarten.

The prevalence of weight problems has long been known — about a third of U.S. kids are overweight or obese. But surprisingly little is known about which kids will develop obesity, and at what age.

Researchers think there may be a window of opportunity to prevent it, and "we keep pushing our critical window earlier and earlier on," said Solveig Cunningham, a scientist at Emory University. "A lot of the risk of obesity seems to be set, to some extent, really early in life."

She led the new study, which was published in this week's New England Journal of Medicine and paid for by the federal government.

It tracked a nationwide sample of more than 7,700 children through grade school. When they started kindergarten, 12 percent were obese and 15 percent were overweight. By eighth grade, 21 percent were obese and 17 percent were overweight.

Besides how common obesity was at various ages, researchers focused on the 6,807 children who were not obese when the study started, at kindergarten entry. Here are some things they found:

Who became obese

Between ages 5 and 14, nearly 12 percent of children developed obesity — 10 percent of girls and nearly 14 percent of boys.

Nearly half of kids who started kindergarten overweight became obese teens. Overweight 5-year-olds were four times as likely as normal-weight children to become obese (32 percent versus 8 percent).

Grade levels

Most of the shift occurred in the younger grades. During the kindergarten year, about 5 percent of kids who had not been obese at the start became that way by the end. The greatest increase in the prevalence of obesity was between first and third grades; it changed little from ages 11 to 14.

Race

From kindergarten through eighth grade, the prevalence of obesity increased by 65 percent among whites, 50 percent among Hispanics, almost 120 percent among blacks and more than 40 percent among others — Asians, Pacific Islanders and Native Americans and mixed-race children.

By eighth grade, 17 percent of black children had become obese, compared to 14 percent of Hispanics and 10 percent of whites and children of other races.

Income

Obesity was least common among children from the wealthiest families and most prevalent among kids in the next-to-lowest income category. The highest rate of children developing obesity during the study years was among middle-income families.

Birthweight

At all ages, obesity was more common among children who weighed a lot at birth — roughly

9 pounds or more. About 36 percent of kids who became obese during grade school had been large at birth.

The study's findings do not mean that it's too late for schools to act, but their best tactic may be to focus on kids who are overweight and try to encourage exercise and healthy eating, Cunningham said.

The work also shows the need for parents, doctors, preschools and even day care centers to be involved, said Dr. Stephen Daniels, a University of Colorado pediatrician and a spokesman for the American Heart Association.

Parents who are concerned about a child's weight should talk with their child's doctor, because it may be hard to tell what is normal at various ages and appearances can be misleading. In children, obesity and overweight are defined by how a child ranks on growth charts that compare them to other kids the same age and gender. Kids at or above the 85th percentile are considered overweight, and obese at the 95th percentile or above.

No child should be placed on a diet without a doctor's advice, the federal Centers for Disease Control and Prevention advises. To help keep kids healthy, balance the calories a child gets from food and beverages with how much exercise he or she gets to allow enough for normal growth — some weight gain is normal, the CDC says.

"You can change your fate by things that you do early in life," with more exercise and eating a healthy diet, Daniels said. "Once it occurs, obesity is really hard to treat. So the idea is we should really work hard to prevent it."



METRO SERVICES

Yoga is proven to have many healthful benefits. A weekly yoga class at the Ed-Tech Center in Marion brings men and women of all ages together for a workout designed to benefit the body and mind.

Local yoga class benefits men's, women's health

STAFF REPORT

One by one, each Monday night, people of all ages filter in, packing the meeting room at the Ed-Tech Center in Marion.

They're there for a meeting led by local surgeon Dr. Rex Manayan. But it's not a gathering that utilizes the center's technological equipment or neatly-aligned desks. Instead of business attire, people are barefoot and toting yoga mats, ready to relax their mind, test their strength and participate in a practice many are coming to realize is very beneficial to their health.

With support from the community, the general surgeon began the Marion Yoga Club two years ago.

The club has grown from a six-week health program to a large contingent of teens and adults, both male and female.

Yoga consists of exercises for mental and physical health, based on a Hindu philosophy that teaches participants to experience inner peace by controlling the body and mind.

An average of 30 people participate in the Marion Yoga Club, several driving from neighboring counties. The class, led by Dr. Manayan and assistant Amanda Dossett, consists of a series of stretches and strength exercises intertwined with instruction on basic self-defense principles.

Dossett began yoga two years ago and quickly acted to help keep the program in Marion.

"I started (working) with Dr. Manayan and he taught me the basic poses.

"Each week my training would get more intense, and I was amazed how much stronger I was becoming," Dossett said.

Diagnosed 20 years ago with scoliosis, Dossett said yoga has helped to strengthen her back and alleviate many of the aches and problems that go along with the disease.

"It's a challenging class, but defi-

See **YOGA**/Page 12



Dilated Eye Exams

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Pictured L to R: Sheila Thurmond, Sheila Tabor, Dr. Adria Porter, Terri Belt and Kristi Harris

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Smoking cessation class offered

By JASON TRAVIS
STAFF WRITER

It can be one of the most important decisions an individual ever makes. The decision to stop smoking isn't easy, but there are programs available to support those who want to kick the nicotine habit. A one-hour Cooper Clayton Smoking Cessation class will begin at 10 a.m. Tuesday at the Livingston County University of Kentucky Cooperative Extension Service in Smithland. Classes are free and will meet weekly for 13 weeks. Those interested in registering for classes are asked to contact Livingston County Health Department at (270) 928-2193. Greg Hodge from the health department will facilitate the class. Pennyryle District Health Department will provide the first six

weeks of nicotine replacement patches. Participants will be responsible for the remaining four weeks of nicotine replacement patches. Judy Rousseau of the Pennyryle District Health Department said Dr. Thomas Cooper, who developed the smoking cessation program, made repeated unsuccessful attempts to stop smoking before succeeding. The program was also developed with the help of Dr. Richard Clayton, an expert on addiction who helped Cooper and many others become non-smokers. Rousseau said the program was put together by a person who smoked for 36 years and an expert on addiction that understands the frustrations of trying to quit. The program has worked well for more than 20 years and

has helped thousands of smokers become non-smokers. Additional information for smokers who want to quit is available at <http://chfs.ky.gov/dph/mch/hp/quitline.htm>. Individuals may also enroll with Quit Now Kentucky for a quit coach for support. Visit <https://www.quitnowkentucky.org/> to enroll online or call (800) QUIT NOW. Information is also available by calling local health departments. Smoking doesn't just affect the individual smoker but also those in their household. According to findings made by the surgeon general, secondhand smoke exposure causes acute lower respiratory infections such as bronchitis and pneumonia in infants and young children. Children exposed to secondhand smoke are also at increased risk for ear infec-

tions. Rousseau said both the Health Access Nurturing Developmental Services program, or HANDS, and local health centers now have a new smoking cessation program for expectant mothers. Interested individuals can contact their local health department for more information. Crittenden County Health Department can be reached by dialing (270) 965-5215. Pennyryle District Health Department serves Crittenden, Livingston, Caldwell, Lyon and Trigg counties.

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STATEPOINT MEDIA
This year, Americans will suffer from 1 billion colds, and as many as one in five will get the flu.

Treating cold, flu symptoms safely just as important as relief itself

STATEPOINT MEDIA
During cold and flu season, an ounce of prevention goes a long way. But despite best efforts, getting sick is sometimes unavoidable. This year, Americans will suffer from approximately 1 billion colds, and as many as one in five will get the flu. Many people turn to over-the-counter medicines (OTC) for relief from their cold and flu symptoms. When illness strikes, treating your symptoms safely and responsibly is just as important as relief. During this cold and flu season, McNeil Consumer Healthcare, the maker of Tylenol, is educating consumers about the safe and appropriate use of medicines through its educational initiative "Get Relief Responsibly." Many cold and flu medicines contain acetaminophen, a common pain reliever used to provide relief from their cold and flu symptoms such as fever, sore throat, and body pains. Acetaminophen is the active ingredient in Tylenol but it can also be found in more than 600 OTC and prescription medications such as NyQuil, Theraflu, Percocet and Vicodin.

If you take multiple medicines at a time to treat various symptoms, it is important to be aware of the ingredients and to follow labels to prevent accidentally taking more than the recommended dose. "Acetaminophen is safe when used as directed, but taking too much can harm your liver," says Edwin Kuffner, M.D., Vice President of Medical Affairs at McNeil Consumer Healthcare. "Some people may accidentally take more than the total daily dose of acetaminophen because they do not realize they are taking multiple products containing acetaminophen, or because they may not read and follow the label." This cold and flu season, get relief responsibly with these tips from McNeil Consumer Healthcare:


- Always read and follow your medicine labels carefully. If you're taking more than one medicine, read and compare the labels.
- Never take more than one medicine that contains the same active ingredient at the same time.
- Never take more than the rec-

ommended dose, unless directed by your doctor. And don't take any medicine for longer than directed. If you're not getting effective relief, contact your doctor.

- Inform your doctor and pharmacist of your medical history and what medications you take. This will help your healthcare team ensure you're taking medicines that are appropriate for you.
- If you suspect an overdose, even if you don't have any symptoms, get medical help or contact a Poison Control Center right away at (800) 222-1222.
- Learn more. Visit the website www.GetReliefResponsibly.com for tools and resources about how to take medicines safely – including an interactive medicine checker to find out which of you medicines contain acetaminophen, tips on how to read medicine labels and steps to keep medicines safely out of the reach of children.

During cold and flu season, do yourself a favor. When seeking relief, first learn about the medications you're taking and be sure to take them responsibly.


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Dr. Steve Crider earned his bachelor's degree from Murray State University in 1975, and went on to graduate from the University of Louisville School of Dentistry in 1979.

He is a member of the American Dental Association, West Central Dental Society, and Kentucky Dental Association.

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Research dispels 'obesity paradox' idea for diabetics

THE ASSOCIATED PRESS
There's new research that refutes the so-called "obesity paradox" for diabetics – the controversial notion that being overweight might actually help some diabetics. A major study finds there's no survival advantage to being large, and there's a disadvantage to being very large. More than 24 million Americans have diabetes, mostly Type 2, the kind that is on the rise because of obesity. About two-thirds of U.S. adults are overweight, including one-third who are obese. Weighing too much increases the chances of heart disease, cancer and premature death. But some small studies had suggested this might not be true for Type 2 diabetics. The new research, paid for by the National Institutes of Health and the American Diabetes Association, dispels the idea after looking at deaths according to how much people weighed when they were diagnosed with diabetes. Results are in this week's New England Journal of Medicine, take them responsibly.


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Study: Good night's sleep cleans out gunk in brain

THE ASSOCIATED PRESS

When we sleep, our brains get rid of gunk that builds up while we're awake, suggests a study that may provide new clues to treat Alzheimer's disease and other disorders.

This cleaning was detected in the brains of sleeping mice, but scientists said there's reason to think it happens in people too.

If so, the finding may mean that for people with dementia and other mind disorders, "sleep would perhaps be even more important in slowing the progres-

sion of further damage," Dr. Clete Kushida, medical director of the Stanford Sleep Medicine Center, said in an e-mail.

Kushida did not participate in the study, which appears in Friday's issue of the journal Science.

People who don't get enough shut-eye have trouble learning and making decisions, and are slower to react. But despite decades of research, scientists can't agree on the basic purpose of sleep. Reasons range from processing memory, saving energy to regulating the body.

The latest work, led by scientists at the

University of Rochester Medical Center, adds fresh evidence to a long-standing view: When we close our eyes, our brains go on a cleaning spree.

The team previously found a plumbing network in mouse brains that flushes out cellular waste. For the new study, the scientists injected the brains of mice with beta-amyloid, a substance that builds up in Alzheimer's disease, and followed its movement. They determined that it was removed faster from the brains of sleeping mice than awake mice.

The team also noticed that brain cells

tend to shrink during sleep, which widens the space between the cells. This allows waste to pass through that space more easily.

Though the work involved mouse brains, lead researcher Dr. Maiken Nedergaard said this plumbing system also exists in dogs and baboons, and it's logical to think that the human brain also clears away toxic substances. Nedergaard said the next step is to look for the process in human brains.

In an accompanying editorial, neuroscientist Suzana Herculano-Houzel of the

Federal University of Rio de Janeiro said scientists have recently taken a heightened interest in the spaces between brain cells, where junk is flushed out.

It's becoming clearer that "sleep is likely to be a brain state in which several important housekeeping functions take place," she said in an email.

The study was funded by the National Institute of Neurological Disorders and Stroke. In a statement, program director Jim Koenig said the finding could lead to new approaches for treating a range of brain diseases.

Boosting body’s metabolism key to weight loss for men, women

METRO SERVICES

Men and women looking to shed a few pounds and keep those pounds off often look for ways to boost their metabolisms. Some may not know just what metabolism means, and though it is a complicated combination of processes, metabolism is perhaps best explained as the sum of those processes, each of which is instituted to convert food into energy. So it's no surprise that so many people, especially men and women whose metabolisms have begun to slow down, want to boost their metabolism and turn that food into energy more quickly.

Though metabolism is a collection of complicated processes, boosting metabolism can be rather easy. The following are a handful of ways to do so, which can help men and women reach their fitness goals.

- Eat the right foods and eat more often. Many adults have been turned on to the concept of grazing, an approach to diet



METRO SERVICES

Strength training to build lean muscle is one way men and women can boost their metabolisms.

wherein adherents eat small portions of food every two to three hours instead of the more traditional three square meals per day. But grazing is only effective when men and women eat the right foods. Each small meal should still have nutritional value just as if it were a large meal.

When eating smaller meals, include healthy sources of protein and fiber. Vegetables tend to be especially beneficial because they are high in fiber, a nondigestible carbohydrate that is hard for the body to break down. As the body works hard to break down fiber, it's burning energy

and boosting its metabolism along the way. Fish is another potentially beneficial food for those looking to boost their metabolisms, as studies have shown that the omega-3 fatty acids found in fish oils increase the levels of fat-burning enzymes in the body while decreasing the body's level of fat-storage enzymes.

Eating more often benefits the body because doing so stimulates metabolism, reassuring the body that food will be coming on a regular basis. When meals are skipped or there are long intervals between meals, the body reacts as if it might run out of food and begins to store fat.

- Add some lean muscle. Lean muscle can boost metabolism, so a workout dominated by cardiovascular exercise won't have as positive an impact on metabolism as one that includes a combination of weight training and aerobic exercise. When muscles are worked hard, the body needs to work hard to recover and re-

build those muscles, burning more calories and boosting metabolism as a result.

- Don't believe everything you read or hear. Suggestions abound as to ways to significantly improve metabolism. Unfortunately, many of these suggestions boost metabolism but not enough to help people lose weight, which is the ultimate goal of many people looking to boost their metabolisms. For example, green tea has its proponents who feel it can have a significant impact on metabolism thanks to EGCG, a compound found in the tea that has been proven to elevate metabolism. However, the impact of EGCG on boosting metabolism is negligible, and therefore won't make much of an impact on a person's weight. The same can be said about capsaicin, an active component found in chili peppers that some feel boosts metabolism enough to promote weight loss. Though capsaicin can boost metabolism slightly,

studies have shown that influence is not significant enough to affect a person's weight.

- Don't get too comfortable. Modern technology may be a reason why waist sizes are getting bigger. Heating and cooling systems may be must-have items, but when the body is too comfortable, it burns less energy to stay warm in the winter or comfortably cool in the summer. A study from the National Institute of Health Clinical Center found that people who slept in a room kept at 66 degreesburned 7 percent more calories than those who slept in a room at 75 degrees. Sleeping in a cooler room may just be the easiest way for men and women to boost their metabolisms.

Boosting metabolism and shedding extra pounds is a goal for many men and women. But while metabolism is a complex set of processes, the various ways to effectively boost that metabolism can be quite simple.

Massage therapy good for arthritis

By TOMMI PAULSON
GUEST CONTRIBUTOR

The delicate balance in the body can sometimes get out of kilter and result in serious consequences. One of those consequences is arthritis.

Arthritis can be painful and result in immobility if left untreated. A massage is a non-medicinal therapy that can relieve painful arthritis symptoms.

As the arthritis progresses, muscles tighten to compensate for the joint damage and protect the bones. One problem leads to another and that's where arthritis

and massage unite.

A massage encourages the body to release endorphins, which are natural mood enhancers and painkillers. A massage kneads and soothes the area around a joint to relieve the tension in the muscle. Moving the muscles and surrounding areas of the joints improves circulation of blood and lymph. This increases toxin removal from the body. Toxins affect joint operation and exposure is constant through food and air chemicals that are ingested.

A massage stimulates the im-

mune system, which is an integral part of skin as much as of internal organs. If the immune system does not work properly, the body attacks itself in the joints and the defense response is inadequate.

It's important to understand how the body works in order to understand how to deal with imbalances. Learning how massage helps relieve arthritis can be a mobile step towards a more active life.

(Editor's note: Tommi Paulson, LMT, NCTMB, is a certified massage therapist with Journey Massage Therapy & Bodywork.)

Health findings can help combat ailments

STATEPOINT MEDIA

From high blood pressure to cancer, serious ailments often strike, despite our best efforts to maintain good health.

With the rapid pace of medical advancements and treatment options emerging, conventional medical wisdom can sometimes lag behind innovations in disease management. Furthermore, there's often little attention paid to nutrition's role in health conditions.

"Our healthcare system is a disease model, not a prevention model, and reimbursement is based upon sickness, not wellness. We need to better integrate all facets of care," says Dr. Steven V. Joyal, chief medical officer with Life Extension, Inc., an organization dedicated to increasing the functional human lifespan.

It's this thinking that spurred the creation of Life Extension's 2014 edition of the Disease Prevention and Treatment Book, which seeks to fill those gaps. From cancer to multiple sclerosis, the book offers 1400 pages of information on integrating pharmaceutical treatment options, nutritional support and lifestyle changes for optimal health. For example:

the results.

- Stay fit and exercise. A healthy body weight and high degree of cardiorespiratory fitness reduce hypertension risk, and if you already have high blood pressure, can help you achieve better control.
- Hold the salt. High sodium intake can make high blood pressure worse. Read labels. Even if you aren't reaching for salt, many pre-packaged convenience foods, meats and cheeses contain significant amounts of sodium.
- Get plenty of beneficial nutrients, especially potassium and magnesium, which are important for vascular health.

Rheumatoid arthritis

Rheumatoid arthritis could pose more than just a risk to comfort. Systemic inflammation hastens the onset of other age-related diseases, including

cardiovascular disease.

"For optimal longevity, we need to integrate lifestyle changes with pharmaceutical treatments, rather than blindly assume that all a patient needs is more medication," says Joyal.

In addition to doctor-prescribed treatments, Life Extension researchers have scoured medical literature, finding several nutrients help support health in rheumatoid arthritis patients:

- Fish oil
- Krill oil blend
- Gamma linolenic acid
- Vitamin D
- Vitamin B6
- Green tea extract
- Quercetin
- Folate

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Exercise benefits mental health

METRO SERVICES
Regular exercise can benefit the body in many ways, helping men and women maintain healthier weights and lower their risks for developing potentially deadly diseases. Though many people are quick to associate exercise with its physical benefits, those hours spent on the treadmill also can boost brain power.

According to Dr. Barry Gordon, professor of neurology and cognitive science at Johns Hopkins Medical Institutions and coauthor of "Intelligent Memory: Improve the Memory That Makes You Smarter," exercise has a direct impact on the brain. That's because exercise works directly on brain tissue, improving the connections between nerve cells, creating new synapses, growing new neurons and blood vessels, and improving cell energy efficiency. So while many people may begin an exercise regimen with a goal of trimming their waistlines or toning their bodies, they might be happy to know that those physical benefits are accompanied by several cognitive benefits as well.

As the American Psychological Association acknowledges, the connection between exercise and mental health is hard to ignore, and the APA notes that the following are just a few of the mental benefits men and women might reap from regular exercise.

Improved mood

Many people feel great after exercising, especially if that exercise comes at the end of a particularly stressful day. However, those extra laps on the track or those hours spent on the treadmill don't just pay short-term dividends. In a controlled trial overseen by Duke University researcher and clinical psychologist James Blumenthal, sedentary adults with major depressive disorder were assigned into one of four groups: supervised exercise, home-based exercise, antidepressant therapy, or a placebo pill. Those in the exercise and antidepressant groups had higher rates of remission than those in the placebo group, and Blumenthal concluded that exercise was generally comparable to antidepressants for men and women with major



METRO SERVICES
Many people are quick to associate exercise with its physical benefits, but those hours spent on the treadmill also can boost brain power.

depressive disorder. In addition, in following up with patients a year later, Blumenthal found that those who continued to exercise had lower depression scores than those participants who were less active. Blumenthal's study was not the only one to conclude that exercise can have a positive impact on mood. In a review of 11 studies that examined the effects of exercise on mental health, Boston University professor of psychology Michael Otto and his colleagues found that exercise could be a powerful tool when treating clinical depression, and even recommended clinicians include exercise as part of their treatment plans for depressed patients.

Antidote to anxiety

Some researchers, Otto included, have begun to examine the effects of exercise on treating and possibly preventing anxiety. The body's nervous system responds quickly when people feel frightened or threatened, often causing the body's heart rate to increase and sweating and dizziness to occur. Those people who are especially sensitive to anxiety respond to these feelings with fear, and that makes them more likely to develop panic disorders. But Otto and fellow researcher Jasper Smits of the Anxiety Research and Treatment

Program at Southern Methodist University studied the effects that regular workouts might have on people prone to anxiety. Since exercise produces many of the same physical reactions, such as sweating and an elevated heart rate, the body produces when responding to fear or threats, Otto and Smits wanted to determine if exercise might help people prone to anxiety become less likely to panic when experiencing fear or threats. In studying 60 participants with heightened sensitivity to anxiety, Otto and Smits found that the subjects who participated in a two-week exercise program exhibited marked improvements in anxiety sensitivity compared to those participants who did not take part in the exercise program. Otto and Smith concluded that this improvement was a result of the exercise group participants learning to associate the symptoms common to both fear and exercise, such as sweating and an elevated heart rate, with something positive (exercise) instead of something negative (anxiety).

Regular exercise benefits the human body in numerous ways, not the least of which is its impact on the brain. More information on the link between exercise and improved mental health is available at www.apa.org.

YOGA

Continued from Page 9

nitely worth the benefits," she said. Karen Graham was 45 pounds heavier and unable to do one push-up when she began attending Monday night yoga class one year ago.

"I let the fact that Monday night is date night with my husband to be an excuse to not go to class at first," Graham said. "Now J.D. and I look forward to spending date night with 20-plus friends, supporting each other in a healthier lifestyle."

Graham says people shouldn't let limitations discourage them from trying out yoga.

"You will benefit from being there at whatever level you are," she said.

Kim Shoulders drives from Ed-dyville to work out with the Marion Yoga Club.

"It has been an amazing experience for me from the beginning," Shoulders said. "Yoga has challenged my body and mind in ways running never could. I can do poses, like Crow, that I never thought possible."

"God made the human body in such a beautiful way to be pushed and challenged," Shoulders added.

According to an article entitled "Count on Yoga: 38 Ways Yoga Keeps You Fit" published by Yoga-Journal.com, the exercise has been shown to offer the following benefits:

- Increases flexibility.
- Prevents degenerative arthritis by squeezing and soaking sponge-like cartilage, which receives nutrients when squeezed.
- Increases strength through weight-bearing poses.
- Benefits spinal disks which crave nutrients received by movement.
- Increases blood flow to internal organs.

- Boosts hemoglobin and thins blood, thus decreasing stroke and heart attack risks.
- Helps the lymphatic system fight infection.
- Improves aerobic conditioning.
- Lowers cortisol levels, high levels of which are linked to depression and high blood pressure.
- Burns calories.
- Lowers blood sugar and boosts HDL, or "good" cholesterol.
- Improves coordination and balance.

While the physical and health benefits to yoga are oftentimes the measuring sticks for participants of the Marion Yoga Club, Dr. Manayan emphasizes that the mental and spiritual aspects of the weekly practice should not be discounted. Before each Monday night session, he encourages everyone to dedicate their practice to someone or something, and to focus on that throughout the class.

Maintaining a healthy lifestyle has always been important to 72-year-old Marion resident Glenda Chandler, one of the senior members of the Marion Yoga Club.

"My strength has improved and my balance is the main thing I am working for," Chandler said. "It helps your mental attitude, too, because any time you're physically active it helps your mental attitude."

"We are most fortunate to have someone of Dr. Rex's expertise and knowledge who cares as much about the community to give us his time and energy."

Attending the weekly yoga class is one element in Marla Manning's effort to have a healthier lifestyle.

In addition to walking on her treadmill, Manning started attending the class in 2012 with a friend, and now is a regular.

"I have gotten more flexible, and it's made me more outgoing," said Manning, who said her healthy lifestyle is also benefitting her husband.

band.

"The other morning he said his back hurt, so I showed him how to do Child's Pose, so it has rubbed off on him," she said.

"I'm thrilled it is available in Marion, and it's encouraging that so many people are coming."

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Standing with Ms. Ann Lott are (from left) therapists Jessica Paris, Kelly Hawkins, Mechelle Luttrell & Meagan Binkley

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Comprehensive Team Treatment Plan:

The interdisciplinary team developed a Care Map specific to Ann's situation and provided a guide for her smooth and successful recovery. Ann received Physical, Occupational and Speech Therapies 5 times per week. During her stay, Ann also joined in daily activity programs.

Case Outcome:

Ann was able to regain use of her left side. Ann learned how to ambulate and transfer, get dressed and perform daily tasks. Speech therapy worked to help Ann regain her ability to swallow and make facial gestures.

Comments on Care

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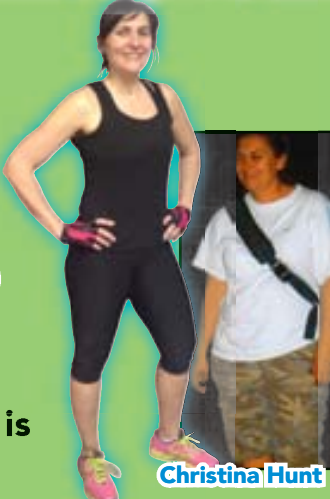
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Multivitamins can benefit nutritional needs

Today, multivitamins and minerals marketing campaigns claiming to improve your health and reduce your risk of chronic disease constantly bombarded us. Just look around your supermarket. Chances are, multivitamins and mineral supplements have their own section.

Dietary supplements are a multibillion-dollar industry. In 2012, dietary supplement sales reached \$11.5 billion. In a 2013, the U.S. Government Accountability Office reported more than half of all U.S adults have taken a dietary supplement



in the past month. The 1999-2004 National Health and Nutrition Examination Survey showed 34 percent of children and adolescents take a vitamin or mineral supplement.

While our food supply in America is abundant, many of us don't get the recommended nutrients we need, and we tend to consume

way too much added sugar, refined grains, sodium and saturated fat. More than 50 percent of Americans suffer from chronic diseases because of poor food choices.

Should everyone take a multivitamin for better health? Are vitamins and supplements needed? Which ones should you choose?

According to Ingrid Adams, UK associate extension professor nutrition and weight management many Americans diets are lacking in potassium, fiber, calcium and vitamin D. Potassium and fiber help with heart health. Fiber is important

for health and digestion and helps prevent heart disease, diabetes, obesity and constipation.

Calcium keeps our bones strong, and vitamin D helps our bodies absorb calcium and phosphorus. By consuming a diet rich in fruits, vegetables, whole grains, lean sources of protein and fat-free or low-fat milk and dairy, you can increase your intake of the nutrients lacking in the American diet and improve your health.

According to the Academy of Nutrition and Dietetics, the best way for you to reach optimal health and reduce your risk of chronic

diseases is by eating a wide variety of nutrient-dense foods. The academy also says additional nutrients from supplements may help some individuals meet their dietary needs or treat a diagnosed nutrient deficiency. Multivitamins and minerals can help fill dietary gaps, but if taken in excess, may result in the consumption of some nutrients above recommended levels.

You should always let your doctor or dietitian know the types of supplements you are taking and always remember that the best nutrition-based strategy for promoting optimal health and reducing the risk of chronic disease is to wisely choose a wide variety of nutrient-rich foods.

For more information and tips on getting more nutrients into your diet, check out the University of Kentucky Cooperative Extension publication FCS3-573 "Hungry for Change: Getting More Nutrients into the American Diet," available online at <http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3573/FCS3573.pdf> or through your local Extension office at 1534 U. S. 60 East, Marion.

CCES SECOND NINE WEEKS HONOR ROLL

Crittenden County Elementary School third- through fifth-grade honor roll listing supplied to The Crittenden Press by the school

3rd Grade
Jennifer Bell
All-A Honor Roll: Parker Kayse and Evan McDowell.
A-and-B Honor Roll: Hanna Collins, Zachary Counts, Callie Dempsey, Case Gobin, Seth Gobin, Sydney Harkins, Raven Hayes, Emily Henderson, Mya Moore, Harley Mullens, Kaleb Nesbitt, Jenna Newland, Madalyn Schiller and David Valentine..

Heather Bloodworth
All-A Honor Roll: Paris Anderson, Evan Belt, Genesis Calderon, Brylee Conyer and Addie Hatfield.
A-and-B Honor Roll: Briley Berry, Tanner Campbell, Trevor Eifler, Taylor Guess, Nate Hester, Preston Sisco and Lexi Wesmolan.

Mandy Perez
All-A Honor Roll: Jordan Hardesty, Jacob Hoover and Gavin Peek.
A-and-B Honor Roll: Hannah Baker, Natalee Buchanan, Anthony Federico, Wesley Fritts, Lanie Greenwell, Wyatt Hodge, Cameron Letts, Jayd Lopez, Hailey McCann, Isaac Phillips, Emilee Russellburg, Kaydinz Tinsely and Carly Towery.

Sarah Riley
All-A Honor Roll: Seth Blackburn, Natalie Boone, Nathan Bozeman, Macie Hunt and Karsen Shouse.
A-and-B Honor Roll: Jazmyn Lineberry, McKenna Myers, Jack Reddick and Tara Stinnett.

4th Grade
Rita Binkley
All-A Honor Roll: Ethan Wallace, Samantha Tinsley and Ryleigh Tabor.
A-and-B Honor Roll: Dylan Yates, Dennon Wilson, Jordan Watts, Hadlee Rich, D.J. Morris, Cole McKinney, Addy Kirby, Kollin Graham, Addyson Faughn, Callie Brown and Maggie Blazina.

Julie Millikan
All-A Honor Roll: Tanner Beverly and Luke Crider.
A-and-B Honor Roll: Colyn Caraway, Maddox Carlson, Erica Darnell, Aliyah Frutiger, Kaitlyn Guess, Jalynn Hackney, Emma Waters, Chloe Weathers and Dalton Wood.

Tiffany DeBoe
All-A Honor Roll: McKenzie Quertermous and Mallory Lynn.
A-and-B Honor Roll: Laurel Brown, Faith Conner, Holden Cooksey, Trace Derington, Braydon Hill, Hayden Jones, Bryan Littlepage, Jordan Long, Blake Martin, Luke Mundy, Hannah Myers and Faith White.

Johnna Fitch
All-A Honor Roll: Alyssa Bozeman, Grace Driskill, Dane West and Emma Williams.
A-and-B Honor Roll: Kobe Adams, Peyton Purvis, Grace Roberts, Gage Russell, Coby West and Raina West.

5th Grade
Tammy Brantley
All-A Honor Roll: Trace Adams, James Crider, Amanda Estes, Cameron Howard, Kate Keller, Caden McCalister, Kenlee McDaniel and Eli Moss.
A-and-B Honor Roll: Corey Davis, Jaelyn Duncan, Allie Geary, Daniel Gipson, Destiny Knight, Caleb McDonald, Lilly Perryman, Sadie Pile, Brady Smith and Seth Taylor.

Cindy Crabtree
All-A Honor Roll: Charity Conger, Kacie Easley, Kaideen Hollis, Belle Minton, Tate Roberts, Xander Tabor and Braxton Winders.
A-and-B Honor Roll: Sammy Greenwell, Lilyann Hester, Taylor Koerner, Noah Lynch, Dominic Rorer, Seth Sarles, Taylor Stoner, Laela Turner and Emily West.

Ashley Kemmer
All-A Honor Roll: Gage Campbell, Ian Ellington, Leah Fritts, Jada Hayes, Isabella Holliman, Sara Jones, Matthia Long, Chase Stevens and Quinn Templeton.
A-and-B Honor Roll: Sarah Anderson, Devin Doyle, Lathen Easley, Mary Holman, Chandler Moss, Jalaine Noel and Southern Pate.

Sara Omer
All-A Honor Roll: Ben Dobyons, Lily Gardner, Gabe Mott, Ally Newman and Jessie Potter.
A-and-B Honor Roll: Tyler Boone, Nahla Callaway, Kalli Champion, Landen Crider, Hannah Faughn, Ashlyn Hicks, Abby Kirk, Aaron Locke, Jasper Morrison, Brian Nelson and Jimmy Newland.



SUBMITTED PHOTO

Speech team qualifies

Seven members of the Crittenden County High School Speech Team participated in the regional competition at Murray State University on Feb. 1. All members qualified for the Kentucky High School Speech League state competition to be held at the University of Kentucky on March 14-15. Pictured are (from left, kneeling) Jessi Brewer, Prose Interpretation and Improvisational Duo; Katie Wheeler, Improvisational Duo; (standing) Brennan Jones, Duo Interpretation and Improvisational Duo; Cole Foster, Broadcast Announcing, Humorous Interpretation and Improvisational Duo; Alexis Tabor, Improvisational Duo; Amber Wright, Broadcast Announcing and Improvisational Duo; and Emily Tinsley, Duo Interpretation.



SUBMITTED PHOTO

CCHS January Students of the Month named

Crittenden County High School has named the following Students of the Month for January: (front row, from left) Grishma Patel, Marry Sitar, Heather Tolley, Brittany Lemon, Maggie Collins; (second row) Cody Godwin, Paige Hicks, Jessica McConnell, Adam Wright, Michaela West, Ashley Croft; (third row) Ethan Hunt, Emily Robertson, Kaylee Graham, Dustin Greenwell; (back row) Dakota Stone, Jason Isbell, Jared Lundy, Chris Swilley and Hunter Stone. Not pictured are Destiny Shewmaker, RaKara McDowell and Austin Travis.

Community CALENDAR

Thursday, Feb. 6
■ A Crittenden County Mobilizing for Action through Planning and Partnerships, or MAPP, meeting will be held at 1 p.m., at the health department conference room.
■ The Pennyrile District Board of Health will meet at noon at the Lee S. Jones Building located at 510 State Route 93 South in Eddyville.
Saturday, Feb. 8
■ The Crittenden County Genealogy Society will meet at 10 a.m., in the public library meeting room (weather permitting). The program will include family research trip,

given by member Phyllis Bradford.
Monday, Feb. 10
■ The Crittenden County Senior Citizens Center will hold an informational meeting on medicare, kynect health insurance, PACS assistance and finances. Joining Alicia McDowell will be Kathy Penn Belt, Nancy Hunt and Robbie Sharon. For more information call the senior center at (270) 965-5229.
■ Crittenden Health Systems will sponsor a blood drive with the West Kentucky Regional Blood Center from 11 a.m. to 6 p.m., in the education room.

All donors will receive a T-shirt and cholesterol screening.
Tuesday, Feb. 11
■ The Crittenden County Republicans will meet at 6 p.m., at the courthouse in Marion for a planning meeting. All persons running for office should attend. For additional information call (270) 871-1145.
Thursday, Feb. 13
■ A Valentine's dinner and dance will be held from 5 p.m. to 8 p.m. at the Crittenden County Senior Citizens Center. A \$5 donation will be accepted at the door. Proceeds benefit the home delivered

meal program and the Senior Citizens Council. Call (270) 965-5229 for more information.
Saturday, Feb. 22
■ Electrical, HVAC and plumbing classes will be held at the Ed-Tech Center in Marion. Call (270) 965-9294 for more details.
Friday, Feb. 28
■ RSVP, or Retired and Senior Volunteer Program, will provide tax preparation at the Crittenden County Senior Center. Additional dates include March 28 and April 11. Appointments will be taken from 9 a.m. to 2 p.m.



SUBMITTED PHOTO

Essay winners named

Three Crittenden County High School students were named county winners in the NRCS Water Essay Competition. First place went to Cole Foster (center); second place went to Jessi Brewer (right) and third place went to Kelsey Lucas. Kentucky Farm Bureau contributed prize money for the contest.

SENIOR CENTER CALENDAR

Crittenden County Senior Citizens Center is open weekdays 8 a.m. to 4 p.m. Lunch is served at 11:30 a.m. each day and is \$3 for those age 60 and older. Milk, coffee or tea are available each day. Reservations are requested.
Every day, the center at 210 North Walker St. in Marion offers billiards, card games, Wii games and the use of the exercise equipment. Call the center at 965-5229 for further information.
This week's activities and menu include:
- Today: Bro. Tim Burdon will bring a message at 10:30 a.m. Menu is oven-fried chicken, parsley potatoes, green beans, whole wheat roll and dreamsicle gelatin.
- Friday: Bingo begins at 10:30 a.m. Menu is chili con carne, pimento cheese sandwich on wheat bread, saltine

crackers, tropical fruit cup and oatmeal cookie.
- Monday: Menu is chicken and dumplings, buttered spinach, baby carrots, baked apples and cornbread.
- Tuesday: Sue Parrent with the Crittenden County University of Kentucky Cooperative Extension Service will host nutrition class at 10:30 a.m. Menu is pork chop sandwich on wheat bun, buttered new potatoes, seasoned peas and brownie.
- Wednesday: Menu is meatballs with gravy, baked potato, Brussels sprouts, wheat bread slice and tropical fruit.
- Next Thursday: A Valentine's Day dinner will be provided at 5 p.m. with a dance to follow at 6 p.m. Lunch menu is almost lasagna with veggies, broccoli, wheat garlic bread and Jell-O cake.

High school celebrates National FCCLA next week

By AUDREY SMITH
GUEST CONTRIBUTOR

Crittenden County members of the Kentucky State Association of Family, Career and Community Leaders of America (FCCLA) will join more than 200,000 members in celebration of National FCCLA Week, which is recognized all next week. This year's theme is "Exceeding Expectations."

During National FCCLA week, members plan and carry out activities to address teen and societal concerns and show how family and consumer sciences education can help them achieve the ultimate leadership experience.

Our chapter has decided to include all fellow classmates by having a Crittenden County High School FCCLA week. During FCCLA week, we will have a different theme every day. All classmates and teachers will be encouraged to dress up, show school spirit and have some fun.

The themes for FCCLA week will be:

- Monday: 'Merica Monday/Hat Day.
- Tuesday: STAR Tuesday. Dress like a star and wear a celebrity shirt.
- Wednesday: Wonder Wednesday. Dress like your favorite superhero.
- Thursday: Twin day.
- Friday: Share the love and wear red.

Community service is also very important to FCCLA members. We helped to direct cars at the county fair in the summer of 2013.

We also held our annual "Unite to Read" night for el-

ementary age children. During the Unite to Read program, children are read a book and encouraged to help bring it to life. They walk through different activity stations that are hands-on re-enactments of the book. This is always a big hit with the children attending and all FCCLA members are involved.

Chapter members also recognize Teacher Appreciation Day. The members prepare a meal for the teachers once per year.

CCHS will also be host to the 2014 Students Taking Action with Recognition (STAR) events competition on Feb. 22. The school where the Region 2 vice-president of STAR events attends is given this honor. We are honored our very own Katie Travis is the Region 2 Vice-President.

In the STAR events, students must place first to advance to the state level, which will be held March 19-21 in Louisville. If you place first or second at the state level, you move to the national level, which will be held July 6-10 in San Antonio, Texas.

The Crittenden County Chapter has had many accolades during the past school year. Six students placed second in state competition and advanced to the National Leadership Conference that was held July 7-11 in Nashville, Tenn. The students comprised two teams for the National Programs in Action category. The freshman team consisted of Kaitlyn Myers, Kristen Perryman and Katie Travis. The up-

perclassmen team consisted of Brittney Buell, Taylor Fritts and Abby Whitney. Both teams received a Silver rating.

The Crittenden County Chapter also attended the National Cluster Meeting Nov. 21-23 in Charlotte, N.C. There are three cluster meetings held in the United States each November. The delegates who attended were Amber Wright, Taylor Fritts, Hannah Hardin, Audrey Smith, Charity Sitar, Myers and Nikki Shuecraft.

The students competed in Knowledge Bowl, which is similar to academic team, utilizing Family and Consumer Science curriculum. The team consisted of Fritts, Wright, Sitar, Shuecraft and Myers.

The team made the semifinals.

Three other members competed in Skill Demonstration Events. These events are open to any member across the nation.

Audrey Smith competed in Creed Speaking and Interpretation. Students in this event must recite the FCCLA Creed from memory and answer questions pertaining to their philosophy of the creed and how it applies to their lives. Smith placed first in the Junior Category.

Hannah Hardin and Wright competed in the event Impromptu Speaking. Students in this event are given a topic and are allowed 10 minutes to form a four-minute speech. Wright placed first in the Senior Division and Hardin placed third in the Junior Division. These students were also

February recognized as Career and Technical Education Month

February is National Career and Technical Education (CTE) Month and this year's theme is "Invest in Your Future," which focuses on how CTE programs are preparing students to be competitive in today's global economy.

In Crittenden County and across Kentucky, school systems are focused on college and career readiness, which counts toward 15.4 percent of a high school's accountability each year. CTE is a key area when preparing for careers. It offers various pathways to success, which may include post-secondary education.

There are 14 career clusters, each of which provides a way for schools to organize instruction and student experiences within that academic area. These clusters encompass virtually all occupations from entry through professional levels. These include the following:

Crittenden County High School focuses on agriculture, business, family and consumer science and engineering. It also has a partnership with the Area Technology Center (ATC) in Caldwell County. Students may enroll in courses offered at the ATC

and are provided transportation.

Within the high school, the numbers speak volumes. Student enrollment by area is as follows:

- Agriculture: 110.
- Business: 85.
- Engineering: 48.
- Family and consumer sciences: 111.

Because several students are enrolled in multiple career areas, there are 354 enrollments in the CTE programs housed in the high school. The students are preparing to become college and career ready.

recognized by the Crittenden County Board of Education for their achievements during the January 2014 board meeting.

The Crittenden County chapter of FCCLA is the largest chapter in Region 2. Region 2 consists of Caldwell, Christian, Crittenden, Livingston, Lyon, Hopkins, Muhlenberg, Todd, Trigg and Webster counties. There are 13 schools in Region 2.

The governing council is made up of 10 offices. This year, Crittenden County is proud to have three students serving. The Crittenden County officers for the 2013-14 school year are:

- Region 2 President: Kaitlyn Myers.
- Region 2 Vice President

of Competitive Events: Katie Travis.

- Region 2 Vice President of Programs: Dakota Watson.

Crittenden County has a candidate who has filed for state office. Myers is representing Crittenden County and Region 2. She and the chapter delegation will be attending the Kentucky State Leadership Meeting during the week of March 17 in Louisville.

FCCLA is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through family and consumer sciences education. FCCLA has more than 200,000 members and more

than 5,500 chapters from 49 state associations, Puerto Rico and the Virgin Islands. The organization has involved more than 10 million youth since its founding in 1945.

FCCLA is the ultimate leadership experience among youth organizations because its programs are planned and run by members. It is the only career and technical in-school student organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers and communities.

(Editor's note: Smith is a member of the Crittenden County High School FCCLA chapter.)



PHOTO BY JASON TRAVIS, THE PRESS

Knit pillows donated to CHS

Knit pillows made by the Woman's Club of Marion were donated to Crittenden Health Systems for hospital patients or individuals who have had surgery. Pictured (from left) are Janice Miller, RN; Joyce Brantley, RN and OR supervisor; and Nancy Hunt, president of the Woman's Club of Marion.

Hughes attends Astronomical meeting in Washington, D.C.

STAFF REPORT

A Gatton Academy senior from Marion presented his research findings on Jan. 9 at the 223rd meeting of the American Astronomical Society (AAS) in Washington, D.C.

James "Marcus" Hughes, a senior at the prestigious residential school for high school juniors and seniors on the campus of Western Kentucky University, presented a poster entitled "A Survey of Hidden Molecular Clouds in the Milky Way," according to the Gatton Academy's website.

Hughes, 18, was joined by 2013 Gatton Academy graduate Mary Spraggs of Danville, who also presented a poster at the AAS conference. The students' research is mentored by Dr. Steven Gibson, assistant professor in Western's Department of Physics and Astronomy.

"Marcus and Mary have



Hughes

done cutting-edge work deserving of a national forum," Gibson was quoted in a news release on the Academy's website. "The AAS conference is a great opportunity for them to communicate their results, get important feedback from other researchers in the field, and see how the wider professional community functions."

Hughes is the son of Millie Hughes and Albert Hughes.

The Gatton Academy of Mathematics and Science in Kentucky is the Commonwealth's only state-supported residential high school for students inter-

ested in pursuing advanced careers in science, technology, engineering and mathematics. Instead of spending their junior and senior years in traditional schools, students take all their coursework through Western with regularly enrolled college students.

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WKU announces fall dean's list

STAFF REPORT

Western Kentucky University has released its dean's list and president's list for the fall 2013 semester.

Students making the president's list with a grade-point average of 3.8 to 4.0 on 4-point scale are Whitney A. Johnson, Madison L. Travis, James M. Hughes

and Brody M. Bruns, all of Marion; Mara J. Orange of Fredonia; Hannah R. Brantley of Salem; and Richard T. Catilla of Tiline.

Making the dean's list with a GPA of 3.4 to 3.79 was Talley M. Nix of Marion.

To be eligible for either list, students must have at least 12 hours of coursework for the semester.

BASKETBALL

Upcoming prep games

Crittenden County Schedule

Thursday

Rockets host Hardin County, Ill.

Friday

Boys, Girls host Dawson Springs

Homecoming Game

Saturday

Lady Rockets host Ballard Memorial

Monday

Boys, Girls at Community Christian

Tuesday

Rockets at Caldwell County

Throw back to old gym

Crittenden County's basketball at Caldwell County Tuesday night will be played in the old high school gym in downtown Princeton.

Big games at Smithland

Lyon County plays at Fifth District doubleheader Friday at Livingston Central to determine final seeding for the post-season tournament. Both the girls' and boys' game at Smithland will have an impact on the league's final regular-season standings, which determines playoff seedings. The boys' matchup will determine which team finishes third and fourth in the league and the girls' game will decide the championship. In both cases, a tie would be broken by flipping a coin to determine post-season seeding.

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Fifth District Standings

BOYS		
Team	Overall	Dist.
Trigg County	12-6	6-0
Crittenden County	5-15	4-2
Livingston Central	4-15	1-4
Lyon County	7-13	0-5

GIRLS		
Team	Overall	Dist.
Lyon County	11-7	5-0
Livingston Central	9-9	4-1
Crittenden County	6-13	2-4
Trigg County	5-14	0-6

Alumni game Saturday

There will be a Lady Rocket alumni game and reception starting at 3 p.m., Saturday at Rocket Arena. At 6 p.m., the CCHS Lady Rockets will host Ballard Memorial. All alumni will be recognized between the JV and varsity games. If interested in playing, contact Coach Shannon Hodge at (270) 704-0593 or shannon.hodge@crittenden.kysc.hools.us.

OUTDOORS

Hunting seasons

Raccoon	Oct. 1 - Feb. 28
Squirrel	Nov. 11 - Feb. 28
Rabbit, Quail	Nov. 11 - Feb. 10
Trapping	Nov. 11 - Feb. 28
Bobcat	Nov. 23 - Feb. 28
Crow	Jan. 4 - Feb. 28
Groundhog	Year Round
Coyote Daytime	Year Round
Coyote Nighttime	Feb. 1 - May 31
Turkey Youth	April 5-6
Spring Turkey	April 12 - May 4

Coyote hunting contest

There will be a 24-hour coyote hunting contest in Crittenden County starting at sundown Friday, Feb. 7 and running through 5 p.m., Saturday, Feb. 8. Register at Hodge Outdoor Sports.

FOOTBALL

Class A teams for 2015

These are the teams projected to be in Class A during the 2015 through 2018 football seasons based on their four-year average enrollment of boys in the schools (see article this page):

School	Avg. Number of Boys
Fulton City.....	51.8
Eminence.....	71.3
Fulton County	87.8
Pineville	90.8
Dayton	98.0
Paintsville.....	103.0
Jenkins.....	103.5
Williamsburg.....	111.0
Paris.....	112.5
Frankfort.....	114.0
Harlan	115.0
Caverna	119.0
Bellevue	119.8
Kentucky Country Day	132.8
Holy Cross (Louisville)	134.8
Phelps	135.0
Russellville.....	138.0
Hazard	147.5
Ludlow	148.8
Campbellsville.....	150.3
South Floyd.....	153.5
Lynn Camp	154.3
Fairview	162.3
Raceland.....	162.5
Bishop Brossart	170.8
Berea	171.0
Bethlehem.....	173.0
Nicholas County.....	176.0
Pikeville.....	177.5
Bracken County	180.0
Crittenden County	182.5
Beechwood.....	188.5



Recreational League

CHAMPIONS

The boys' third through sixth grade recreational basketball league post-season tournament was played last weekend at Rocket Arena. The winning team is pictured at left. Members were (from left) Nicholas Pendley, Daley Deboe, Wesley Fritts, Seth Blackburn, Briley Berry, (back) Luke Crider, Braxton Winders, coach Travis Perryman, Jayden Carlson, Rhett Parish and Maddox Carlson. The recreational basketball program is coordinated by the Crittenden County High School basketball program. It begins registration and play in late November or early December each year.

Rocket football going back to A

STAFF REPORT

A collective sigh of relief erupted from Rocket football supporters last week as news leaked out about Crittenden County heading back to Class A football in 2015.

Although the district makeup will not be etched in stone until May, it's certain that the Rockets will leave Class 2A after four years and head back to 1A where they fared much better over the previous 25-plus seasons.

"I think it's good news for us," coach Al Starnes said, echoing the sentiments made public by several supporters when The Press posted the breaking news last week on its Facebook page and website.

The Rockets have won just three games the past three seasons while being classified in Kentucky's Class 2A. The team's glory years, from 1985 through the mid 2000s, were all spent in

Class A, the state's classification for the smallest football playing schools.

According to information made available by the Kentucky High School Athletic Association, Crittenden will be the second largest school in Class A when the shakeup goes into effect for the 2015 season.

"We have been told not to start working on our schedules until May," Starnes said.

At that point, he said the districts will be set. However, it's pretty clear that Crittenden will play in the Class A First District alongside Fulton City, Fulton County and Russellville, a storied team that went through troubled times a few years ago but has recently returned to glory.

Teams are classified on a four-year average of the number of boys in the school. Beechwood, a team from northern Kentucky that beat the Rockets in the 2008 state semifinals, will likely

be Class A's largest school.

Teams that Crittenden County has played in 2A the last three years – such as Caldwell County and Murray – will remain on their district schedule this fall for the last time. Afterwards, Starnes said he anticipates keeping at least Caldwell on the schedule, plus other larger schools in nearby counties such as Union and Webster. He said playing those traditional rivals will always be good for the program and it helps prepare his team for the playoffs. For the foreseeable future, however, Crittenden will not have to deal with those bigger opponents in postseason.

Mayfield, a traditional Class A power, is moving to 2A as is Murray and Webster. Caldwell and Union will go to 3A. The new classification will be for the 2015 through 2018 seasons. See a complete list of teams projected for Class A in the far left column of this page.

Chambliss buck takes contest's grand prize

STAFF REPORT

For years, Fredonia's Kevin Chambliss has taken good bucks, but never before had he sighted in on something like his monster 12-pointer that won this year's Crittenden County Big Buck Contest sponsored by Hodge Outdoors Sports and the Marion Tourism Commission.

"This is by far my biggest buck ever," said 39-year-old Chambliss. "I've tried for years to harvest a buck that would break the gross 160 Boone and Crockett mark with no luck."

He'd been close, taking a 151, 154 and 156 in years past. He knew that 160 milestone could be eclipsed by a buck he'd encountered for the first time in 2011. He was pretty sure the buck – at that time – was a three-and-a-half-year-old basic eight pointer with a couple of stickers on the G2.

"He would've been a great buck to harvest, but I could tell he still had some growing to do," Chambliss said. "My next encounter with the buck was during the 2012 deer season. He had grown quite a bit and would've likely flirted with the 160 mark."

Problem was he'd already tagged out with a 138-class nine-pointer in bow season.

"I tried during the entire 2012 rifle season to get my wife or daughter a shot at the big buck. My wife came close to dropping the hammer on him. We had the buck broadside at 80 yards for only a few seconds before he turned and walked directly away from us," Chambliss recalls.

Not having a good shot at the deer moving away from her, his wife didn't pull the trigger. Their hearts sank minutes later when they heard a close shot just over the ridge.

Despite missing their chance, Chambliss said he and his wife never second-guessed the decision not to take an unethical shot. After neither seeing the deer again from the stand nor getting him a trail camera that season, Chambliss figured the deer was gone, probably hanging on someone else's wall.



Kevin Chambliss contest-winning buck was actually taken in the edge of Lyon County. Although the contest is sponsored in Marion, there is no restriction on from what county the deer is taken.

Fortunately, though, he got another shot.

"My next encounter with the big 12-pointer was on a morning hunt during the 2013 rifle season. Deer were definitely moving that morning. I saw several small bucks chasing does and two decent 3½-year-old bucks cruising the field edges," he recounted.

He left his deer stand and headed to the pickup after a nice morning's hunt, but still holding his buck tag.


"A doe suddenly crossed in front of me with a huge buck on her tail. I knew when I saw him that he was the big buck from the years before," said Chambliss.

The deer ran into a large thicket and Chambliss continued quietly to his truck, hoping not to run them out of the thicket and into the path of another hunter.

"I had no pics of the buck this year and knew he wasn't spending much time on the property. My only hope was that he'd stay with his new-found love long enough for me to close the distance on him," he said.

Like Father, Like Son ...

The Crittenden Press will feature the winner of the Youth Big Buck Contest in next week's edition. You will be surprised to know it's a family affair as Jordan Chambliss takes the grand prize.



Unable to hunt that afternoon or the next morning due to other obligations, Chambliss didn't know if he'd ever see the big bruiser again. Almost 36 hours passed before he got back into the woods.

"I finally made it to the farm only 45 minutes before dark. I made it to my stand with high hopes of seeing the buck, but as the sun began to set with no sign of him, I worried that he might have already moved off the farm. Just when I had given up and decided to still hunt my way back to the truck, a doe stood up out of a small wooly depression in the field and behind her was my buck," he said.

The hunter had apparently walked past the bedded deer on his way in to the stand.

With one shot to the front, right shoulder the big buck hit the ground.

"His body was much bigger than I had thought. Though I was excited about my harvest, I felt like an era had ended and couldn't help but take a few moments to thank God for allowing me to have the opportunity to hunt such a magnificent creature," Chambliss said.

The tall, 12-point rack had long beams and plenty of character. It's rough, gross score will be around 165 B&C.

As it turned out, the hooves on the buck were in the process of coming off and is a sign of having contracted EHD sometime during the late summer-early fall. Chambliss thinks the disease may have eventually claimed the deer later in the winter.

Pictured above right are Lady Rocket Little Dribblers. They are (front from left) Jordyn Hodge, Mary Rachel Stephens, Katelyn Tabor, Anna Boone, Elliot Evans, Lacey Boone, (back) Emily Mattingly, Aubrey Hollis, Ali Hollis, Haylee Perrin, Sofie Watson, Jaylea Bivens, Kayleigh Weathers, Carly Porter, Sierra Patrick. Pictured at right bottom are the girls who participated in the Lady Rockets little league basketball program. These girls had practices and played games this winter. They are (front form left) McKenna Myers, Riley Smith, Grace Driskill, Harli Morris, Katie Perryman, Macie Hunt, Addy Hatfield, Taylor Guess, Alyssa Woodall, Southern Pate, Chandler Moss, Callie Champion, Crista Sisco, (back) Callie Dempsey, Natalie Boone, Raylee Belt, Kate Keller, Kacie Easley, Morgan Barnes, Nahla Calloway, Lauren Gilchrist, Ashton Binkley, Ellie Smith, Emmie Smith, Cat Bishop and Mar Holeman.



Little Dribblers

Lady Rocket Little League



ATHLETICS HALL OF FAME



Mott, Chad - 2006 - Football
Mott, Dennis - 2010 - Football
Ordway, Bruce - 2008 - Basketball
Phillips, James - 2000 - Basketball
Perryman, Chad - 2011 - Baseball, Football
Rushing, Woodson - 1999 - Football
Shadowen, Jeff - 2003 - Basketball
Shewcraft, Jeff - 2004 - Basketball
Simmons, Ellis - 2005 - Basketball
Stern, Bennett - 1999 - Basketball
Starnes, Al - 2004 - Football
Stewart, Wompie - 2007 - Football
Swisher, Bob - 2000 - Football
Tabor, Charles "Bill" - 2003 - Football
Tabor, Gerald "Hoopy" - 2000 - Basketball
Tabor, Melissa Jones - 2009 - Golf
Terry, William "Gander" - 1999 - Football
Thurman, Greg - 2002 - Basketball
Tworze, Carlisle - 1998 - Basketball
Turley, Curtis - 1999 - Basketball
Van Hooser, Carroll - 1998 - Football
Wheeler, Floyd "Rip" - 2010 - Baseball
Woodall, Deller E. - 1998 - Football
Woodall, Jerry - 2004 - Football
Wring, Tommy - 2002 - Basketball
1945 Marion High Football Team - 2008
1963 CC High Football Team - 2008
1985 CC High Football Team - 2000

Khylla Moss (44) is drawing some tough assignments under the basket as illustrated by her blocking out of Fort Campbell's center, who was a good bit taller. Still, Moss played well Friday and had a steal that helped seal the victory at Fort Campbell. At right, Moss seals off the post while Meredith Evans defends a shot during the Lady Rockets' loss at Caldwell County Saturday.

STAFF REPORT

It wasn't very pretty down the stretch, but Crittenden County's girls held on Friday to beat Fort Campbell 42-34 and claim their sixth win of the season.

Backup center Khyla Moss won a battle for a loose ball with 1:25 to go, which allowed Crittenden to effectively kill much of the remaining time on offense, thus sealing the outcome. The Rockets girls had led by 11 with four minutes left but missed eight free throws the rest of the way and let Fort Campbell get back to within three at one point.

The Lady Rockets didn't fare quite as well Saturday night at Caldwell County.

basket as illustrated by her blocking out of Fort Campbell's center, who was a good bit taller. Still, Moss played well Friday and had a steal that helped seal the victory at Fort Campbell. At right, Moss seals off the post while Meredith Evans defends a shot during the Lady Rockets' loss at Caldwell County Saturday.



Crittenden 42, Fort Campbell 34
Crittenden County 14 6 6 6 16
Fort Campbell 10 4 5 12
CRITTENDEN - McDowell 10
C.Moss 9, Oliver 15, Collins 2, Nesbitt 4, Lynch, Evans, K.Moss 2
FG19. 3-pointers none. FT 8-26.
FORT CAMPBELL - Shamburger 4
Mayfield, Rangle, Fairley 3, Bryant
Hoeltke 12, Ingram 10, Smith 3
Jean-Paul 2. FG 13. 3-pointers 2
(Fairley, Hoeltke). FT 6-15.

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header. It is also the homecoming game. Croft, who is now an assistant coach for Trigg County where his son Payton is head coach, will not be attending the induction ceremony. Payton Croft is also a Crittenden graduate. Payton ranks 15th on the school's all-time scoring list. Croft was head coach at Livingston Central five seasons where he won a Fifth District championship in 2011. His Cardinals teams were 58-67 and three times they played in the district tournament championship game. Overall, Croft's career coaching record is 257-235. As a player, Croft was a guard on the 1973-74 team that finished 19-5. That was the team's best and only winning record until he became coach in the mid-1990s. Croft graduated from Crittenden County High in 1975 and played for a time at Madisonville Community College when it had a basketball team. Croft finished his undergraduate degree at Murray State.

ADAM H. EDELEN
AUDITOR OF PUBLIC ACCOUNTS

To the People of Kentucky
Honorable Steven L. Beshear, Governor
Lori H. Flanery, Secretary
Finance and Administration Cabinet
Honorable Perry Newsum, Crittenden County Judge/Executive
Members of the Crittenden County Fiscal Court

Independent Auditor's Report

We have audited the accompanying financial statements of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Crittenden County, Kentucky, as of and for the year ended June 30, 2012, which collectively comprise the County's basic financial statements, as listed in the table of contents. These financial statements are the responsibility of the Crittenden County Fiscal Court. Our responsibility is to express opinions on these financial statements based on our audit.

We did not audit the financial statements of the Crittenden County Hospital Inc., a discretely presented component unit of the Crittenden County Fiscal Court, which represents 100% of the assets and revenues, respectively, of the financial data presented for the discretely presented component units presentation. Those financial statements were audited by other auditors, whose reports thereon have been furnished to us, and in our opinion, insofar as it relates to the amounts included for Crittenden County Hospital Inc, is based on the reports of the other auditors.

We conducted our audit in accordance with auditing standards generally accepted in the United States of America, the standards applicable to financial audits contained in Government Auditing Standards issued by the Comptroller General of the United States, and the Audit Guide for Fiscal Court Audits issued by the Auditor of Public Accounts, Commonwealth of Kentucky. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinions.

As described in Note 1, Crittenden County, Kentucky, prepares its financial statements in accordance with the modified cash basis, which is a comprehensive basis of accounting other than accounting principles generally accepted in the United States of America. The financial statements of the Crittenden County Hospital Inc., a discretely presented component unit, are presented in accordance with the accrual basis of accounting and therefore include certain accruals required by accounting principles generally accepted in the United States of America that are not presented in accordance with the modified cash basis of accounting. The amounts by which these accruals affect the financial statements are not reasonably determinable.

In our opinion, except for the effects of such adjustments, if any, as might have been determined to be necessary had the Crittenden County Hospital Inc.'s financial statements been prepared using the same basis of accounting as Crittenden County, Kentucky, based upon the report of other auditors, the financial statements referred to above present fairly, in all material respects, the financial position of the discretely presented component unit of Crittenden County, Kentucky, as of June 30, 2012, and the respective changes in financial position and cash flows, where applicable, thereof for the year then ended in conformity with the basis of accounting described in Note 1.

In addition, in our opinion the financial statements referred to above present fairly, in all material respects, the respective financial position of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Crittenden County, Kentucky, as of June 30, 2012, and the respective changes in financial position and cash flows, where applicable, thereof for the year then ended in conformity with the basis of accounting described in Note 1.

Our audit was conducted for the purpose of forming opinions on the financial statements that collectively comprise Crittenden County, Kentucky's basic financial statements as a whole. The combining fund financial statements and budgetary comparison information are presented for purposes of additional analysis and are not a required part of the basic financial statements. The accompanying schedule of expenditures of federal awards is presented for purposes of additional analysis as required by U.S. Office of Management and Budget Circular A-133, Audits of States, Local Governments and Non-Profit Organizations, and is not a required part of the basic financial statements. Such information is the responsibility of management and was derived from and relates directly to the underlying accounting and other records used to prepare the financial statements. The combining fund financial statements and the schedule of expenditures of federal awards have been subjected to the auditing procedures applied in the audit of the basic financial statements and certain additional procedures, including comparing and reconciling such information directly to the underlying accounting and other records used to prepare the financial statements or to the financial statements themselves, and other additional procedures in accordance with auditing standards generally accepted in the United States of America. In our opinion, the combining fund financial statements and schedule of expenditures of federal awards are fairly stated in all material respects in relation to the basic financial statements as a whole. The budgetary comparison information has not been subjected to the auditing procedures applied in the audit of the basic financial statements and, accordingly, we do not express an opinion or provide any assurance on it.

In accordance with Government Auditing Standards, we have also issued our report dated September 6, 2013 on our consideration of Crittenden County, Kentucky's internal control over financial reporting and on our tests of its compliance with certain provisions of laws, regulations, contracts, and grant agreements and other matters. The purpose of that report is to describe the scope of our testing of internal control over financial reporting and compliance and the results of that testing, and not to provide an opinion on the internal control over financial reporting or on compliance. That report is an integral part of an audit performed in accordance with Government Auditing Standards and should be considered in assessing the results of our audit.

To the People of Kentucky
Honorable Steven L. Beshear, Governor
Lori H. Flanery, Secretary
Finance and Administration Cabinet
Honorable Perry Newcom, Crittenden County Judge/Executive
Members of the Crittenden County Fiscal Court

Based on the results of our audit, we present the accompanying schedule of findings and questioned costs included herein, which discusses the following report comments:

2012-01 The Fiscal Court Should Implement Strong Internal Controls Over Cash, Bank Reconciliations, Revenues, Payroll, Capital Assets, And Financial Reporting
2012-02 The Crittenden County Jail Lacks Adequate Segregation Of Duties Over The Accounting Functions
2012-03 Inter-fund Cash Transfers Should Be Properly Approved By Fiscal Court
2012-04 Debt Principal Should Be Properly Disclosed On The Quarterly Financial Statements
2012-05 The Former Jailer Should Have Submitted An Accurate Year-End Canteen Report As Prescribed By The Department For Local Government To The County Treasurer
2012-06 The Former Jailer Should Have Required Accurate Accounting Records Be Maintained
2012-07 The Former Jailer Should Have Required Daily Receipt Batching, Daily Check Out Sheets, And Daily Deposits
2012-08 Jail Commissary Expenditures Were Not Properly Supported
2012-09 Jail Fund Telephone Commissions Were Deposited Into The Jail Commissary Fund
2012-10 The Crittenden County Fiscal Court Failed To Monitor OMB A-133 Compliance Requirements

Respectfully submitted,


Adam H. Edelen
Auditor of Public Accounts

September 6, 2013

State law requires the Auditor of Public Accounts to annually audit fiscal courts, county clerks, and sheriffs; and print the results in a newspaper having general circulation in the county. The complete audit and any other audit of state agencies, fiscal courts, county clerks, sheriffs, and property valuation administrators may be viewed in the reports section of the Auditor of Public Accounts' website at www.auditor.ky.gov, or upon request by calling 1-800-247-9126.

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for sale

22nd Anniversary sale on Porta/Grace number 1 metal roofing, siding and trim. 40-year warranty. Call for low prices. Gray's Carports and Building, 907 Hopkinsville St., Princeton, Ky. (270) 365-7495. (13t-45-p)

Quality handmade leather belts. Made in the U.S.A. by Yoder's Saddlery. Available at Marion Feed Mill 501 E. Bellville St., Marion. (270) 965-2252. (tfc)ys

22-inch Bolens push mower. Used only one full season. \$100. 270-988-2422. (31-2t-p)

for rent

House for rent, nightly or monthly, fully furnished and includes utilities. (270) 704-1028. (tfc)dh

2 BR mobile home, deposit and references required. (270) 704-0528. (tfc)mp

3 BR, 2 bath mobile home, central heat and air, stove and refrigerator, trash pickup, yard maintenance, \$450/mo. (270) 704-3234. (tfc)je

Creekside Apartments is taking applications for 1, 2 and 3 BR apartments. Within walking distance to grocery store, pharmacy, restaurant and dollar stores. Laundry room on-site. Call (270) 965-5000 or come to the office Monday - Friday mornings. Equal Housing Opportunity. (tfc)

real estate

3 bedroom 2 bath home for sale, 310 N College St. 1,900 square ft with 2-car detached garage & fenced in back yard, \$82,000. Serious inquiries only please (270) 704-6404. (1t-31-p)

Brick home for sale, 3 BR, 1 bath, 2-car attached garage, inground pool. (270) 704-0869. (4t-31-p)

Farm property near Tolu. Prime bottomland approx. 45 acres, additional 16 acres plus of timber. No realtors or agents, principles only. (314) 548-6055. (2t-31-c bw)

agriculture

Family farm operation seeking crop ground and pasture ground for rent. Contact Josh at (270) 952-1827. (8t-38-p)

Hay for sale, small square grass bales and some small bales of alfalfa and a few rolls. (270) 704-0932. (4t-32-c)dg

Hay for sale, good quality, square bales \$3.75; round bales, \$35. (270) 704-0463. (4t-33-c)dj

wanted

Buying Indian arrowheads and artifacts, especially interested in pipe, pottery and bannerstones. Single pieces to entire collections. (812) 686-3865. (52t-29/15-p)

Buying Gold & Silver-paying cash for coins and jewelry. Free appraisals, paying top prices. Call (270) 704-1456. (12t-30-c)gh

animals

ADOPTING A PET from Crittenden County's Animal Shelter gives an animal a second shot at life. Animals can now be seen online at crittendenshelter.blogspot.com. The shelter holds animals from Crittenden, Lyon and Livingston counties, so be sure to check with the shelter online or at 969-1054 for your lost or missing pet. (nc)

employment

Help wanted: The Earle C. Clements Job Corps Academy is seeking employees. We offer a competitive salary and benefits package as well as tuition reimbursement and advancement opportunities. Full-time, part-time, and substitute positions available. To view current openings and qualifications and to apply, please visit our website: www.mtcjobs.com "Building Tomorrow's Futures Today" (2t-31-p)

Wanted: Office Manager, skilled in Quickbooks and communications, well organized, ability to multi-task, set priorities, make use of limited time, work as a team. Resume can be sent to tacyard3@yahoo.com. (2t-31-p)

notices

Public Notice
As of January 30, 2014, Angela Lawless is not responsible for any debts other than her own. (1t-31-p)

Public Notice
Second reading of a proposed ordinance amending the Crittenden County budget for fiscal year 2013/2014, to include unanticipated receipts from insurance refunds, equipment sales, Evercom Commission and miscellaneous revenue in the amount of \$30,327.89 increasing expenditures in the area of reserve for transfer in the general, road and jail funds will be held on Feb. 18th, 2014 at the Crittenden County Fiscal Court meeting. A copy of the proposed ordinance with full text is available for public inspection at the office of the county judge-executive during normal business hours. (1t-31-c)

Public Notice
Second reading of a proposed ordinance amending the Crittenden County budget for fiscal year 2013/2014, to include unanticipated receipts from miscellaneous revenue, insurance proceeds, jail housing and Evercom Commission in the amount of \$7,343.64 and increasing expenditures in the area of reserve for transfer in the general, road and jail funds will be held on Feb. 18th, 2014 at the Crittenden County Fiscal Court meeting. A copy of the proposed ordinance with full text is available for public inspection at the office of the county judge-executive during normal business hours. (1t-31-c)

Bid Notice
Surplus equipment - Crittenden County Public Library. Sealed bids will be accepted until February 14, 2014 for the following items: 5-36x60 folding tables; 1-30x72 folding table. To view, inquire at the library circulation desk during library hours. Bids may be for individual items or the lot. (1t-31-c)

Bid Notice
The Crittenden County Board of Education is soliciting bids for surplus vehicles: 1997 Chevy van with approximately 171,129 miles. For more information contact Wayne Winters at (270) 965-3866. Sealed bids must be received by 12 p.m. CST February 14, 2014 at the Crittenden County Board of Education, 601 West Elm St., Marion, KY 42064, Attention: Vanessa Shewcraft. Please write "vehicle bid" on the outside of envelope. Crittenden County Board of Education reserves the right to reject any or all bids. (2t-32-c)

Bid Notice
The Mattoon Volunteer Fire Department is accepting sealed bids on a 1975 Ford CB Pumper, Vin #F75FVX25726. The vehicle has been declared surplus property by the fire department. The vehicle is available for inspection by calling (270) 871-3927. Sealed bids will be accepted until March 7, 2014 at 4:00 p.m. at the County Judge's Office or can be mailed to Sue Padgett, 107 South Main St., Ste. 208, Marion, Ky. 42064. Mattoon Fire Department reserves the right to reject any or all bids. Bids will be opened at fire department meeting at 7 p.m., March 10. (3t-c-33)

Bid Notice
Notice of Request for Sealed Bids: The Crittenden County Fiscal Court is currently accepting sealed bids for the replacement of a bridge on Bells Mine Road (CR-1075) in northern Crittenden County. This bridge spans Caney Branch just west of Highway 365 North. The size of the bridge deck shall be 20' x 40'. The new structure shall be constructed of ASTM A588 weathering steel with open grid deck or reinforced concrete beams. The structure must include guardrail approved by the Kentucky Department of Transportation and must meet any other Kentucky Department of Transportation guidelines and requirements. The bridge must be AASHTO approved. The bridge must be adequate to carry HS 20-44 loading. The bridge must meet all Kentucky load and engineering requirements. The bridge must maintain the existing clearance to ensure current water flow. The successful bidder must present a Kentucky Engineer stamped set of plans to the Crittenden County Fiscal Court after the bid has been awarded. The bidder must also provide proof of current liability insurance and workers compensation insurance to be included with the bid submission. The Crittenden County Fiscal Court will procure any necessary permits prior to the installation of the bridge. The Crittenden County Road Department will be responsible to haul away the old bridge that is to be re-

moved by the contractor. The Crittenden County Road Department will also be responsible for back-filling both ends of the new bridge to grade upon completion of installation. Completion of this project shall be a minimum of 60 days after all permits are acquired and a contract is signed and agreed upon by both the Crittenden County Fiscal Court and the successful bidder. If you have any questions or would like to inspect the site location please contact the Judge-Executive's office at (270) 965-5251. Sealed Bids must be submitted to the Crittenden County Fiscal Court at 107 S. Main St., Ste. 208, Marion KY, 42064 before 8:30 a.m. on February 18, 2014. Please mark all envelopes as Bells Mine Bridge Bid. Bids received will be opened at the regular Fiscal Court meeting on February 18, 2014 at 8:30 a.m. The Crittenden County Fiscal Court reserves the right to accept or reject any bid. (1t-31-c)

Legal Notice
Notice is hereby given that on January 29, 2014 Barbara Myers of Myers Funeral Home, 713 E. Bellville St., Marion, Ky. 42064 was appointed Administratrix of Ricky Jo Curnel, deceased, whose address was 638 S. Main St., Marion, Ky. 42064. Robert B. Frazer, Attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the administratrix on or before the 29th of July, 2014 and all claims not so proven and presented by that date shall be forever barred. All persons indebted to the estate of the above-named decedent, will please call and settle said debts immediately.

Crittenden District Court
Melissa Guill, Clerk (1t-31-p)
Legal Notice
NOTICE OF PASSAGE
AND
SUMMARY OF ORDINANCE

ORDINANCE NO. 13-11: AN ORDINANCE APPROVING AN INTERLOCAL COOPERATION AGREEMENT BETWEEN CRITTENDEN COUNTY FISCAL COURT AND CITY OF MARION, KENTUCKY, FOR E911 SERVICES AND DISTRIBUTION OF E911 WIRELESS AND LANDLINE FUNDS; AND AUTHORIZING MAYOR TO SIGN SAID AGREEMENT Notice is hereby given that the City Council of the City of Marion, Kentucky, at its regular meeting held on January 13, 2013 at 6:00 o'clock p.m., gave second reading and passed and adopted an Ordinance relating to the Marion Code of Ordinances, which Ordinance had been given its first reading at its regular meeting of the City Council held on December 16, 2013, at 6:00 o'clock p.m. A

M

G

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summary of the Ordinance is as follows: This Ordinance adopts the terms of the Agreement setting forth the distribution of duties and funds pertaining to the operation of the E911 System and authorizes the Mayor to execute said agreement on behalf of the City. The full text of the Ordinance is on file in the Office of the City Clerk in the City Building, Marion, Kentucky, where it is available for public inspection.

PREPARED BY:
ROBERT B. FRAZER
CITY ATTORNEY
FRAZER ROGERS & PEEK
ATTORNEYS -AT- LAW
P.O. BOX 361
MARION, KY 42064
270/965-2261
January 13, 2013 (1t-31-c)

statewide

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RARE FIND......country setting, income opportunity, Bed & Breakfast, Hunting Lodge, Family Retreat, Home cooking style restaurant. 8,500 sq. ft. living space, 7 BR, 8 BA, 1,400 sq. ft. family room. Call for more info. gm
PARK LIKE SETTING......2 bedroom, 2 bath Mobile home on 1.36 acres of land. Features: gas fireplace, 2 storage sheds, Electric heat & air. fr **\$60K**
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VICTORIAN HOME......3 BR, 2 BA home in town. Completely remodeled including electric, plumbing, HVAC, floors, walls, doors, ceiling. Original doors restored, custom woodwork & much more. Km **REDUCED**
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The Crittenden Press

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PHOTO BY JASON TRAVIS, THE PRESS
Crittenden County Superintendent of Schools Dr. Rachel Yarbrough (left) and Alternative Learning Center Director for the Pathway Academy Kathryn Turner (right), join Pathway graduates (starting second from left) Breanna Ford, Megan Thompson and Jayce Smith following a graduation ceremony on Jan. 28 at Crittenden County High School.

Pathway Academy sees 3 graduate in 11th ceremony

By JASON TRAVIS
STAFF WRITER

It was a night to recognize and celebrate student achievement.

Prior to the Jan. 28 Crittenden County Board of Education meeting, the school district recognized three students at the 11th Pathway Academy graduation ceremony.

Pathway was created in 2008. Since that time, 54 students have graduated from the program and earned their high school diploma.

Crittenden County school board chairman Chris Cook congratulated the graduates and encouraged them to continue their post-secondary educational opportunities.

"Tonight we celebrate your determination and your success," Cook said to the graduates. "Every one of us

is a culmination of the choices that we make in life, large and small. You all made a critical choice. You chose to enroll in Pathway Academy and earn your high school diploma. Because of that one positive choice that each of you made, you have forever changed not only your lives, but the lives of your families.

"I want you to know that on behalf of your board and on behalf of Crittenden County schools, we are proud of you. We look forward to hearing great reports as you enter the next chapter of life. Know we send our congratulations with you all."

Last month, the school board voted to raise standards for the Pathway Academy program. Those changes include raising the number of credits to enroll in the pro-

gram from 10 high school credits to 16 high school credits. Moving the enrollment requirement to 16 credits ensures a student will stay in high school through their junior year. Another change involves raising the graduation credit to 24, which would match Crittenden County High School's graduation requirement.

Students who are currently enrolled in the Pathway Academy would operate under the current standards of 22 credits for graduation. School officials indicated those students would be given a reasonable amount of time to complete the program before being required to meet the new standards.

The school district holds Pathway Academy graduations twice a year, in January and June.

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