

The Crittenden Press



Inside, find our 6-page guide
To Your Health

AN INDEPENDENT NEWSPAPER SINCE 1879

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24/7 BREAKING AND LOCAL NEWS THE-PRESS.COM

Public offices, Press close for MLK holiday

All city, county, state and federal offices will be closed Monday in observance of the Martin Luther King Jr. holiday. The list of closings includes city hall; all county operations, including the courthouse, convenience center and animal shelter; post offices; Extension service; senior center; and public library.

In addition, The Crittenden Press will be closed Monday. The deadline for all submissions to the newspaper, including advertising, will be moved to noon Tuesday.

Chamber breakfast scheduled for Jan. 19

The quarterly Crittenden County Chamber of Commerce Leadership Breakfast will be held Friday, Jan. 19 at Marion Ed-Tech Center.

The Crittenden Press, a chamber member, is sponsoring the breakfast. With assistance from University of Kentucky staff, the Chamber will present data from a local business survey conducted in November.

The cost for breakfast is \$7 payable to Crittenden County Chamber of Commerce. This event is open to the public. For more information, call (270) 965-5015.

Bill would piggyback gubernatorial polling

A Kentucky House committee on Monday approved a bill that would allow voters to decide whether to move elections for statewide offices to even-numbered years. The proposed constitutional amendment, House Bill 23, would shift the vote for governor, attorney general and other constitutional offices beginning in 2024, extending the terms of officials elected next year to five years in order to make the adjustment.

The polling would coincide with presidential elections, saving taxpayers about \$13.5 million. Locally, it would save the county an estimated \$21,000 every four years.

Similar legislation has been proposed in the past.

Correction

A story in last week's issue of The Crittenden Press incorrectly identified the company currently managing Crittenden Health Systems. Rural Hospital Group based in Kansas City, Mo., was signed in October of last year by the hospital board of directors to begin management of the facility.

Public meetings

- **Crittenden Fiscal Court** will meet at 8:30 a.m. next Thursday at the courthouse.
- **Marion Tourism Commission** will meet at 1 p.m. next Thursday at the Welcome Center.

City moving to preserve street

Ordinance would restrict commercial traffic on Country Club Drive

DARYL K. TABOR
PRESS EDITOR

After several months of debate, a reversed decision to close the street and \$100,000 in repairs and an ongoing need for more, Marion City Council is looking at an end to commercial traffic to prolong the life of County Club Drive.

An ordinance introduced Monday evening would prohibit "commercial trucks"

from using Country Club Drive as a cutoff between U.S. 60 West and U.S. 641. The city blames continual heavy vehicle traffic – primarily rock-hauling trucks – for damages to the roadbed that have made traveling the street difficult and dangerous for both school buses and passenger cars.

The intent of the proposal seems to be in favor of allowing agricultural and logging

vehicles to continue using the street, as well as heavy service vehicles like garbage trucks that serve addresses along the half-mile street.

"That road has held up for a long time with grain trucks going through there," Councilman Darrin Tabor, said. "To me, it's just to keep those rock trucks off of it."

Councilman Donnie Arfleck also singled out rock trucks hauling from the

Rogers Group quarry on Ky. 1668 as the primary target of the ordinance, as well as asphalt trucks and heavy equipment that often utilize Country Club and Industrial drives as a bypass around a cumbersome stoplight at the intersection of U.S. 60 West and U.S. 641. Government vehicles, like the school buses that ferry students to and from Crittenden County Elementary School (CCES),

would be exempt from the proposed law.

As presented at Monday's meeting, the ordinance reads, "All commercial trucks are prohibited from entering or operating on the entire length of Country Club Drive, from Highway 60 to Chapel Hill Road."

Arfleck asked for some clarification in the language

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Water work



PHOTOS BY DARYL K. TABOR, THE PRESS

Marion maintenance worker Garry Gerard stands in near knee-deep water last Thursday morning at the location of a broken water main in a wooded area near the city's water plant. In 15-degree air, hundreds of gallons of spewing water froze almost instantly on nearby vegetation, creating an icy landscape across a wide area and even a rainbow in the morning sunlight. Below, rocks thrown from the shore by curiosity-seekers rest last Thursday atop a frozen Lake George, the city's primary water reservoir. The ice was several inches thick across the entire lake.

Deep freeze plays havoc with city's water distribution lines

DARYL K. TABOR
PRESS EDITOR

No one seems to enjoy bitter cold like what was endured in Crittenden County the first week of the new year, but Old Man Winter can be a downright enemy of local governments. And the recent deep freeze has certainly left City of Marion maintenance crews looking forward to spring.

Last Thursday, a 12-inch water main from the city's treatment plant on Chapel Hill Road running to a collection tank at the top of Wilson Hill ruptured as the ground around the metal line froze. The leak spewed hundreds of gallons of water into a wooded area between the plant and Crittenden County Fire Department on



Industrial Drive. The break briefly put the city's water supply at risk and led nearby Par 4 Plastics and Crittenden County Elementary School to have auxiliary water on standby in

case distribution had to be shut down to make the repairs.

In 15-degree air, the spewing water froze almost

See **FREEZE**/Page 4A

Isolation becoming burden for community

As we limp into a new year, it might be interesting to examine the greatest challenges Crittenden County has before it.

In all honesty, our greatest stumbling blocks are presented by those who are charged with helping.

When the Great Economic Recession started spanning other parts of the country in 2008, we were left virtually unscathed. In fact, the local economy, at least from my observations, was as robust as ever. Connected to this community since 1986, I've seen it rise and fall a time or two. The late 80s were a tough time, but things seemed to spike a bit during the 1990s with



Chris EVANS
Press publisher
About Town

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State pension woes may lead to city, county service cuts

DARYL K. TABOR
PRESS EDITOR

If you think Kentucky's public pension crisis won't affect the average person, you may want to think again.

Local officials say mandated increases in contributions to the pension system for the next fiscal year already have them worried about what cuts will be necessary to meet the obligation. But if the bump goes as far as some are predicting for subsequent budget cycles, some public services already limited under strained city and county spending plans may go by the wayside.

"It's gonna be a different kind of county government than what we're used to," Crittenden County Judge-Executive Perry Newcom warned of the indications that local pension obligations for public employees could more than double.

Kentucky's pension system is in peril, with an estimated \$43.8 billion – some calculations put it much higher – in retirement plan debt.

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Coyote DNA sought for species expansion study

STAFF REPORT

Call it the coyote version of Ancestry.com.

Wildlife experts are after coyote DNA to complete a study that aims to explore the genetics of canine ecology, demography and population dynamics. The plan is

to determine how much crossbreeding is going on between coyotes and other canines like wolves and dogs and to trace coyote expansion across the country.

The Kentucky Department of Fish and Wildlife Resources is asking local

sportsmen, ranchers and landowners to help them in harvesting coyotes this winter so they can get DNA to support a nationwide study being conducted by experts at a number of universities, including Princeton and Georgia.

Local wildlife biologist Philip Sharp says only the tongue is needed for the project. He said those can be

frozen after being taken from the animal and placed in a clean, resealable sandwich bag until he retrieves them.

As common as coyotes seem on the landscape, they are not well understood, the project's authors say.

"They evolved in the Great Plains of North America, yet have remained elusive as they recolonized the continent over the last century.

They are found in every habitat available, from wilderness to downtown Los Angeles, continent-wide. Their presence in townships and cities results in an increased frequency of human interactions.

"These mysterious canines are highly flexible and adaptable," according to the

See **COYOTE**/Page 12A

For more on the Princeton study on ancestry genetics of North American canids, visit <https://goo.gl/jqjcXw>

Pension crisis affects all

The General Assembly went back in session Jan. 2, and there is much work to be done.

This session is twice as long as last year – 60 days, with our last day being April 13 – in order to craft a budget as well as other legislation. It looks to be another busy time as over 100 bills had already been filed as of Monday morning. Pension reform looms, and a \$20 billion budget and a road plan must be formulated, debated and passed into law.

Pension reform continues to be a top priority. The effects of any bill that is passed are not limited to public employees and retirees, but also the rest of the Commonwealth because of what it does to the budget. Along with reforming the public pension system, spending must be cut or new sources of revenue must be found to address the pensions' unfunded liabilities.

I was hopeful that we could get to pension reform the first week, but unfortunately, that didn't come to pass. Part of the process in dealing with changes to the state sponsored pensions is

to ask stakeholders to provide an actuarial analysis of potential new legislation.

Once that information has been given to the General Assembly, depending on what the scoring is, work can get started on putting the proposal into bill form.

In early December, the Kentucky Teachers Retirement System (KTRS) was given several proposals to score, and we were told that the scoring would be done in a couple of days. Subsequently, KTRS said that a week was needed. Next, KTRS said the analysis wouldn't be done until after the 2018 session started.

Regrettably, as I left the Capitol Friday, I still hadn't seen the scoring. I understand that due diligence must be taken, but I am at a loss as to why the story keeps changing. Until KTRS responds to the General Assembly with its scoring, we can't move forward.

Two bills I filed are House Bill 84 and HB 100.

HB 84 deals with organ donation. In Kentucky people can indicate a desire to be an organ donor by having it noted on their driver's li-

cense. Hospitals are required to contact the Kentucky Organ Donor Affiliates (KODA) if someone has indicated a desire to be an organ donor, but surprisingly, coroners and medical examiners aren't required to do so. HB 84 would require coroners and medical examiners to contact KODA if a person dies and has noted on his or her driver's license a desire to be an organ donor. This will be known as Courtney's Law in honor of a young lady who tragically died in an auto accident and had noted on her driver's license that she wanted to be an organ donor. Sadly, KODA was not notified.

HB 100 is a heating, ventilation and air conditioning (HVAC) bill. Currently, someone moving into Kentucky from another state who wants to take a test to become a journeyman or a master must have more experience than someone whose experience is in Kentucky. HB 100 would allow someone from a state other than Kentucky to take the journeyman or master test if his or her experience is equivalent to that of a person whose experience in Kentucky allows him or her to take the journeyman or master test.

I have been working on a foster care/adoption bill the last few years and was privileged to be assigned to an adoption task force that met

regularly this past year. I am looking forward to being a co-sponsor of the bill that will be filed encompassing many of the recommendations that were brought forth during testimony to the committee.

Lastly, Gov. Matt Bevin will address the legislature on Tuesday to deliver his State of the Commonwealth report and budget proposal.

His address will include revenue projections, which will be the basis for formulating the budget that the House develops. As always, thank you for reading my up-

dates and thank you for contacting me with your concerns and thoughtful suggestions. It is a privilege to represent you in the Kentucky House of Representatives, and your input helps me make decisions that best represent the views of the Fourth District.

I may be reached through the toll-free message line in Frankfort at (800) 372-7181, directly at (502) 564-8100, by visiting the Kentucky Legislature Home page at LRC.ky.gov and clicking on the "Email Your Legislator" link or by mail to the Capitol Annex, Frankfort, KY 40601.

(Rep. Lynn Bechler, R-Marion, has represented House District 4 – Crittenden, Livingston, Caldwell and portion of Christian counties – in the Kentucky General Assembly since 2013.)

State of the Commonwealth Address Airs Tuesday at 6 p.m. on KET

Comer in, Gaskins out in 1st District congressional race

STAFF REPORT

The 1st District congressional race is down to one candidate

Last week, incumbent Congressman James Comer, R-Tompkinsville, filed his paperwork to seek re-election. But less than a week later, the Kentucky New Era in Hopkinsville reported Democratic candidate Sam Gaskins is withdrawing his candidacy to represent all of western Kentucky in Congress due to health reasons.

At press time, that left Comer unopposed for re-election with fewer than three weeks until the filing deadline. Comer won his seat on Capitol Hill in 2016 following the resignation of longtime U.S. Rep. Ed Whitfield, R-Hopkinsville. To gain the seat, Comer beat out Gaskins in two races in November 2016 – a special election to fill Whitfield's unexpired term and a regular election to take a new two-year term.

The filing deadline for partisan elected positions in Kentucky, including those up for re-election in Crittenden County, is Jan. 30.

In other political news, former Kentucky House Speaker Jody Richards, D-Bowling Green, has announced he will not seek re-election after more

than 42 years in the District 20 seat. He served as Speaker from 1995 to 2008.

Richards is held in high regard among his fellow lawmakers, and has championed several educational and transportation initiatives out of Frankfort. He ran unsuccessfully for governor in 2003 and 2007.

Another House Democrat may be eyeing a run for the top office in the state next year.

House Minority Floor Leader Rocky Adkins, D-Sandy Hook, is said to be giving "serious consideration" to a run for governor. At 58, Adkins has represented the 99th District in northeastern Kentucky since 1987. He served as Majority Floor Leader from 2003 to 2016, when Republicans took control of the House for the first time in almost 100 years.

Adkins, a point guard, led Morehead State University to the NCAA tournament in 1983.

Democratic Attorney General Andy Beshear has also indicated he is considering a run for governor, while incumbent Republican Matt Bevin hasn't made his intentions about re-election known.

(Editor's note: Kentucky Today contributed to this story.)



Comer

‘Dire’ pension situation no time for partisanship

A cold front welcomed the new year and greeted members of the Kentucky General Assembly returning to Frankfort to convene the 2018 legislative session. Though the temperatures outside may remain cold for a while, things inside the Capitol are heating up as we get busy with some daunting tasks that are of great concern to Kentuckians.

At the top of the list are the always-challenging jobs of drafting a two-year budget plan and a road plan for the Commonwealth and the much-anticipated stabilization of the underfunded public pension plan.

Many of us would like to introduce a pension reform bill as early as possible, but that is going to depend on a few things that are out of our control. For instance, any proposed legislation needs an actuarial analysis, or scoring. That is not yet available.

Once introduced, the pension reform bill will

begin the process of committee hearings and floor votes. It is going to be tough; it is not going to be pleasant. But it is what we are elected to do. The reality is the pension system started having problems 20 years ago by not being actuarially sound. It occurred through several administrations.

It is a tough issue – and there are many varying thoughts on how we should address this situation. All ideas should be heard. We need to have everyone seated at the table as we draft this massive piece of legislation. This is not the time for partisan politics. We need Democrats and Republicans – sleeves rolled up – working together and sharing their input. We need to listen to the stakeholders. Public pension reform is too important not to have everyone's voice heard. This issue af-

fects the very livelihood of our public employees and our schoolteachers and staff – active and retired – and their families.

Some believe we should pass a pension reform bill before turning our focus to the biennial budget. The thought is that we need to know the amount of money required to meet the pension obligations before we can draft a sound budget.

Regardless of individual ideas, there is a solid understanding of the pension situation. It is dire. We all know this. Now we have to find a solution without hurting our employees who have been paying their share into the pension plan. I remain optimistic that the Kentucky General Assembly will move forward.

With only four days of this 60-day session behind us as of this writing on Friday, we barely have our feet wet. This week, the second week of session, will be more intense as we start to vet bills in committees. On Tuesday, the Governor will give his budget address to a joint session. At that time, we will learn the Governor's ideas on expenditures and revenue – and, probably, his proposed cuts to state agencies. We may like some of his ideas, but, customarily, the House – the chamber where the budget bill originates – will write its own

proposal to send over to Senate. I suspect we will send back our own plan to the House and then, members from both chambers will get together to iron out a compromise.

Before we get down to hashing out details in the budget bill, there will be many others that will require our attention. Some proposed legislation that has gotten some bipartisan support includes legalizing medical marijuana to help veterans suffering from PTSD, increasing the cigarette tax and criminal justice reform.

A number of bills will not meet with support from all members, nor even from one chamber or party. Some bills will be vetted, debated and perhaps even amended. Some will pass and head to the Governor's desk, while others die in committee or in one of the chambers for lack of support.

We will have hundreds of bills to consider and that is a tall order for any legislative session – even more so with the pension challenge. However, we are committed to tackling as many of these issues as we can in the limited time we have. It is a goal we all share.

It is a goal best achieved when citizens across the state are active and involved. Input is not only valued and appreciated, but is

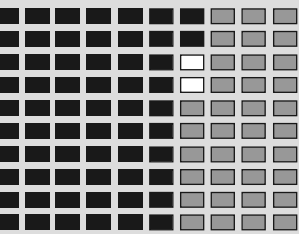
Party power

Of Kentucky's 138 state legislative seats, Republicans hold an 89-47 advantage over Democrats, maintaining a super majority in each chamber. Two House seats are vacant.



Kentucky Senate

■ Republicans - 27
■ Democrats - 11



Kentucky House

■ Republicans - 62
■ Democrats - 36

also genuinely needed. I encourage you to follow the issues and share your comments and concerns. There are numerous ways to monitor the legislative action during the session:

- Watch in person in the State Capitol's legislative chambers and committee meeting rooms, which are open to the public. Or watch on KET at KET.org/legisla

ture. KET also airs a 30-minute, nightly wrap-up of the legislature at 10 p.m.

- View the issues before lawmakers by browsing through bill summaries, amendments and resolutions at the Kentucky Legislature Home Page, LRC.ky.gov, which is updated daily to provide the latest legislative information. Each bill's status in the legislative process as well as the next day's committee-meeting schedule and agendas are on the website.

- Call the Kentucky General Assembly's toll-free phone lines that help citizens follow legislative action and offer input. Provide feedback on the Legislative Message Line (800) 372-7181. Anyone with hearing impairments can use the TTY Message Line at (800) 896-0305.

- Hear a taped message containing information on the daily schedule for legislative committee meetings by calling the Legislative Calendar Line at (800) 633-9650.

- E-mail me directly at Dorsey.Ridley@lrc.ky.gov. *(Sen. Dorsey Ridley, D-Henderson, has represented Senate District 4 – Crittenden, Livingston, Caldwell, Union, Webster and Henderson counties – in the Kentucky General Assembly since 2004.)*

ISOLATION

Continued from Page 1A

new development and a renaissance of sorts downtown. Storefronts were beaming with life along Main Street as we turned into the new century.

Even when the town's largest manufacturing facility – aka Potter and Brumfield, Tyco or Siemens – shuttered in the early 2000s, the community didn't blink. It recovered, built new sidewalks and saw the growth and development of new manufacturing firms.

There were indeed some dark days in mid-2000s when our then-school superintendent was indicted for felony wanton endangerment then she sued several people in town, and the economic development director pleaded guilty to embezzling tens of thousands of dollars from public and private

funds.

Through it all, Crittenden County remained resilient. The harsh economic crisis of the late 2000s didn't loom too largely on Marion.

I believe it was Irvin S. Cobb who once wrote something akin to the following: "At the end of time, I want to be in western Kentucky because everything always comes to western Kentucky last."

Yes, we are a bit isolated here, and to a great degree it serves us well. Narrow roads, useless river shoreline and an abandoned railbed keep us comfortably zipped up in our own little world. And that's OK, right? Yet those trickle down effects of the financial crisis finally crept across the rivers and into our community when the coal mining industry was utterly crippled by Obama-era clean-energy policies.

Oh, sure, we could point

to a number of things that have impacted life in our rural enclave, but what's most stifling is a regressive approach to state-sponsored projects. Two are foremost on the radar, and quite frankly they've been on the stove longer than it took the Chinese to build the Great Wall.

The Commonwealth of Kentucky still owes Crittenden County \$60,000 for property it was deemed at Industrial Park North in 2011. Why we haven't filed suit against the commonwealth is beyond me. The land was earmarked for locating a new highway maintenance facility and more than \$1 million was spent to construct an access road that's nicer and wider than any state or federal highway in the county. Because the state has dragged its feet, the school district has been handcuffed in long-term facility planning. The school district is to be the benefi-

ary in a deal that will allow it to take possession of the land behind the football field where the state highway garage is now located. But who knows when the move will be made.

The sluggish spirit that has paralyzed the aforementioned project pales in comparison to the continued delays on completing the new U.S. 641 highway project between Marion and Interstates 24 and 69.

Local leaders here have spent almost 30 years trying to get this one tied up. It would have been completed long ago had we built it ourselves with a pick and shovel.

Crittenden is maybe the only county in the state that does not have a "certified" 102-inch highway designed to safely accommodate wider, modern tractor-trailers and even school buses. Those yellow buses that run our local roads full of our chil-

dren are more than 10 feet wide measured from driver's side mirror to loading side mirror. A tractor trailer is almost 10 feet wide, too, not counting their protruding mirrors.

You do the math. When these rigs meet on our highways it's nothing short of a miracle that they miss one another.

Crittenden County's existing state and federal highways are among the most narrow in the nation. That is why a potential employer of 150 recently backed away from locating in Marion.

Crittenden County Judge-Executive Perry Newcom told the Chamber of Commerce last week that New York Air Brake, a company that has been serving the rail industry since 1890, was looking to develop a manufacturing plant here until it studied the transportation system. "It's very frustrating,"

Newcom said. "They told me that as much traffic as they'd be generating that they didn't think they could safely ship in and out of here."

Thanks largely to our poor highway system, a community in North Carolina landed the company.

The generally accepted isolation benefits that make living in Marion attractive is becoming more of a burden than a benefit. With the scales tipping back toward darker days, it is increasingly imperative that those obstacles beyond our control be dealt with in earnest.

With a hint of candor and tongue pressed into cheek, it seems logical to question whether secession is our only recourse.

(Chris Evans is the publisher and editor of The Crittenden Press. His column appears periodically. He can be reached at (270) 965-3191.)

On the move

Marion attorney opening own office

STAFF REPORT

Marion's youngest practicing attorney is branching out on his own. Next week, Hunt Law Group will open at 111 W. Bellville St., the former home of Stout Law Office and location of Crittenden County Counseling Center for the last two years

Wesley Hunt, 29, has ended his association with attorney Rebecca Johnson, but the split is amicable. He will continue to serve as assistant county attorney under Johnson.

Hunt said it is no coincidence his law office will start where Alan Stout once maintained a practice. Stout has been a mentor to the young lawyer for more than a decade. An aspiring aeronautical engineer, Hunt changed his career path after working for Stout through Crittenden County High School's co-op program.

"I saw how he conducted his practice, and it really got me turned on to becoming an attorney," said Hunt.

He said the federal bankruptcy judge and former Crittenden County Attorney has encouraged him along a career arc that has allowed him to also work for Stout's successor in public life for the last five years.

"I think I've had the benefit of learning from the best," Hunt said of Johnson, Stout and the law firms he worked for in northern Kentucky while attending law school. "I've seen nothing but good examples."

Instead of taking him far away, Hunt's ambitions brought him back to the small town he has always called home. While attending the Salmon P. Chase College of Law at Northern Kentucky University, he had the opportunity to live in a metropolitan



Hunt

area across the river from Cincinnati. The 2013 graduate said the bright lights were fine, but it underscored the value of living in a small community.

"It confirmed what I knew to be true – that's not for me," he said of city life. "I never once regretted the decision."

Hunt Law Group, which currently consists of only Hunt, will practice an array of civil law, including real estate, personal injury, estate planning and title services. Since he is assistant county attorney, he will not offer criminal defense or family law services.

Hunt graduated at the top of his class at law school. He finished undergraduate work at Murray State University in 2010, when Stout chaired the board of regents.

"His signature actually appears on my diploma, which I'm very proud of," Hunt said.

Hunt and his wife Cara, a Crittenden County High School teacher, live in Marion.

Attorney's new office necessitates counseling center move to Ed-Tech

STAFF REPORT

The opening of Wesley Hunt's downtown law practice has necessitated a move for Crittenden County Counseling Center. Starting next week, the mental health and substance abuse services of the center will relocate to the Marion Ed-Tech Center.

Since 2015, the center has been located at 111 W. Bellville St. in the former Stout Law Office. Funded almost exclusively through donations, the center was offered the building pro bono occupancy by its owner, Alan Stout. Their agreement gave the counseling services 30 days to move out should a paying lessee want the office.

While the move across town has cost volunteers donated time, rent at the Ed-Tech Cen-

ter remains reasonable. In fact, Crittenden County Economic Development Corp. has offered residency at the Industrial Drive building for no charge.

Linda Schumann, a counseling center volunteer since it first opened on the south side of the court square three years ago, said the community has been very generous in its support for the fully licensed drug and alcohol treatment center.

"We've been fortunate," she said. "We have been here two years without paying rent."

Prior to that, the center was located in Farmers Bank & Trust Co.'s office at 112 W. Carlisle St. The bank also charged nothing, and when it needed its building for expanded services, it paid for the counseling center's move a

block away as well as needed renovations for it to continue its services.

Schuman said there has been no shortage of rent-free options in town for its most recent move. But to offer counseling services, the center must meet certain state occupancy requirements, and the Ed-Tech Center was the only available building to qualify.

The center is the only place in the community to offer professional, licensed counseling. Through subsidies, services are provided at a greatly reduced rate. At its new location, it will remain open from 9 a.m. to 5 p.m. Monday and Tuesday and 9 a.m. to noon Wednesday. The office can be reached at (270) 965-0224, and it has a 24/7 emergency number – (270) 969-0227.



PHOTO BY ALLISON EVANS, THE PRESS

Joey-ous occasion

Crittenden County preschooler Luke Burris holds a 10-month-old kangaroo, or joey, during a presentation at the elementary school Tuesday morning by Steven Thomas of Zoodles Education Program in White House, Tenn. Thomas brought a parrot, a python and the diapered baby kangaroo for a school-wide assembly. Students were also given an opportunity to have their picture taken with one of the rare animals from the Tennessee facility.

Caldwell pursuit leads to DUI, other charges filed against Fredonia man

STAFF REPORT

A Fredonia man was jailed last week following a pursuit in Caldwell County.

According to The Times Leader, Dillon Phelps, 24, was arrested Jan. 2 by Caldwell County Sheriff's Department after leading a deputy on a short pursuit. He was charged by Deputy Keith Suits for numerous offenses, including DUI.

The story indicates Suits

attempted to pull over a blue Ford Crown Victoria leaving the Dollar General store in Fredonia around 1:30 p.m. for an expired or canceled license plate. Investigation revealed that the registered owner, Phelps, had a DUI-suspended license.

Phelps reportedly ignored Suits' emergency equipment for a short distance before stopping on Willow Street and being taken into custody.

The deputy charged Phelps with driving on a DUI-suspended license (first offense), DUI (second offense), first degree fleeing or evading police, failure of owner to maintain required insurance (first offense), no/expired plates and failure to notify the Kentucky Transportation Cabinet of an address change.

Phelps was jailed in Caldwell County.

PENSION

Continued from Page 1A

The problem is years in the making. It is the result of a number of issues, including underperforming investments and Baby Boomer retirements outpacing contributions due to a reduction in the public workforce and stagnant salaries. Now, cities, counties and even school systems are being asked to pay more to help bridge the chasm.

Kentucky lawmakers are already at work in Frankfort, but they appear to be at a loss as to what to do to shore up the system. The crisis has been debated in previous legislative sessions, but a resolution has avoided multiple governors and those sitting in the 138 seats at the Capitol.

"The reality is, the pension system started having problems 20 years ago by not being actuarially sound," state Sen. Dorsey Ridley, D-Henderson, said in his weekly legislative column that appears in this newspaper. "It occurred through several administrations."

The pain associated with

correcting the course of Kentucky's eight public pension systems will be felt by everyone.

"The effects of any bill that is passed are not limited to public employees and retirees, but also the rest of the Commonwealth because of what it does to the budget," state Rep. Lynn Bechler, R-Marion, said in his weekly comments found on Page 2A. "Along with reforming the public pension system, spending must be cut or new sources of revenue must be found to address the pensions' unfunded liabilities."

The tale is in the numbers. Currently, both Crittenden Fiscal Court and the City of Marion pay in to the County Employee Retirement System (CERS) an amount equivalent to 19.18 percent of the full-time payroll for non-hazardous positions like office staff and road or street workers. Just 15 years ago, the pay-in was only 6.34 percent.

Meantime, for hazardous positions like law enforcement, the current contribution is even more at 31.55 percent, up from 16.28 percent in 2002-03.

The CERS is less than 60 percent funded, with about \$7.7 billion in unmet obligations, so cities and counties have a long way to go before closing the gap.

Starting July 1, at the beginning of a new fiscal year, the required input will climb to 28.05 percent and 47.86 percent, respectively. That means a huge jump in pension payments for both local governments – about \$181,000 more for the county's 70 employees and roughly \$50,000 for the city's 24 workers.

Coupled with an expected increase in the health insurance premiums the city pays for its full-time employees, Marion City Administrator Adam Ledford expects to be paying out as much as \$100,000 more in employee benefits in 2018-19.

"We will likely be forced to cut the quality of benefits (to employees) and services we provide to the public," Ledford said.

The city currently pays 100 percent of its workers' health insurance and 75 percent of family plans.

The county, which covers 75 percent of insurance premiums for employees only, will also likely face an increase in health insurance premiums to go along with the jump in pension contributions. That means sacrifices will have to be made.

"Up until now, we've been providing the same level of

service and activity that we have been in the past," Newcom said. "Obviously, there are going to have to be some things cut back. We are so lean to begin with, I don't know where we'll find it."

More likely on the way

But all of those concerns are with the looming 2018-19 pension obligations. In September, State Budget Director John Chilton said in an email to local governments in Kentucky that they would pay 50 to 60 percent more in 2019-20 to fund pensions if lawmakers don't act to shore up the retirement system.

For the county, that would put pension contributions based on the current public payroll above \$1.22 million, just shy of what the current spending plan has set aside for road work. For comparison, revenue in the current fiscal year was budgeted at \$8.4 million.

With limited revenue sources from taxes, Ledford said such a high contribution rate would wreck local governments across the state. In Marion, taking the maximum allowable property tax increase without putting it on the ballot would generate only \$7,500 or so in additional revenue. Unless lawmakers change how municipalities

can generate income, the city administrator warns, most governments simply won't be able to afford a 50 or 60 percent increase in mandated pension contributions.

"Failure to resolve these issues (tax structure and pension system) in tandem would result in catastrophic effects for local governments," Ledford said.

And tapping into rainy day funds to cover the added expense is not a good answer.

"Paying for this through reserves is not really a short- or long-term option," Ledford said.

A 50 percent increase in retirement payments in 2019-20 would see the City of Marion pour in about \$342,000 at the current salary structure. That's more than all property taxes can generate in a year and about 10 percent of the city's \$3.5 million spending plan that ends June 30.

"If the number does hold true, we can't adjust our revenue stream to cover that increase," said Newcom, pointing to the same 4 percent

restriction on annual property tax revenue hikes by which the city must abide.

Of course, a larger tax increase could be put on the ballot, but the judge-executive said he doesn't have to look to far to predict the outcome of such a referendum.

"The school board tested that water, and we see how that went," Newcom said.

In September, county voters soundly defeated a 6-cent school tax increase to build a new school by a 2-to-1 margin.

Things can always be worse

Newcom has doubts that state lawmakers will be able to come up with an agreeable solution to the pension crisis in the 52 legislative days left in the session. If they don't, the problem is certainly not going to disappear, Ledford warns.

"The problem for legislators is, they're to some degree like a deer in the headlights. They are scared to death to do something detrimental or unpopular," he said. "Unfortunately, this problem isn't going to go away. The only thing that's guaranteed is that if we fail to respond, it's only going to get worse."

Pension problems

It's no secret Kentucky's public pension system is in trouble. That's why cities and counties across the state are being asked to pay in more to the County Employee Retirement System funds for both hazardous (CERS-H) and non-hazardous (CERS-NH) employees. Amounts paid into the plans by cities and counties are based on state-mandated contributions rates against full-time payroll. Local governments will have to pay in more in the 2018-19 fiscal year that starts July 1 and possibly even three times the current amount starting July 1, 2019. The below chart shows this year's budgeted contributions to the pension plans from Crittenden Fiscal Court and the City of Marion as well as estimates for the next two fiscal years. For comparison, it also shows the total revenue budgeted for the current fiscal year.

Crittenden Fiscal Court

| PENSION YEAR | CERS-NH RATE | CERS-H RATE | TOTAL CONTRIBUTION |
|--|--------------|-------------|--------------------|
| 2017-18 | 19.18 | 31.55 | \$391,413 |
| 2018-19 | 28.05 | 47.85 | \$572,000* |
| 2019-20 | n/a | n/a | \$1.22 million** |
| Total 2017-18 county budget: \$8.4 million | | | |

City of Marion

| PENSION YEAR | CERS-NH RATE | CERS-H RATE | CONTRIBUTION |
|--|--------------|-------------|--------------|
| 2017-18 | 19.18 | 31.55 | \$109,384 |
| 2018-19 | 28.05 | 47.85 | \$160,000* |
| 2019-20 | n/a | n/a | \$342,000** |
| Total 2017-18 city budget: \$3.5 million | | | |

*Estimate. **Estimate based on proposed worst-case scenario.

THANK YOU

The family of Dale Lee Guess would like to express our appreciation for your many acts of kindness shown to us during the loss of our beloved husband, father and grandfather. Thank you for your prayers, visits to the hospital, phone calls, cards, flowers, food and charitable donations. Thank you to Crittenden Health Systems staff and Dr. Gary James for your excellent care and services provided to us. Thank you to Rev. David Davis and Rev. Tim Fouts for your words of comfort. Thank you to the members and ladies of New Union (Ditney) Baptist Church and Loveless Chapel Pentecostal Church for the wonderful meal and to Boyd's Funeral Directors for their many acts of kindness. May God richly bless each of you.

The Guess Family
Gloria, Stanley (Misty), Chris (Rachel)
Zackary, Jacob, Devin, Kaylee, Joshua Adam
Adam, Addison, Brother & Sisters

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STAFF REPORT

Advanced meters offer customers near-real-time energy-use information through an online dashboard that

"The meters also provide streamlined meter-related processes and establish a

Meters already in use

"These meters offer our customers a host of benefits, including more detailed usage information to help them better manage their energy consumption, and faster restoration times," said David Huff, director, Energy Efficiency and Emerging Technologies. "We've learned a great deal about advanced

The collaboration included representatives from low-income groups, the Kentucky Attorney General's office, industrial utility customers, the state board of education, the Sierra Club and municipal governments of Kentucky's two largest cities. The group met monthly from July through November and developed a plan to help address

Much of the discussions surrounded costs, the importance of data privacy and data empowerment, opt-out options and remote service switch operations associated with the meters. Critics of advanced meters claim it's difficult to verify that meter readings are accurate.

Smart meter opt-out

One change since the original filing two years ago is that the utilities plan to offer an opt-out for customers who do not want advanced meters. Customers who choose to opt-out would be charged a set-up fee and an ongoing monthly charge to offset the costs associated with contin-

The utilities are proposing to invest about \$350 million in this three-year project to provide customers with better energy management information and improve service. KU says the cost would be more than offset by the savings and benefits advanced meters provide over their lifetime and is comparable to the amount other utilities have invested.

STAFF REPORT

"LIP provides livestock producers with a vital safety net to help them overcome the damaging financial impact of natural disasters," said Crittenden-Livingston Farm Service Agency (FSA) Executive

“A notice of loss must be filed with FSA within 30 days of when the loss of livestock is

The LIP national payment

Producers are encouraged to bring supporting evidence,

For more information on LIP, contact the Crittenden-Livingston County FSA office at (270) 988-2180 or visit FSA online at FSA.usda.gov.

Below is an activity report for Marion Police Department, comparing year-end data from 2017 with 2016. With an understaffed force most of the year, overall activity was down but arrests were way up, seeming to indicate an increase in overall lawlessness in the city. In 2016, there were 201 combined felony, misdemeanor, non-criminal and DUI arrests, but that number rose to 262 in 2017. The following information is provided by Police Chief Ray O'Neal.

Continued from Page 1A

Because Par 4 and CCES – as well as some residents in the area – feed from the main, the two large water customers were notified by the city that repairs could mean their supply could be compromised for a few hours, possibly even until after dark. Officials with the school district scrambled to have water hauled in to avoid dismissing classes at

Several of those instances were visible around town during the bitter cold, yet only

Ledford said all the minor leaks combined did not affect water storage or call for an in-

And despite unseasonably low water levels at the city's two reservoirs – Lake George, the primary source, and City Lake – the several inches of supply frozen at the surface of each last week never repre-

It's not just water that presents a problem for local governments in winter. Expansion and contraction of the ground due to freezing and thawing also undermines roads and streets, creating a large number of potholes.

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Continued from Page 1A

Ledford

Last month, the council was considering restricting traffic to vehicles with no more than two axles, but opted Monday to identify commercial trucks to simplify the rule.

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1948 in review reveals war, sports news

Seventy years ago in January of 1948, no record-breaking local news seemed to be hitting the front pages of The Crittenden Press. Most items pertained to the county's agriculture industry, including both cattle, poultry and land, school happenings and local civic club activities. Several editions of this year's Crittenden Press are missing, so it was hard to get a complete picture of many things that were going on. Here are a few interesting items that caught my eye in the first half of the year. Thankfully, The Crittenden Press, kept everyone informed of all types of news so that we can recall them today.

Jan. 1948 Sherriff Hunt Loses Wallet Overseas, Receives It Friday

Sheriff John A. Hunt last Saturday received a wallet lost overseas in 1944. The wallet was lost while Hunt was participating in the battle of the Belgian bulge, and Hunt stated that he had no idea of ever hearing from it again. The package containing the wallet was addressed to Harvey Hunt, Marion, Route 1, father of the sheriff, who received it in the Friday mail.

The sheriff stated that he lost the pocketbook while in a forest between the towns of Elsenborn and Kalterherberg. Henry Joseph of Elsenborn, Maimedy, Belgium, included a letter with the package, which stated that he found the wallet while going into the forest near his home.

Contained in the package were items of souvenir money, identification papers, photographs and passport. Sheriff Hunt stated that he had no idea just when he lost the wallet, but that it was while he was with the 9th Division of the 1st Army under General Hodges. It was during the period when the American forces were trying to hold the line, and the troops were being shifted from one front to another. Hunt stated he was in the area in question during the months of December 1944 and January 1945.

The sheriff said that he distinctly remembered the location and that most of the time he was there, the

ground was covered with about two and one-half feet of snow. Then asked what were his particular activities in that area, he stated, "Trying to keep warm." During their stay there, the soldiers were forbidden to have fires and their sleeping was done in holes dug about two and one-half feet in the ground, and covered with poles and a layer of dirt, leaving only enough space at one end to crawl down into the holes. In showing the contents of the wallet, Hunt revealed souvenir money of Italian, French, British, Netherlands and German origin.

February 1948 Frances Wins Two More

The Frances bulldogs, losers of only three games this season, took on two more wins Friday night as they roamed over Smithland 54-31 on the Smithland hardwood and 66-16 over the Trigg County Wildcats at Frances.

On Friday night at Smithland, Bailey tossed in 23 points to head Frances' attack, while Brown and Hart hit 10 each. Davenport had 9 and Kemper 2. In Saturday night's runaway, Hart of Frances hit for 37, while Bailey had 14, Davenport 6, Brown 5 and Deboe 4.

March 1948 REA lines in County about completed

According to word of Mr. Yeiser, manager of the Rural Electric Co. of Owensboro, construction for the 80 miles of REA lines in this community is about complete and the "juice" will be turned on through the lines on March 22. The new lines serve the section around Sheridan and Tolu, reaching approximately 300 families or more.

New Business Opened, Attention Farmers

Southern States Crittenden Co-op was ready and open for business. The new store was located at 518 South Main. (last used for Allen Lynn's used car lot). Their open house was set for March 13, 1948. The store specialized in open formula feeds and known origin seeds. It also had a complete line of oils, greases, roofing and steel products. Anything for your farm needs. For greater savings

and quality buy through your local cooperative.

County Boy Is 4-H State Champion

Samuel Winders, 14, of Crittenden County was tops in growing corn. Winders grew an average of 127 bushels of corn an acre on five acres. He used 36 hours of his own labor, 2.5 tractor hours and 47 horse hours on each acre.

New Bridge Planned

At the regular session of the Fiscal Court held Tuesday, a committee was appointed to investigate the rebuilding of the bridge across Crooked Creek on the old Fords Ferry Road north of Marion. For many years, a covered bridge spanned the creek at this site which was crossed by many covered wagons transporting early settlers from Kentucky and the east to what is now the state of Illinois. The committee will make a report to the fiscal court at the regular meeting on April 6.

April 1948 Dycusburg Area Gets First Well

A large new Bucyrus well drilling machine was moved to location on the Ray Linzy farm, located one mile east of Dycusburg Thursday and is rigging up preparatory to drilling a test well for oil to the Devonian which is expected to be encountered at approximately 1800 feet in depth.

The work is being done by the Cumberland Oil and Gas Co., of Marion, with offices in the Grady Building. A new company formed recently with T. J. Pate, as president; Howard Crider, vice-president; and Willis Crider, secretary. Geological work is being looked after by C. B. Reed, of Austin, Texas, formerly of Marion, and the block was assembled by Milton Yandell of Marion, pioneer in the oil business in this section.

Several major oil companies are assisting in this test, which will attract the attention of oil men throughout the country because it is located on one of the largest structures in the tri-state area, being on the east slope of the Cumberland River arch, a regional high extending from central Tennessee through west Kentucky into western Illinois within a northwesterly direction with axis in the vicinity of Dycusburg in the southwestern tip of Crittenden County. This is the first deep well to be



The Kentucky Theater (above) was a popular place to go. It always had the latest movies. Hard to believe now that Marion once had a movie theater downtown. The old Crooked Creek Covered Bridge (right) was just a shell as it waited for the Fiscal Court to decide what to do with it. It would soon come down and a new modern bridge would take its place.



More War Dead Being Returned

According to newspaper dispatches, several hundred more war dead from overseas cemeteries are on their way home. On board the "Burns" is reported the body of Private Roy J. Cobb, son of Mrs. Delphia Horning of Marion.

Mayor Asks That We Observe "Army Day"

A proclamation by Mayor L. D. Chipps designates Tuesday April 6, 1948 as Army Day.

Whereas, the million or more men and women in our Army are instruments of the nation's will for security and peace, and free men who throughout 17 decades of our history have served the United States that we might stand strong and safe among the nations of the world.

Whereas, the President of the United States has designated the day of April 6, 1948 as Army Day, I, L. D. Chipps, mayor of the city urge upon the people of Mar-

ion to make use of this day which is so set aside to pay tribute to those gallant men and women how as members of our Armed Forces gave so much to insure the continued happiness of our nation and successfully defended our home and traditions from our enemies.

If you wanted to go to a movie at the Kentucky Theatre, you would be seeing "The Last Frontier Uprising" starring Monte Hale and Adrian Booth, "Black Gold" starring Anthony Quinn, Katherine Demille, Elyse Knox and Ducky Louie, "Road to Rio" with Bing Crosby, Bob Hope and Dorothy Lamour or "Code of The Saddle" with Johnny Mack Brown, Kay Morley and Raymond Hatton.

If you were interested in finding out all the happenings of the small communities all over the county, you were in luck, for there were 20 or more communities that reported most each week, they included Shady

Grove, Blackburn, Piney Fork, Copperas Spring, Tribune, Pleasant Hill, Repton, Mattoon, Bells Mines, Freedom, Crooked Creek, Oak Hall, Forest Grove, Fords Ferry, Hebron, Casad, Tolu, Pleasant Grove, Deer Creek, New Union, Emmaus, Dycusburg, Frances, Caldwell Springs, Mexico, Lily Dale, Chapel Hill, Crayne and depending on if the correspondent got their items submitted on time there would be others wanting to share their news with the community.

Love all the old history and stories from long ago. Who would have thought of all the changes that would take place in these past 70 years! I think of the loss of all our rural communities and the lifestyle they provided, which included schools and the wonderful country grocery stores. Also gone but not forgotten are the railroad track and trains that ran through our county, just to name a few.

Paducah Kmart shuts doors in April


STAFF REPORT
Attention Kmart shoppers. The Paducah store will be closing in early April. Last week, parent company Sears Holdings announced it would be closing 64 Kmart stores and 39 Sears locations in March and April. The Paducah Kmart on Lone Oak Road was among the list of closings, as were three southern Illinois stores. The Henderson Kmart, slated for closing in an earlier round of downsizing, will shutter Jan. 28. After April, the nearest Kmart will be in Owensboro. The Sears location at Washington Square Mall in Evansville, Ind., will also be closing this spring. The store in Paducah closed last March.

Study: State losing residents

KENTUCKY TODAY
A new study reveals that more people left Kentucky in 2017 than moved into the state. That migration ranks the state eighth on United Van Lines' annual "Most Moved From States" list. Fifty-six percent of the moves in Kentucky were outbound, according to the study. Of those who moved out of the state, 55 percent cited a job as the reason, the study revealed. Moving closer to family was responsible for 24 percent of the moves outside Kentucky. Nearly one in five did so to be closer to family in 2017.

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Have you made right request?

Jesus said: “Your Heavenly Father will give the Holy Spirit to them that ask Him.” Luke 11:13.

He used much of John 14 telling His disciples of His plan to send the Holy Spirit to live in His followers.

One of those statements was a clear truth that we must first be a Christian before we can receive the Holy Spirit.

“And I will pray the Father and He shall give you another Comforter, that He may abide with you forever, the Spirit of truth; whom the world cannot receive, because it sees Him not, neither knows Him, but you know Him; for He dwells with you, and shall be in you.”

Jesus was talking to His saved followers, saying the Spirit was with them, but not yet in them.

They first had to await for His coming, which was on the Day of Pentecost, when they all were filled.

It is an error to teach that those who are saved received the Holy Spirit at the same time they were saved.

This statement by Jesus clearly refutes that, as we are of the world when we come to God for forgiveness.

Thus the statement: “Your Heavenly Father will give the Holy Spirit to them that ask Him.”

The teaching that He is received in the forgiveness act of God has kept people from asking for the Holy Spirit.

Living a holy life demanded by the Word of God cannot be completed with-

out the power of the Spirit of God living in us.

And we only receive Him by asking for God to fill us with Him.

Then we are able to carry the cross Jesus told us we must or we will not be His followers.

“And whosoever does not bear his cross and come after me, cannot be my disciple.”

What is that cross? It is using our life for others as He did and doing it for Jesus’ sake, not ours.

Listed in my last column were seven of the mighty things Jesus said the Holy Spirit does for those in whom He lives.

It is appropriate to list them again at this time, that all will see what is missed in so many dear people.

When you again read this partial list, you will see that He does not live in so many of the professed Christians in this country.

“He’ll give us comfort, teach us all things, bring all things to our remembrances, guide us into all truth, show us things to come, glorify Jesus, and give us power to be witnesses unto Him.” John 14:26; John 16:13; Acts 1:8.

Please check it out.



Rev. Lucy TEDRICK
Guest columnist
Religious and Political Views

Statistics indicate that more than 80 percent of Americans believe in God and the honest question is why is our nation being destroyed by unmitigated sin?

Most of those believe John Calvin’s false doctrine that once you profess Christ you can never be lost and that you cannot truly live holy, that all people sin more or less every day in word, deed or thought.

Yet their Bible, as mine, says, “Without holiness, no man shall see the Lord.”

That false doctrine is sending many souls to a Devil’s hell, and that grieves the loving heart of God, and mine.

Oh, How urgent it is that professed Christians ask for and believe to receive the Holy Spirit so they will be guided into all truth, remember God’s word, glorify Jesus with their living a holy life, will be shown things to come and power to truly witness to others for Jesus, carrying His cross.

As ministers we are to preach these things faithfully, even though many do not heed God’s warnings. God commands us to be faithful to the end.

•Editor’s note: Rev. Lucy Tedrick, pastor at Marion Church of God, shares her views periodically in this newspaper. She can be reached at (270) 965-3269. Her opinions are her own and are not necessarily those of this newspaper.



Despite temperatures in the single digits Saturday morning, Kathy Oaks and Crystal Wachenheim of Dixon huddled in front of Tambco Convenience Center to raise money for Teen Challenge, a faith-based residential program for teens struggling with dependencies or other life-controlling issues.

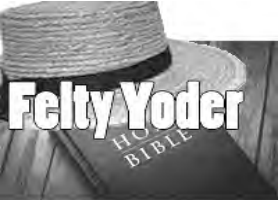
Find true abundance of life through our Lord, Master

BY FELTY YODER

We have celebrated the humble birth of the newborn King whose name is Emmanuel, translated God with us. Now we have entered a new year, let us also be diligent to walk in newness of life because that is just one more reason why our King came to be with us in Spirit, that we may have life more abundantly.

Abundant life is not necessarily health and wealth, but a continual walk in the Spirit of God. Thus, we also continually develop in the virtues of Christ.

All who long for and have the King for Savior, Lord and Master, and walk in newness of life, have great reason to celebrate. Those who don’t long for, nor have Him for Lord and Master, celebrate - they don’t know what. They’d be better off not



to celebrate His birth at all than to celebrate the birth of one they despise anyway.

Those who are eager to be transformed by the renewing of the mind, have great and wonderful promises. “I also know the plan I have for you; plans to prosper you, and not to harm you, plans to give you hope and a future.” (Jer. 19:11)

For them He is able to do far more than we ask or think. There is no limit to what He can accomplish. We need to learn to depend on Him in every situation.

He is the creator of the entire universe, and yet He chooses to make His home in the heart of the humble.

He knows our past and equips us for an eternal future. He is our best Friend as well as our King. In Him - come what may, there is no better life.

(Editor’s note: Felty Yoder, of the Salem area, shares his views periodically in this newspaper. His opinions are his own and are not necessarily those of this newspaper.)

Local Faith-Based Events & Church Outreach

Community singing at Salem

A community singing will be held at 6 p.m., Jan. 20 at Salem Methodist Church. Refreshments will be served.

Clothes closet at Fredonia

Fredonia Unity Baptist Church’s clothes closet is open from 9 a.m. to noon on the second and fourth Saturday of every month.

Pantry open at First Baptist

First Baptist Church of Fredonia food pantry is open from 1 to 3 p.m. the third Thursday of each month in Coleman Hall of the church.

Mexico Baptist has clothing

The clothes closet at Mexico Baptist Church is open from 9 to 11:30 a.m. each Monday.

Fredonia clothes closet

The clothes closet of First Baptist Church of Fredonia is open from 1 to 3 p.m. every Thursday at the church’s Family Life Center.

Cave Springs blessing box

Cave Springs Baptist Church between Lola and Joy in Livingston County offers food 24 hours a day, 7 days week at its outdoor Blessing Box in front of the church.

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WORSHIP
with us this week

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

Mexico Baptist Church
Minister of Youth Robert Kirby | Minister of Music Mike Crabtree
Pastor Tim Burdon
Sunday worship services: 10 am, 7 pm
Sunday Bible study: 9 am
Sunday discipleship training: 6 pm
Wednesday worship service: 7 pm
175 Mexico Road, (270) 965-4059
MexicoBaptist.org

DEER CREEK BAPTIST CHURCH
Interim Pastor: Larry Davidson
Sunday Bible Study: 10 a.m.
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
Phone (270) 965-2220

Emmanuel Baptist Church
Captured by a vision...
108 Hillcrest Drive, Marion | 270.965.4623
Sunday School: 9:30 am | Sunday Worship: 10:45 am, 6 pm
Wednesday Adult Bible Study, Children and Youth Activities: 6 pm
Curtis Prewitz, pastor

Crooked Creek Baptist Church
261 Crooked Creek Church Road, Marion, Ky.
Sunday school, 10 am
Sunday morning worship, 11 am
Sunday evening worship, 6 pm
Wednesday evening worship, 6 pm
Pastor
Bro. Mark Girten

PLEASANT GROVE General Baptist Church
growing in grace
2 Peter 3:18
Located on Ky. 723, 4 miles north of Salem
Sunday School 10 a.m. | Sunday Worship 11 a.m., 6 p.m. | Wed. 7 p.m.
True Gaudes, pastor

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.

Marion Baptist Church
College and Depot streets, Marion • 270.965.5232
Dr. Mike Jones, pastor
Early worship service 8:15 pm
Life groups/Sunday school 9:30 pm
Late worship service 10:45 pm
AWANA 5:45 pm
Limitless worship 8:00 pm
Discipleship class 6:30 pm
Wednesday nursery, preschool, Centershot and youth 5:45 pm
Wednesday prayer service 6:15 pm
Join us for praise and worship

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 —

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.

Piney Fork
CUMBERLAND PRESBYTERIAN CHURCH
School 10 am
Worship 11 am
Bible study 6 pm
A new beginning, going forward and looking to the future
Ky. 506 | Marion, Ky.

Tofu United Methodist Church
Bro. Selby Coomer, Pastor
We invite you to be our guest
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.

Barnett Chapel General Baptist
Sunday school: 9:45 a.m.
Sunday worship: 11 a.m.
Wednesday night Bible study: 6 p.m.
Barnett Chapel...where everyone is welcome.
Barnett Chapel Road, Marion, Ky.
Mike Jacobs, pastor

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

Marion Church of Christ
546 West Elm Street • (270) 965-9450
Sunday Bible Study: 9:30 a.m.
Sunday Worship: 10:30 a.m. and 6 p.m.
Wednesday Bible Study: 6:30 p.m.
- The end of your search for a friendly church -

Tyner's Chapel Church
Located on Ky. 855 North
Sunday: 11 a.m. and 6 p.m.
Wednesday: 6 p.m.
Pastor Charles Tabor

Crayne Community Church
Crayne Cemetery Road
Crayne, Ky.
Bro. Tommy Hodge, pastor
Sunday school 10 AM | Sunday worship 11 AM

Frances Community Church
Bro. Butch Gray • Bro. A.C. Hodge
Wednesday night prayer meeting and youth service - 7 pm
Sunday school - 10 am - Worship service - 11 am

Hurricane Church
Hurricane Church Road off Ky. 135 West
Bro. John Robertson, Pastor
Sunday school, 10 a.m. • Worship, 11 a.m.
Sunday and Wednesday evening services, 6:30 p.m.

Area Deaths

Starrett

Jody Lee Starrett, 48, of Marion died Jan. 2, 2018 at Saint Vincent Hospital, Evansville, Ind.

Surviving are his mother, Donna Starrett of Marion; brother, Calvin Starrett of Marion; a son, Tyler Starrett of Lexington; daughters, Kristen Carter of Kansas City, Mo., and Victoria Starrett of Marion.

He was preceded in death by his father, Ernie Starrett.

Starrett chose cremation and arrangements were under the direction of Myers Funeral Home in Marion.

McDonald

Michael Steven McDonald, 66, of Morganfield died Friday, Dec. 29, 2017 at his home.

Surviving are his brother, Jerry McDonald of Marion; two sisters, Pat Shoulders of Marion and Cindy Berry of Morganfield. He was preceded in death by his parents, Wayne and Doris McDonald; and two brothers Philip and Joe McDonald.

Private family services will be held at a later date.

Whitsell Funeral Home in Morganfield was in charge of arrangements.

The Crittenden Press Obituaries

Most obituaries in The Crittenden Press are published at no charge. However, extended obituaries are available for a small fee. There is no charge for use of a photo. Please ask your funeral director about fee-based obituaries. Obituaries that appear in the paper are also accessible on the Web for free at The Press Online.

Davidson

Murray Glenn Davidson Sr., 75, of Benton died Friday, Jan. 5, 2018 at the Ray and Kay Eckstein Hospice Care Center in Paducah.

He attended Highland Presbyterian Church in Paducah. Davidson was a veteran of the U.S. Army serving during the Vietnam War. His favorite activities included dancing and riding his motorcycle.

Surviving are a son, Murray Glenn Davidson Jr. (Tina Lax) of Paducah; daughters, Sandy Wood (Kevin) of Daphne, Ala., and Lisa Austin (Mike) of Mayfield; sisters, Vonell Bebout of Fredonia and Linda Ramage of Marion; a brother, Rocky Hornback of Louisville; grandchildren, Angel Klatt, Alyssa Chapman, Michael Wood, Shanna Phillips and Nick Nolan; and 12 great-grandchildren.

He was preceded in death by his sister, Jackie Hornback; brother, Roper Hornback; and parents, Murray Franklin Davidson and Alfreda Dixon Davidson Hornback.

Services were Wednesday, Jan. 10 at the chapel of Boyd Funeral Directors and Cremation Services with Rev. Brian Flahardy and Rev. Bud Russell officiating. Burial was at Union Cemetery.

For Online Condolences
myersfuneralhomeonline.com
boydfuneraldirectors.com
gilbertfunerals.com

Hooten

Donald Eugene Hooten, 89, of Marion died Saturday, Jan. 6, 2018 at Livingston Hospital and Healthcare Services in Salem.

He was a seaman first class while serving in the U.S. Navy, where he was awarded the Purple Heart. Also while in the Navy, Hooten was a Golden Gloves boxer. Some of his many loves were music, dancing and tinkering.

Surviving are a daughter, Donna Lunceford (Gary) of Marion; a son, John Hooten (Bonnie) of Salem; seven grandchildren; and 16 great-grandchildren.

He was preceded in death by his wife, Dollie Hooten; two brothers, Glenn and Floyd Hooten; and a sister, Peggy Kilpatrick.

Services with military rites were Tuesday, Jan. 9 at the chapel of Boyd Funeral Directors and Cremation Services. Burial was at Salem Cemetery.

Travis

Mary Louise (Stone) Travis, 92 of Calvert City died Saturday, Jan. 6, 2018, at the Calvert City Convalescent Center.

She was born Sept. 13, 1925 in Dycusburg, the daughter of the late James Collin Stone Sr. and the late Mary Inez (Bailey) Stone.

She was a Sunday school teacher and taught the GA's at First Baptist Church of Calvert City for many years. She was a kindergarten teacher and owner from 1961 until 1976 at Mrs. Travis' Kindergarten in Calvert City. She was instru-

mental in the organization of the American Legion Post 236 Ladies Auxiliary. She was a member of Christian Fellowship Church in Drafenville.

Surviving are her sons, Barry Travis and wife Kay of Calvert City and William Greg Travis and wife Pam of Benton; two granddaughters, Alison Prince and husband Mark of Calvert City and Andrea Powell and husband Chad of Calvert City; and two great-grandchildren; Connor Prince and Emma Powell.

She was preceded in death by her parents; her husband of 44 years, William Freeman Travis; four brothers, Alan Junior Stone, James Collin "J.C." Stone and two infants; and a sister, Hazel Juanita Perryman.

Services were Tuesday, January 9 in the chapel of the Collier Funeral Home in Benton with Rev. Richie Clendenen and Rev. Dr. Charles Frazier officiating. Burial was at Marshall County Memory Gardens in Benton.

Memorials may be made in memory of Mary Louise Travis to the Calvert City Convalescent Center, P.O. Box 7, Calvert City, KY 42029.

Kelly Wayne Stamper, 45, passed suddenly on Wednesday, Dec. 27, 2017 in Phoenix, Ariz. area. He is the son of Brenda C. Stamper of Marion and Donald A. Stamper (Emma) of Olathe, Kan.. He leaves behind two sons: Devon Stamper of Lawrence, Kan. and Dylan Stamper of Phoenix; a brother, Nathan A. Stamper (Julie) of Kansas City, Mo., and maternal grandparents, Pete and Hilda Ouellette of Marion.

Paid Death Notice



Beavers

Kenneth Dwayne Beavers, 85, of Marion died Tuesday, Jan. 9 at Crittenden Hospital.

Arrangements were incomplete at press time at Gilbert Funeral Home in Marion.

Local
Obituary
Archives

Searchable
Database at
The-Press.com
Find electronic
files from 2008-2018

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Investment Opportunities • Financial Solutions

Atmos replacing lines on 641

STAFF REPORT

All that new construction alongside U.S. 641 south of Crayne is a continuation of an ongoing distribution system upgrade by Atmos, which serves the area with natural gas.

Clearly, the project will change the horizon in the southern part of the county as a number of trees are being taken out to accommodate the improvement project.

Workers on the project have spent much of the summer and fall in Caldwell County. Now, a majority of the project has moved into Crittenden.

Atmos Energy is replacing 10 miles of its lines in Crit-

tenden County and the Fredonia area.

As part of Atmos' 2009 rate case, the Kentucky Public Service Commission approved a pipeline replacement program (PRP) for its service territory in the commonwealth. This program enables Atmos to replace bare steel lines and other aging infrastructure.

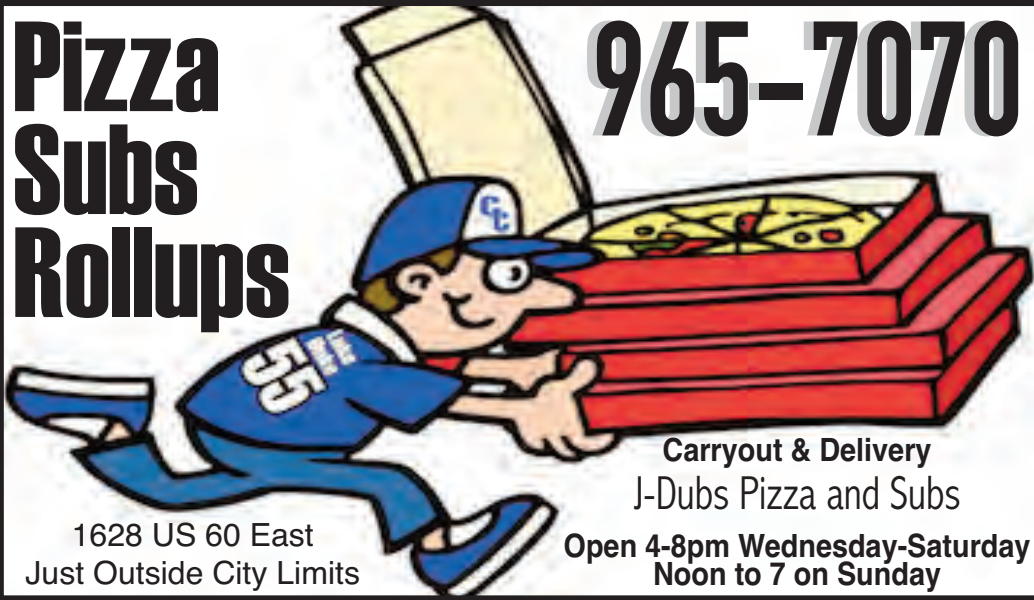
Contractors are replacing 22,000 feet of pipe along U.S. 641. The project will come all the way into Marion at Industrial Drive. Work in Crayne will also take place along Reiters View Road, Crayne Cemetery Road, Railroad Avenue, Stevens Drive and Stallion Drive.

Atmos also replaced pipe in parts of the City of Marion in 2017, a project that began in 2012.

"We realize infrastructure improvements may be inconvenient for some, but we will do our best to minimize the affect for our customers and the community," said Mike Coleman, operation supervisor in Princeton, when the project began.

The modernization of Atmos' infrastructure is part of a 15-year plan that began in 2011. Aging metal lines are being replaced with durable plastic pipes. Both mains and service lines to customers are being replaced.

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Burna Legion honors Pecks, Gibsons for 2017

Two Livingston County couples were honored last month by the American Legion Post and Auxiliary at Burna for their exceptional support to the post and unit. They are Pat and Rell Peck and Faye and Tom Gibson.

“Both of these couples have been team players and have given selflessly of their time, money and labor through the years. They are role models within our post/unit,” said Jerri Barnes. “As a result, we are honoring both couples with the distinguished title of ‘couple of the year’ for their lasting contributions to Post/Unit 217.”

Pat Peck is a former teacher, member of the Salem Garden Club and has been a member of the auxiliary for 19 years. Pat has held the office of chaplain

and historian and has earned Best History Book by the state department. She sends care packages to soldiers overseas and hundreds of Memorial Day crosses have been painted and labeled by her to be used in the memorial garden prior to the monument being built. Together, the Pecks have made many financial contributions to the post and unit as well.

Rell Peck served in the U.S. Navy from 1956-1960 and has been a member of American Legion Post 217 for 17 years. Currently, Rell serves as mayor of Salem and has held the office of commander and chaplain of Post 217. He worked on setting up the Sons of the American Legion at the post and has been instrumental in laying out the memorial

garden for each Memorial Day celebration. Rell also set up the brick walkway and maintained it for many years. Bricks may be purchased in memory of a veteran both living or deceased.

In 1988 Rell Peck helped put together the veterans book, which was published in 2002. He also maintains a data base to keep the Veterans Book information updated and uses this information for the engraved names on the monument walls. Over the years, Rell Peck has also helped with mowing, building maintenance and many construction jobs. Many hours have also been donated to various post and auxiliary activities.

Faye and Tom Gibson joined the American Legion after retirement 10 years

ago. Faye is retired from a career in finance and accounting and is a member of New Union General Baptist Church, Salem Garden Club, and Livingston County Historical Society. She is the Auxiliary Publicity Officer on the district and local levels.

Faye maintains the Facebook pages for both American Legion Auxiliary Unit 217 and District 1 of Kentucky and has held offices of president, vice president, secretary and treasurer. She established the Veteran of the Month appreciation program and is photographer for the Auxiliary. She has held Blue Star Banner presentations and Continuous Membership Teas and has helped with numerous post and auxiliary activities.

The Gibsons represent

the post and unit at numerous veterans ceremonies. Faye Gipson applied for a grant for the American Legion Auxiliary and was awarded the grant from Home Depot to put in a much needed kitchen at the Post. She and her husband worked to put up new walls that were damaged and then worked alongside Home Depot to upgrade the kitchen with new cabinets, counter tops, sinks, etc.

Tom Gibson served in the U.S. Army during Vietnam as a medic and in physical therapy while living in Colorado. He retired from Caterpillar in Decatur, Ill., and is a member of Livingston County Historical Society, Masonic Lodge 81 of Salem and New Union General Baptist Church.

Since joining Post 217 10

years ago, Tom has held the office of recording secretary/historian, vice-commander, chaplain and trustee. He has participated and represented the post at district events as well as at Hanson’s Veterans home. He has served at numerous functions and assists in maintaining the brick walkway.

He also serves on the honor guard and in other volunteer capacities.

Both couples continue to serve in numerous ways and are well-deserving of recognition. For God and Country is the post and auxiliary’s motto, and members strive to work toward that motto daily, Barnes said.

American Legion Post 217 located in Burna meet every second Friday of the month.

McClure banks 50th year

Jo Ann McClure is being honored for 50 years of service to The Peoples Bank.

The Peoples Bank will honor McClure Friday with a community reception between 10 a.m.-4 p.m., at the Marion Main Sales Center.

McClure began her career at The Peoples Bank Jan. 12, 1968. She has held many positions at the bank and is currently employed as a teller at the Marion Main Sales Center.

“Jo Ann has been an outstanding part of the bank’s staff and has made numerous contributions to the bank’s success,” said Terry L. Bunnell, chairman, president and CEO. “Her commitment to customer service is the hallmark of who she is.”



McClure

Senior Menu

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 60 and older or \$5 for those under 60. Reservations are requested by 9 a.m. Upcoming activities and menu include:

– Thursday (today): Menu is baked spaghetti, broccoli salad, mandarin oranges and garlic breadstick. A nutrition class will be offered at 10:30 a.m. by Sue Parrent.

Friday: Menu is hot turkey sandwich, mashed potatoes, giblet gravy, buttered spinach and tropical fruit. Bingo begins at 10:30 a.m.

Monday: The center is closed in observance of Martin Luther King, Jr. Day.

Tuesday: Menu is beef stew, brown rice, cole slaw, cornbread, pineapple delight and margarine. Legal aid will be offered beginning at 10 a.m.

Jan. 17: Menu is BBQ pork on wheat bun, au gratin potatoes, cucumber salad and oatmeal raisin cookie. Bingo begins at 10:30 a.m.

All menu items are subject to change based on availability. PACS provides milk, coffee, tea or water each day.



November Rocket Role Models

Exhibiting the Rocket Role Model character trait of compassion for November at Crittenden Elementary are (front) Aubrey Odom, Addison McElroy, (second row) Noah Holland, Miles Yates, CJ Curnel, Kash Myers, Lucas Ethan Todd, Addi Hobbs, Dally Millikan, Hayden Jones, Landon Belt, Cassidy Jones, (third row) April Dismore, Kaylee Carder, Callie Rich, Jett Reddick, Lilly Fernlund, Hannah Jent, Braelyn Merrill, Brennen Clifford, Jake Rich, (back row) Rianna Maness, Hadley Myers, Trae Taylor, Taylor Jones, Landon Curry, Braylynn Ennis, Seth Henry and Cambree Rushing. Not pictured are Brandon Slaton, Oakley Faughn and Kyran Martin.

CCHS grads on Brescia list

Two Crittenden County High School graduates at Brescia University were named to the fall 2017 dean’s list.

Cassidy Moss, a freshman biology major, and Brenden Phillips, a senior history major, achieved the honor by completing at

Calendar

– Crittenden County Genealogy Society will meet at 10 a.m., Saturday in the meeting room at the Crittenden County Public Library. The program will be Planning for the New Year in Genealogy Research, My New Year’s Resolutions.

Extension events

– A class on using the Instant Pot and Air Fryer will be held at 6:30 p.m., Thursday (today) at the Ed-Tech Center.

– The Extension Office will be closed Monday in observance of the Martin Luther King, Jr., holiday.

– After Hours Homemakers will meet at 5 p.m., Tuesday at the Extension Office.

– Crochet Corner will meet at noon, Jan. 17 at the Extension Office.

– The Diabetes Support Group will meet at 10 a.m., Jan. 19 at the Extension Office with guest speaker Dr. Adria Porter.

KyTC offers 2 scholarships

The Kentucky Transportation Cabinet has two scholarship programs available to Kentucky residents:

- Civil Engineering Scholarship Program (CESP): The Cabinet will be awarding a limited number of scholarships for the 2018-2019 school year to students attending University of Kentucky, University of Louisville, Western Kentucky University, or Kentucky State University for a bachelor’s degree in civil engineering. Freshman and sophomore students receive \$6,200 per semester, and junior and senior students receive \$6,600 per semester toward the completion of a bachelor’s degree in civil engineering.
- Civil Engineering Technology Scholarship Program (CETSP): The Cabinet will be awarding a limited number of scholarships for the 2018-2019 school year for students attending Bluegrass Community & Technical College in Lexington, Kentucky, or Big Sandy Community & Technical College in Prestonsburg, Kentucky, for an associate’s degree in civil engineering technology. Each scholarship student from either of the colleges will receive \$3,000 per semester toward the completion of an associate’s degree in civil engineering technology.

Application deadline is Feb. 1, 2018.

For more information, visit [http://transportation.ky.gov/Ed](http://transportation.ky.gov/Education/Pages/Civil-Engineering-Technology-Scholarship.aspx)



Speech finalists

Three members of the Crittenden County Middle School Speech Team were finalists at the Paducah Middle School Big Blue Speech Tournament Jan. 6. Pictured are (from left) Samantha Tinsley, first place in Duo Acting; Raina West, first place in Duo Acting; and Kailyn Stokes, fifth place in Prose Interpretation.

FASFA option for college bound

The federal government requires many students who submit the Free Application for Federal Student Aid (FAFSA) to verify the information on the FAFSA. The students are chosen by the U.S. Department of Education.

Used to apply for most federal and many state student aid programs, the FAFSA asks detailed questions about the income and resources of students.

Parents are required to provide their information as

well if their children are dependent students. Students are considered dependent if they are undergraduate students under 24 years old, not married, have no dependents of their own, are not veterans or were not orphans or wards of the court until age 19.

For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.



All-District Band

Caleb Estes and Sam Winders performed last weekend with the High School All-District Band at Paducah Tilghman along with other musicians from western Kentucky. The Crittenden County band members are directed by Lindsay Maddux.

CAPITOL
Cinemas

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PG

ONE WEEK ONLY
Pitch Perfect 3
Fri. 6:45, 9:15
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www.fredoniavalleybank.com

MPAA



League Standings

5th District Basketball

| Boys | | |
|--------------------|---------|----------|
| Team | Overall | District |
| Livingston Central | 10-7 | 3-1 |
| Trigg County | 8-5 | 3-1 |
| Lyon County | 2-10 | 2-2 |
| Crittenden County | 3-9 | 0-4 |

| Girls | | |
|--------------------|---------|----------|
| Team | Overall | District |
| Livingston Central | 9-8 | 4-0 |
| Crittenden County | 7-7 | 2-2 |
| Lyon County | 9-3 | 2-2 |
| Trigg County | 6-8 | 0-4 |

Crittenden Scoring

Rockets

| Player | Games | Points | Average |
|-----------------|-------|--------|---------|
| Sawyer Towery | 10 | 113 | 11.3 |
| Logan Belt | 12 | 130 | 10.8 |
| Preston Turley | 12 | 114 | 9.5 |
| Gabe Mott | 12 | 107 | 8.9 |
| Hunter Boone | 10 | 43 | 4.3 |
| Tyler Boone | 11 | 39 | 3.5 |
| Tyson Steele | 12 | 12 | 1.0 |
| Jaden Carlson | 9 | 9 | 1.0 |
| Sean O'Leary | 11 | 16 | 1.5 |
| Braxton Winders | 11 | 9 | 0.8 |
| Erik O'Leary | 9 | 6 | 0.7 |

| Lady Rockets | | | |
|------------------|----|-----|------|
| Madison Champion | 13 | 203 | 15.6 |
| Mauri Collins | 13 | 109 | 8.4 |
| Nahla Woodward | 13 | 111 | 8.5 |
| Shelby Summers | 13 | 78 | 6.0 |
| Chandler Moss | 13 | 47 | 3.6 |
| Jaelyn Duncan | 8 | 9 | 1.1 |

Upcoming Games

Friday
CCHS at Trigg County, DH
Saturday
Rockets host Hardin Co., Ill.

All A Classic

Monday's Tournament Opener
Lady Rockets vs. Lyon at Caldwell Co.
Tuesday's Tournament Openers
Rockets host Caldwell County, 6pm
Lyon vs. Livingston, 7:30pm at Marion

CCMS basketball

7th Grade Game Jan. 4
Webster Co. 45, Crittenden 32
CCMS Scoring: Preston Morgeson 17, Seth Guess 8, Evan Belt 1, Kaden Langston 5, Case Gobin 1.

8th Grade Game, Jan. 4
Webster Co. 53, Crittenden 27
CCMS Scoring: Maddox Carlson 6, Trace Derrington 5, Tucker Sharp 2, Ben Evans 6, Bryson Baker 6, Tristan Davidson 2.

3-on3 Basketball, ppd

The King of the Court 3-on-3 basketball tournament sponsored by Rocket basketball is being postponed until spring. The event was set for Jan. 27. A new date will be announced later.



No baseball clinic

Due to an unforeseen scheduling conflict with the featured instructor, a Winter Warmup baseball clinic scheduled for Jan. 20 at Marion has been postponed until further notice.

Hunting Seasons

| | |
|------------------|-------------------|
| Bow Deer/Turkey | Sept. 2 - Jan. 15 |
| Raccoon Hunt | Oct. 1 - Feb. 28 |
| Fox | Nov. 13 - Feb. 28 |
| Squirrel | Nov. 13 - Feb. 28 |
| Rabbit | Nov. 13 - Feb. 10 |
| Raccoon Trap | Nov. 13 - Feb. 28 |
| Quail | Nov. 13 - Feb. 10 |
| Canada Goose | Nov. 23 - Feb. 15 |
| Bobcat | Nov. 25 - Feb. 28 |
| Duck | Dec. 4 - Jan. 28 |
| Dove | Dec. 23 - Jan. 14 |
| Youth Waterfowl | Feb. 3 - Feb. 4 |
| Coyote | Year Round |
| Coyote Nighttime | Feb. 1 - May 31 |

Umpires wanted

The Second Region Pennyrile Umpires Association is looking for umpires for the 2018 season. Anyone interested should email area coordinator Matt Bell at matt.bell@webster.kyschools.us or call (270) 871-6956 for more information and to learn about pay and qualifications.

Tall orders await CCHS in All A

STAFF REPORT

Crittenden County's boys' and girls' basketball teams will have difficult first-round opponents in next week's All A Classic. The defending small-school champion Lady Rockets will play Lyon County in Monday's All A tournament opener at Caldwell County. Crittenden won the regional championship and advanced to the quarterfinal round of the All A State Tournament last year in an historic run. The girls have a chance to get back into the championship game and will have to run the table on a couple of district foes in the tournament. The girls open against Lyon County, the team it defeated last year in the championship game at Hopkinsville. The Lyons and Lady Rockets have split their matchups this season, each winning on the opposing team's home floor. "We can get them," CCHS skipper Shannon Hodge said. "It ought to be a

Morning Makeover

Rocket coach feels better after film review

STAFF REPORT

Things can always look a little better in the morning. Crittenden County basketball coach Denis Hodge insinuated earlier this week that his team's 61-43 loss to Lyon County was tough to swallow as the second half ticked away and Lyon pulled away with a 24-4 scoring burst. "But I felt a lot better after watching the film," Hodge said. He spent the weekend looking at the things this young team did right and trying to understand that it's going to play well in spurts and perhaps poorly at times. "We are going through the process of getting better," he said. "Our point guard is a freshman and center is a freshman. It's going to look that way." Crittenden's ninth-grade point guard – Gabe Mott – is closing in on a double-digit scoring average and the center – Preston Turley – is right there, too. The two of them will have to carry an even heavier load as the Rockets head toward a Fifth District matchup at Trigg County Friday night with a pretty good chance that senior Logan Belt will be out of the lineup again. Belt, the team's second leading scorer, injured his ankle in a game at Community Christian Academy Saturday and missed Tuesday's game at Dawson Springs. Another freshman, Tyler Boone, will likely start in Friday's district game at Trigg. The Tigers are fresh off a big win over Livingston Central. It was the Cardinals' first district loss this season. "Trigg has a couple of veteran guards and a big dude inside," Hodge said. "They're a tough out." Crittenden played Lyon County very well for about a half last week. The Rockets led by eight early and the game was tied at 20 in the second period. However, the Lyons – which had just one win coming into the game – caught fire offensively in the third

Classic Boys

Tuesday's Opening Round Games
Lyon County at Livingston Central
Caldwell County at Crittenden County
Dawson Springs at Fort Campbell
University Heights, bye
Friday Jan. 19 Semifinals
At Crittenden County
Lyon/Livingston vs. Caldwell/Crittenden, 6pm
Dawson/Ft.Campbell vs. UHA, 7:30pm
Saturday Jan. 20 Championship
At Crittenden County, 7pm

showdown." Meanwhile Crittenden County's boys host the tournament's semifinal and championship rounds at Rocket Arena as well as the Rockets' opener against Caldwell. Their first game will be Tuesday against an athletic Tiger team that beat Crittenden 70-50



Rocket freshman Preston Turley bags a rebound during Crittenden's district loss to Lyon County Friday at Rocket Arena.

period and ran away with the win. Their only victories this year have come at Crittenden's expense.

| Crittenden 73, Dawson Springs 70 | | | | |
|---|----|----|----|----|
| Crittenden Co. | 18 | 38 | 50 | 70 |
| Dawson Springs | 19 | 39 | 58 | 73 |
| CRITTENDEN – Towery 27, Mott 14, Turley 12, H.Boone 2, T.Boone 7, Steele 8, S.O'Leary 2, Winders 1, Carlson. FG 24. 3-pointers 9 (Towery 4, Mott 2, T.Boone, Steele 2). FT 16-22. | | | | |
| DAWSON – Putman 14, Hickerson, Cotton 13, A.Clark 8, Pace 16, Huddleston 4, Clark, Cunningham 4, Brooks 4. FG 23. 3-pointers 5. FT 19-25. | | | | |

| Lyon County 61, Crittenden 43 | | | | |
|---|----|----|----|----|
| Lyon County | 14 | 25 | 49 | 61 |
| Crittenden Co. | 18 | 24 | 33 | 43 |
| CRITTENDEN – Towery, Mott 5, Belt 6, Turley 13, | | | | |

Classic Girls

Monday's Opening Round Games
Livingston Central at Fort Campbell
Crittenden County at Lyon County
Dawson Springs at University Heights
Caldwell County, bye
Thursday's Jan. 18 Semifinals
At Caldwell County
Ft. Campbell/Livingston vs. Lyon/Crittenden, 6pm
UHA/Dawson vs. Caldwell County, 7:30pm
Saturday Jan. 20 Championship
At Caldwell County, 4pm

in the season's third game. Caldwell County, led by junior guard Derrin Boyd, is 7-7 on the season with some impressive wins over Webster County and Murray. Boyd is averaging 22 points and eight rebounds a game. The Rockets will need a stellar effort to compete for a trip to the second round.

Roller coaster ride adds uncertainty to season

STAFF REPORT

The amusement park is fun, right? Well, the roller coaster rides aren't for everyone, even when you know what to expect. The highs and sudden dips of a carnival attraction is a near perfect simile for the trip long-time Lady Rocket basketball coach Shannon Hodge is on this season. Armed with a couple of chisled veterans to lead the way, Hodge's girls are often on the uptick, running their offense like a charm and playing defense like a cat. Then there are the lulls. And unfortunately, a couple of those dives have been during key district matchups. One was last week against Lyon County and the other was a few weeks ago against Livingston Central. Both were in front of the hometown crowd. "Against Lyon it seemed like we couldn't run the offense beyond the first option," Hodge said, as she explained why her Lady Rockets fell 48-39 to a team it had beaten on the road by eight four weeks earlier.



Crittenden freshman Chandler Moss guards a Lyon County ball handler during last week's district loss at Rocket Arena.

Of course, the return of Lyon senior Hannah Holloman had a good bit to do with the about-face. Holloman posted 19 points to lead the Lyon girls. Although it's painful to swallow a district defeat at home, Hodge knows very well that the post-season jewels are well within reach for her team. No one squad in the Fifth District is markedly better than the other. She quickly points to her team's

rebound Saturday at Paducah Tilghman, a night after losing to Lyon. Crittenden beat the Lady Tornado 47-41. There was also a big win against Mayfield a couple of weeks ago that Hodge is mighty proud of. The peaks and valleys were going to be part of this season. She has said that from the beginning. Managing them and getting her young team polished for a playoff run

is the primary focus, she says.

| Lyon County 48, Crittenden 39 | | | | |
|---|----|----|----|----|
| Lyon County | 10 | 20 | 26 | 48 |
| Crittenden Co. | 5 | 16 | 26 | 39 |
| LYON COUNTY – Brown, Bingham 6, Matthews 2, Collins 4, Watts, Doom, Holloman 19, Murphy 17. FG 7-19. 3-pointers 0-3. FT 7-16. | | | | |
| CRITTENDEN – Champion 12, Guess, Collins 13, Summers 6, Moss 4, Woodward 4. FG 16-49. 3-pointers 2-10 (Champion, Collins). FT 5-11. | | | | |

| Crittenden 47, Tilghman 41 | | | | |
|---|----|----|----|----|
| Crittenden Co. | 11 | 19 | 35 | 47 |
| Tilghman | 9 | 19 | 29 | 41 |
| CRITTENDEN - Collins 8, Champion 17, Moss 5, Summers 6, Woodward 10, Guess 1, Long. FG 16. 3-pointers 0. FT 15-28. | | | | |
| TILGHMAN – Askew, Biggers 11, Gains 6, Milikan 15, Thomas 1, Dyerlin 6, Concettine 2, Anderson 2. FG 17. 3-pointers 0. FT 7-17. | | | | |

| Crittenden 61, Dawson 55 | | | | |
|--|----|----|----|----|
| Dawson Springs | 17 | 35 | 43 | 55 |
| Crittenden Co. | 16 | 32 | 52 | 61 |
| DAWSON SPRINGS – Fain, Hendrix 4, Simpson 3, Foe, Orten 14, Clark 8, Randolph 14, Cotton 12. | | | | |
| CRITTENDEN – Collins 14, Champion 14, Moss 6, Summers 14, Woodward 8, Guess 5. | | | | |

Cardinals caravan coming to Paducah, Evansville

Cardinals Caravan is coming to Paducah and Evansville. Fans will get a chance to talk baseball and meet current players, alumni and broadcasters. There will be autographs for kids, prize drawings and more.

Caravan stops closest to Marion will be at 6 p.m., Sunday at the Evansville Physical Activities Center and at noon Monday at Paducah's McCracken County Convention and Expo Center. In the caravan will be broad-

caster Dan McLaughlin and former St. Louis greats Al Hrabosky and Scott Cooper. Current players at the nearby events will be Carson Kelly, Matt Bowman, Ryan Sheriff and Austin Gomber.

There will be an autograph ticket system where the first 400 children 15 and under that come through the door will receive a free autograph ticket which guarantees one autograph from each current and former player.

Father hopes UK fans will remember Barker's team loyalty

Terry Barker knows he can't control how University of Kentucky fans will remember his son, Drew Barker. He just hopes a couple of off-field incidents during his son's freshman year will not distort what fans remember about him now that he decided to transfer after spending four years at UK.

"I hope a couple of off-field incidents will not define his legacy at Kentucky," Terry Barker said. "People who know Drew know both of those incidents were not ones where Drew meant any harm."

He finished his career with 57 completions in 113 attempts for 747 yards and five scores with seven interceptions. He redshirted in 2014, started the final two games of 2015 and started three games in 2016 before a back injury ended his season.

Barker and three teammates were suspended for one game and charged with disorderly conduct for having airsoft guns out on campus. Later in the year Barker was involved in a bar fight in Richmond and then sucker punched in the side of his head by an Eastern Kentucky football player in an Eastern dorm.

Terry Barker said his son and friends were "just messing around and playing on campus on a Sunday night" with the airsoft guns and never anticipated it would turn into a situation where campus would be shut down. The bar incident was one Barker could have made a better choice but give him credit for owning his mistakes and maturing the next three years.

Also don't forget that he was the bellcow for UK's 2014 recruiting class when not everyone believed in coach Mark Stoops and the Kentucky program. Barker said no to South Carolina early and never wavered in his commitment and loyalty to Stoops.

"There was no decommitment, no wavering. He was all in and tried to recruit guys to come to UK with him," Terry Barker said. "He did his best to bring guys with him from day one and I hope fans will remember that about him. It did not work out on the field. Sometimes that happens. But he loved Kentucky."

So why leave? Simple, he wants to play next year. He might have been the leader to become UK's starting quarterback next year but is looking for an offense that will fit his skills better. No, the arrival of junior college quarterback Terry Wilson did not lead to the transfer.

"We just want to find an offense that will throw the ball more and do so well that we hope Kentucky fans will say, 'I wish we had him back,'" Terry Barker said. "He wants his collegiate career to end on a high note. He wants to play well enough to get an invitation to the NFL combine and show his arm off. The NFL is a passing league and that's what he does best."

"But I just hope fans will always remember he was fully committed to us when we were down and low. He tried to drag kids with him to Kentucky. Drew had one foot in the door at South Carolina when Kentucky brought Mark Stoops and (offensive coordinator) Neal Brown in and that gave him renewed energy about UK. That kid was born with blue blood out of the crib."

Stoops understood Barker's decision. Stoops has to recruit the best players he can each year. Players have to do what it takes to give them the best chance to play. It's just business, nothing personal.

"Mark told Drew that he still believes he has the ability to play beyond college. He said he just wished it had worked out for Drew at Kentucky and he would do anything for him and we appreciate that," Terry Barker said.

Shai Gilgeous-Alexander has been on an upward trend like few Kentucky players in recent seasons the last few weeks -- or was before he went 1-for-6 in the loss at Tennessee.

He was ranked below



Drew Barker stayed loyal to UK but decided to transfer for his final year to find an offense where he could throw the ball more. (Vicky Graff Photo)

every UK freshman signee except Jamarl Baker but now could be UK's best and most dependable player in large part because of his ability to get to the rim and finish shots.

Kentucky assistant coach Tony Barbee says Gilgeous-Alexander reminds him of former UK assistant coach Rod Strickland, a veteran NBA player.

"Shai's got the perfect basketball body. He's long, he's got a short torso, long legs, long arms, and he's really crafty with the ball. He doesn't depend on athleticism to score at the rim. He can finish at a lot of different angles," Barbee said. "That was Rod Strickland. He could get to that rim and there would be three 7-footers swatting at the ball and the next thing you know, the ball is going in the basket. You're like, 'How did he get it in there? It's the same thing with Shai.'"

Barbee said it was vintage Gilgeous-Alexander against Louisville, one of the nation's best shot blocking teams, when he had no fear going inside.

"He knows how to use angles and knows how to use that rim to protect and finish no matter who is in there. So he's kind of the ideal guy when you look at him with his game, driving that ball in the paint, able to finish the ball right hand, left hand just as effectively. So he's a difficult guard if you let him

get downhill and get to that rim," Barbee said.

Don't think that is something coaches, including Calipari, can teach.

"Instincts make a fantastic coach and he's got a lot of great instincts," Barbee said.

Signing former Kentucky offensive lineman Larry Warford to a four-year, \$34 million deal has turned out to be a great move by the New Orleans Saints. Going into the playoffs, the Saints had run 77 plays -- the fourth most in the NFL -- behind Warford, a guard, and averaged 6.2 yards per carry. That was the league's second best mark.

Warford picked UK over Auburn and Louisville after playing for Madison Central High School in Richmond. He was ranked as the 30th best guard in his recruiting class. He went on to start 37 straight games for UK from 2010-2012 and earned all-SEC honors.

Detroit made him a third-round draft pick in 2013 and he became a starter as a rookie. He did not give up a sack in 2013. After four years with the Lions, New Orleans added him this year as a free agent.

Adair County freshman Zion Harmon already has scholarship offers from a lot of schools, including Tennessee and Vanderbilt, and has drawn major interest from Kentucky, Kansas and

others.

He's a 5-10, 165-pound point guard that doesn't mind comparisons to former UK standout Tyler Ulis, who now plays for the Phoenix Suns.

"Heart over height. That is just mental and physical. If you are a smart enough player you can get the advantage," Harmon said. "If you are in the classroom, just because someone is 7-feet tall doesn't mean they are going to get a better grade on a test than me."

"I know people who are 5-foot tall and get straight A's and skip grades. Height doesn't really mean as much to me, especially when I am on the court. I just play with my heart."

After helping Bowling Green win the state title as an eighth-grader, he transferred to Adair and is averaging 32 points per game this season.

He attended UK's Big Blue Madness in October and was impressed.

"They treated us so well. We (recruits) walked out, and I didn't expect it, but everybody started clapping for us. I was walking behind Zion Williamson and Darius Garland and it was just great," Harmon said. "I didn't really want to smile. I was trying to act like I was just being cool, but inside there was a big smile because they were clapping for us. It was a great experience."

This year's SEC Tournament will be held in St. Louis for the first time and Frank Viverito, president of the St. Louis Sports Commission, knows Kentucky fans -- and other SEC fans -- are wondering what it will be like compared to Nashville, a tourney site UK fans have particularly liked.

In Nashville you can walk out of the arena and everything is there. In St. Louis, you have to look around a little bit more. It's a little bit harder to figure out where everything is.

However, there will be plenty for fans to do. Viverito says the top place for fans will be Ballpark Village -- which is about halfway between hotels and Scotttrade Center where the SEC Tournament will be played.

"It's a gorgeous new facil-



Zion Harmon helped put on a skills development clinic for youngsters during the McCracken County Mustang Madness last week.

ity across from Busch Stadium with a lot of entertainment options going on day and night throughout the tournament," Viverito said. "SEC Fanfare will be on 14th Street next to the Scotttrade Center. Union Station has had a lot of renovation and fans will like it. Washington Avenue is only five or six blocks from the arena and is filled with shops, restaurants and clubs. There are phenomenal places to congregate and a lot of places to do things. You just have to walk out of the arena and look around a little bit."

Viverito has been to the last six SEC Tournaments starting with the one in New

Orleans in 2012. He's never seen so much balance in the league and believes that should make for an exceptional tournament for fans of many teams.

"Scotttrade is a little bigger than Bridgestone Arena (in Nashville). It's the home of the St. Louis Blues and is a comfortable and up to date place to watch a basketball game," Viverito said.

And he's also heard from UK fans about what might be coming.

"They told me in Nashville last year that it would be St. Blue-is, not St. Louis, come SEC Tournament time," Viverito said.



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ATTENTION PROPERTY OWNERS IN CRITTENDEN COUNTY

January 1 through March 1 is the period for listing your real estate for assessment of the State, County, Library, County Extension, Health, Special Districts and School taxes for the year 2018. The assessment date for real property is January 1 as required by KRS 132.220.

REAL ESTATE: Farms, homes, houses and lots, mobile homes, vacant land and Commercial buildings. Anyone who has built a new structure or made an addition, deletion, or improvement to an existing structure on their property during the preceding year should list that.

HOMESTEAD EXEMPTION: Persons who are eligible for the Homestead Exemption for 2017 should come into our office and apply anytime during the year. If you are currently drawing the exemption because of your age you do not need to reapply. The exemption for this tax year is \$37,600.

Were you born in **1953** or before? Are you classified as totally disabled from any retirement agency? Apply for the homestead exemption and save approximately \$315 on your tax bill. If you live in the Marion area, you would save approximately \$86 more off of your city tax bill. These estimates are based on 2017 tax rates and may vary depending on what local taxing jurisdictions adopt in 2018. You must live in Crittenden County and own property here to qualify in our county for this exemption. If you are already receiving the disability exemption, you will need to reapply for this benefit annually. **DON'T WAIT UNTIL YOUR BIRTHDAY** or until the tax bills have been printed, come in now for this benefit.

The Revenue Cabinet, Frankfort, KY, from motor vehicle registration assesses all **MOTOR VEHICLES AND BOATS**. 2018 motor vehicle and boat taxes will be paid to the County Clerk when the vehicle is relicensed for 2018. The assessment shall be due if not protested in writing, along with supporting documentation to the Revenue Cabinet within forty-five (45) days from the date of notice. January 1 is the assessment date.

TANGIBLE PERSONAL PROPERTY: The filing date is January 1 through May 15. This would include merchant's inventories, shop tools, construction and office equipment, airplanes, etc. All tangible property tax returns postmarked after May 16 will be forwarded to the Revenue Cabinet omitted for billing with 10% penalty as required by KRS 132.290. **Intangible returns are no longer required.**

The Property Valuation Administrator (PVA) does not have any authority in setting property tax rates and does not collect any taxes. With the exemption of the State rate, local citizens that are on the governing bodies of local taxing jurisdictions set all property tax rates.

The Mission of the PVA Office is to provide accurate assessments and efficient services to property owners or anyone utilizing the PVA office records and administer the statutes of the Commonwealth of Kentucky in a fair and impartial manner.

If you buy or sell property during the year we make every effort to get it to the right person at the right address. **WE DO NOT SPLIT ANY TAX BILL THAT SELLS DURING THE YEAR.** We assess all property as of January 1st. We will use the address on the deed **UNTIL NOTIFIED IN WRITING OTHERWISE.**

FIRE DUES: Five years ago a fire fee of \$30 was added to your tax bill. The ordinance by the fiscal court states that each owner shall get one fee due. If you own property with another individual on a separate property you will get an additional fee for that bill. You have a chance to opt of this in the Critt Co Judge Executive's Office. The PVA does not have the authority to exonerate this unless it is a clerical error and all bills are subject to audit. If you feel you need an exception you need to get that in writing from your local fire chief or opt out. The PVA Office does NOT decide who should or should not pay this. Opting out must be done annually through the Critt. Co. Judge Executive's Office.

State Law requires that every property be physically examined every four years. This year we will be reviewing the Eastern part of the county including Mattoon and Shady Grove.

Our regular office hours are 7:30 am to 4:30 pm Monday through Friday. If you have a special need and can't come when our office is open; call our office at 965-4598 and I will be happy to make an appointment to meet your needs.

Ronnie Heady
Crittenden Co. PVA
107 S Main St., Suite # 108
Marion, KY 42064
www.crittendenpva.com
RonnieD.Heady@ky.gov

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FOR MORE DETAILS PLEASE CONTACT KENTUCKY LAND SPECIALIST, MARK WILLIAMS (270) 836-0819

KENTUCKY LAND FOR SALE

LIVINGSTON COUNTY, KY - 208.5 ACRES - \$495,000 - This farm has everything a hunter could want. A good mix of timber and tillable ground, plus ponds and natural access points. **SOLD**

LIVINGSTON COUNTY, KY - 255.05 ACRES - \$790,000 - This mostly tillable tract generates more income annually and is a great property to hunt! Just enough timber and water scattered to attract deer & turkeys. **SOLD**

LIVINGSTON COUNTY, KY - 44 ACRES - \$137,500 - No matter what you're looking for, this tract is a great investment, the habitat is excellent for hunting and has great spots to build. **SOLD**

LIVINGSTON COUNTY, KY - 277 ACRES - \$699,000 - If a hunter designed his ideal farm it would look a lot like this. In an area known for big bucks and lots of turkeys, this tillable/timber tract also produces income. **SOLD**

CRITTENDEN COUNTY, KY - 181 ACRES - \$270,595 - Talk about a hidden gem! This all timber tract is a great investment, but an established trail system and all the right things for a deer. **SOLD**



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Classifieds The Crittenden Press

for sale

20 FT. CAR hauler, heavy duty frame, excellent tires, warn winch, new battery, \$3,300 or best offer, will sell without winch for \$2,500. (270) 965-5860 or (270) 969-1821. (2t-28-p)

KENMORE LP gas cook stove, self-cleaning oven, electronic igniters, \$125; Frigidaire smooth top electric range, self-cleaning, \$225. Call (270) 965-9198. (1t-27-p)

automotive

1999 GMC SLT 4x4. Tires have only 4K miles. (270) 988-2983. (2tp25)

services

SITTER AVAILABLE to sit with the elderly. (270) 704-0798. (2t-28-p)

T&A FLOORING Service. Flooring and handyman. Carpet, vinyl, ceramic installation and repair. 25 years experience, references available. (270) 704-6982. (12t-28-p)

agriculture

SIX ROLLS Ceresia mixed hay, \$20 each. Danny Shuecraft (270) 965-3019. (2t-28-c) ks

LEASING CROP ground for 2017 and 2018. Call (270) 625-6622. (19t-31-p)

CATTLE for sale. 30 Angus cows, 2 Angus bulls, 16 Angus heifers, 5 mixed cows, 14 calves, 1 approximately 600-pound steer. Paul Ingram (270) 965-2095 or (270) 969-0743. (2tp28)

for rent

NEWLY REMODELED house for rent, 605 W. Gum St., Marion. 3 BR, 1 bath, nice lot, small storage building, \$600 mo., no pets, no smoking, first and last month rent required. Good references. Call (270) 836-9640, 8 a.m.-8 p.m., Mon.-Sat. (2t-28-p)

wanted

LOOKING FOR CROP land to lease in Crittenden and surrounding area. Call Roy Crayne (270) 625-6622 and leave message. (19t-31-p)

FAITH-BASED hunting outfitters seeking land to lease in Crittenden and Caldwell counties. Insurance coverage for business and landowner. Call Matt (270) 704-1176. (25t-32-p)

employment

HELP WANTED: Disabled male needing live-in caregiver, \$9.50/hour. Call Brian (502) 322-6814. (5t-31-p)

HELP WANTED: In Marion, miscellaneous carpentry work, 25 hours per week. (270) 704-5690. (tfc)

THE EARLE C. Clements Job Corps Academy is seeking employees. We offer a competitive salary, benefits package and advancement opportunities. Full-time, part-time and substitute positions available. MTC is an equal opportunity employer: minority/female/disabled/veteran. To view current openings and qualifications and to apply, please visit our website: MTCJobs.com. "Building Tomorrow's Futures Today." (4tp-29)

bid notice

BID NOTICE: The Crittenden County Fiscal Court is accepting sealed bids for RS-2 Oil delivered in bulk to the county road garage for 2018. All bids must be submitted to the county Judge Executive's office by 8:30 a.m. CST January 18, 2018, at which time bids will be opened at the regular meeting of the Fiscal Court. Please indicate the item being bid on the outside of the envelope. If you have any questions regarding this bid notice contact the office of the Judge Executive at 270-965-5251. The County reserves the right to accept or reject any or all bids in accordance with KRS 45-A. (2t-27-c)

BID NOTICE: The Crittenden County Fiscal Court is accepting sealed bids for the following lubricant products delivered to the county road garage for 2018. Items include: SAE 15-40 that meets CAT, ECF-3, API, CJ-4, and ACEA E9

specs; SAE 5-20 Synthetic Motor Oil that meet API SN specs; ATF D/M GM Dexron IIIH, Allison C-4, and Ford Mercon transmission fluids; and 120 pound Barrel Grease EP-2. All bids must be submitted to the county Judge Executive's office by 8:30 a.m. CST January 18, 2018, at which time bids will be opened at the regular meeting of the Fiscal Court. Please indicate the item being bid on the outside of the envelope. If you have any questions regarding this bid notice contact the office of the Judge Executive at 270-965-5251. The County reserves the right to accept or reject any or all bids in accordance with KRS 45-A. (2t-27-c)

INVITATION TO BID: The Crittenden County Fiscal Court will receive sealed bids for the non-exclusive franchise agreement to provide solid waste service to residential customers in the County; bids for service to commercial customers in the County; and bids for the operation of the convenience center. All bids for a franchise to provide solid waste service to residential customers must also include a bid for operation of the convenience center. Bids shall be in accordance with applicable County Ordinances related to disposal of waste and include proposed monthly rates for Residential and Commercial customers and rates for commercial recycling. Bids shall also include operation of the local convenience center and bids shall alternatively include rates for hauling waste from the local convenience center with payment of a host fee to the County in the event the County operates the convenience center.

Said franchise shall be for a term of one (1) year to be renewed each year by agreement of both the Crittenden County Fiscal Court and the franchisee for a total term not to exceed five (5) years. Bids shall include the following: proof of workers compensation insurance, proof of one million dollars minimum (\$1,000,000.00) liability insurance, both federal and state employers tax identification numbers, agreement to provide both City and County business license. No bid will be accepted from any bidder that does not include these documents with their bid packet. Bids shall be received at the office of the Crittenden County Fiscal Court until 8:30 a.m. on January 18, 2018 at 107 S. Main St., Ste. 208, Marion, KY 42064. Local Ordinances may be obtained by contacting the Judge Executive's office at 270-965-5251. (2t-27-c)

legal notice

Notice is hereby given that on January 3, 2018 Damita Papineau of 1364 SR 1901, Marion, Ky. 42064 was appointed executrix with will annexed of Carolyn G. Hinchee, deceased, whose address was 710 Chapel Hill Rd., Marion, Ky. 42064. Hon. Rebecca Johnson, P.O. Box 415, Marion, Ky. 42064, attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the executrix with will annexed on or before the 3rd day

of June, 2018 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-27-c)

Notice is hereby given that on January 3, 2018 Franklin Hamilton of 887 SR 506, Marion, Ky. 42064 was appointed administrator of Mary Jean Hamilton, deceased, whose address was 1776 SR 1668, Marion, Ky. 42064. Hon. Rebecca Johnson, P.O. Box 415, Marion, Ky. 42064, attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the administrator before the 3rd day of June, 2018 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-27-c)

Notice is hereby given that on January 3, 2018 Katrina Irvin of 6431 US 60 West, Marion, Ky. 42064 and Charles Watson of 529 East Bellville St., Marion, Ky. 42064 was appointed co-administrators of Lonette Dunning Watson, deceased, whose address was 529 East Bellville St., Marion, Ky. 42064. Hon. Rebecca Johnson, P.O. Box 415, Marion, Ky. 42064, attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the co-administrators before the 3rd day of June, 2018 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-27-c)

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FT Health Unit Coordinator (HUC) Night Shift 5p - 5:30a - works under the direct supervision of the shift supervisor; performs the receptionist and secretarial duties on the patient care unit while functioning as the focal communication source in the nursing station. Requirements: HS graduate, GED, or equivalent work experience including the ability to read, write. Must be able to comprehend medical terminology and have sufficient computer skills. Previous experience in clerical or HUC position preferred. Must have the ability to perform multiple tasks in a fast paced stressful environment and have the ability to communicate effectively with patients, visitors, and other members of the health care team.

PT RN Every Other Weekend Days 7a-7p Shift - Bonus hours for completion of weekend shifts - Current KY license required.

PT Weekend Option Nurse Aide 7p-7a - includes bonus hours for completion of weekend shifts. Certification preferred.

FT Housekeeper - Prior experience preferred but not necessary.

FT CRT or RRT for Night Shift - Current KY licensure required. BLS Required, ACLS preferred. Must be dependable and a Team Player.

PT Cook/Aide - Prior experience in food preparation and food service preferred. Must be able to do multiple tasks in a fast paced environment. Must be able to learn different types of diets and their requirements. Must be willing to cover at times for regular staff when out on vacation or sick leave if needed. Shift differential for evening shift. If interested, submit application to the Human Resources Department.

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NOTICE

Notice is hereby given that on January 10, 2018, Kentucky Utilities Company ("KU") will file an application with the Kentucky Public Service Commission ("Commission"), Frankfort, Kentucky, pursuant to KRS 278.020(1), 807 KAR 5:001 Sections 14 and 15, and 807 KAR 5:011 Section 6(2)(b) seeking an Order granting KU Certificates of Public Convenience and Necessity ("CPCN") for the full deployment of Advanced Metering Systems ("AMS") across its Kentucky service territory and approving its proposed AMS Opt-Out Special Charges. In its application, KU will notify the Commission that the changes to the Special Charges Standard Rate tariff sheets are proposed to become effective on and after February 9, 2018; however, because KU anticipates the Commission will suspend the proposed changes in the Special Charges tariffs to conduct an investigation of the proposed changes, KU will ask the Commission to approve the proposed changes to be effective on June 1, 2018.

KU will propose a cost-based opt-out charge structure for customers who desire to opt out of AMS. The proposed charges will be new and optional; customers who do not desire to opt out of AMS will not have to pay the charges. The proposed opt-out charge structure will consist of a \$72.71 opt-out set-up fee and a \$32.45 recurring monthly fee.

Complete copies of the proposed tariffs containing text changes and proposed rates may be obtained by contacting Kentucky Utilities Company at 220 West Main Street, Louisville, Kentucky, 1-800-981-0600, or visiting Kentucky Utilities Company's website at www.lge-ku.com.

Notice is further given that a person may examine this application at the offices of Kentucky Utilities Company, 100 Quality Street, Lexington, Kentucky, and may also be examined at Kentucky Utilities Company's website at www.lge-ku.com. A person may also examine this application at the Public Service Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>.

Comments regarding the application may be submitted to the Public Service Commission, by mail to Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602, or by sending an email to the Commission's Public Information Officer at psc.info@ky.gov.

The rates contained in this notice are the rates to be proposed by Kentucky Utilities Company, but the Public Service Commission may order rates to be charged that differ from the proposed rates contained in this notice. A person may submit a timely written request for intervention to the Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of initial publication or mailing of the notice, the Commission may take final action on the application.

| | |
|---|--|
| Kentucky Utilities Company c/o LG&E and KU Energy LLC 220 West Main Street P.O. Box 32010 Louisville, Kentucky 40232 Telephone: 1-800-981-0600 | Public Service Commission 211 Sower Boulevard P.O. Box 615 Frankfort, Kentucky 40601 Telephone: 502-564-3940 |
|---|--|

Crittenden County lawmaker **contacts** Kentucky General Assembly is currently in session • 115th Congress is currently in session

STATE HOUSE




Rep. Lynn Bechler (R)
702 Capital Ave., Annex Rm. 316C
Frankfort, KY 40601
or 2359 Brown Mines Road
Marion, KY 42064
502.564.8100, ext. 665, Frankfort
270.988.4171, Marion
Lynn.Bechler@lrc.ky.gov @LynnBechler

STATE SENATE



Sen. Dorsey Ridley (D)
702 Capital Ave., Annex Rm. 254
Frankfort, KY 40601
or 4030 Hidden Creek Dr.
Henderson, KY 42420
502.564.2470, Frankfort
270.826.5402, Henderson
Dorsey.Ridley@lrc.ky.gov

U.S. HOUSE



Rep. James Comer (R)
1513 Longworth House Bldg.
Washington, DC 20515
or 67 N. Main St.
Madisonville, KY 42431
202.225.3115, Washington
202.222.5881, Madisonville
Comer.house.gov @KYComer

U.S. SENATE



Sen. Rand Paul (R)
208 Russell Senate Bldg.
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or 1100 S. Main St., Ste. 12
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202.224.4343, Washington
270.885.1212, Hopkinsville
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Sen. Mitch McConnell (R)
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Local jobless rate up from November 2016

Unemployment rates rose in Crittenden County and 30 other Kentucky counties between November 2016 and November 2017. Meantime, the jobless rate fell in 72 counties and remained the same in 17 others over the same period, according to the Kentucky Center for Education and Workforce Statistics (KCEWS).

The November 2017 unemployment rate in Crittenden County was 4.3 percent, up 0.3 percent from November 2016 but down 0.4 percent from October 2017.

Woodford County recorded the lowest November jobless rate in the Commonwealth at 2.7 percent. Magoffin County recorded the state's highest unemployment rate at 12.7 percent.

Below are the jobless rates for select counties from the state's lowest in June to the highest, with rates for Crittenden and surrounding counties included between. Because of their relatively low sample size, county unemployment rates are not seasonally adjusted like monthly state and national rates.

| AREA | NOV. 2017 | OCT. 2017 | NOV. 2016 |
|------------------|-----------|-----------|-----------|
| U.S. | 3.9 | | |
| Kentucky | 4.1 | 4.3 | 4.2 |
| Pennyrile Region | 4.7 | 4.9 | 4.8 |
| COUNTIES | | | |
| Woodford (1) | 2.7 | 2.9 | 2.7 |
| Lyon | 4.6 | 4.6 | 5.3 |
| Crittenden | 4.3 | 4.7 | 4.0 |
| Webster | 4.3 | 4.6 | 5.2 |
| Caldwell | 4.1 | 4.5 | 4.4 |
| Union | 5.0 | 5.2 | 5.6 |
| Livingston | 6.2 | 6.2 | 5.9 |
| Magoffin (120) | 12.7 | 12.7 | 15.1 |

Labor force statistics include non-military workers and unemployed Kentuckians who are actively seeking work. They do not include unemployed Kentuckians who have not looked for employment within the past four weeks.

Electric utility fined \$20,000 for fatal 2016 safety violations

STAFF REPORT

The electric utility charged with safety violations in the electrocution death last year of a lineman who grew up in Crittenden County has been ordered to pay a \$20,000 penalty.

Last week, the Kentucky Public Service Commission (PSC) fined Jackson Purchase Energy Corp. for shortcoming in safety procedures that contributed to the fatal electrocution of Josh Franklin, a 2006 graduate of Crittenden County High School. In an order issued last Wednesday, the PSC said it found eight separate safety violations, as well as a failure to follow the utility's own safety precautions, and assessed the maximum penalty of \$2,500 for each one.

The utility that serves 30,000 customers in Livingston and five other western Kentucky counties was ordered to pay the \$20,000 total penalty within 30 days. The money is payable to the Kentucky State Treasurer.

Jackson Purchase line-



Franklin

man Franklin, 29, was critically injured on Jan. 6, 2017, when he came into contact with a 7,200-volt line that he and another lineman had been sent to repair. At the time, Franklin was living in Paducah with his wife and two young children. He was taken to Vanderbilt Burn Center in Nashville, Tenn., for treatment of shock and burn injuries. He died at the medical facility 11 days later.

The violations cited by the PSC are related mostly to the failure of the Jackson Purchase employees to take safety precautions that are required when working on lines that are or may be energized. Physical evidence from the scene of the accident around Magruder Village subdivision near Kevil and other information gathered by PSC investigators suggested that the employees assumed the line was not conducting electricity. However, the uninjured employee, who was the supervisor at the scene, stated that the repairs were begun with the assumption

that the line was energized.

The supervisor also said that a safety device on the line indicated there was no power flowing through the line. In fact, a subsequent inspection of the safety device found that the device was faulty and was falsely indicating that the power was off when, in fact, it was not.

According to the 19-page PSC order, as Franklin ascended in an aerial bucket to begin repairs to the downed line, crew leader Terry Doublin walked a section of the line to determine if a cause could be found for the break. When the supervisor returned, Franklin was not visible in the bucket. Doublin lowered the bucket to find Franklin injured and in trauma.

A PSC news release detailed the conclusions from the investigation.

"In assessing the contradictory evidence, the PSC found that the most likely explanation for the accident was that Franklin wrongly assumed that the line was not energized when he ascended in a bucket truck to begin making repairs," the

release read. "The PSC concluded that Franklin did not test the line to make sure that it was not energized. Furthermore, the incorrect assumption led Franklin to forego the use of protective equipment, the PSC found. Thus, he did not comply with safety requirements."

"His failure to do so led to his tragic death," the PSC said in last week's order.

Jackson Purchase Energy, based in Paducah, is one of three electric distribution cooperatives that own and purchase power from Big Rivers Electric Corp.

The PSC conducted an evidentiary hearing in the case on Aug. 15, 2017. The video of that hearing, the PSC investigation report and other records in the case are available on the PSC website, PSC.ky.gov. The case number is 2017-00202.

The PSC is an independent agency attached for administrative purposes to the Energy and Environment Cabinet. It regulates more than 1,500 gas, water, sewer, electric and telecommunication utilities operating in Kentucky.

Crittenden County man headed overseas with Ky. Guard unit

FROM WIRE AND STAFF REPORTS

A Crittenden County man was among a small Kentucky National Guard unit joined by family, friends and Guard leadership last Thursday as they departed for a year-long deployment to the Middle East.

First Lt. Colby Davis and about 15 members of the Springfield-based 613th Engineer Facility Detachment departed last week for Texas for final training before heading overseas. The unit has already completed extensive pre-mobilization training stateside and in Europe to prepare for the mission. In theater, the soldiers will be responsible for building up infrastructure to stabilize the region.

Davis, 31, is a 2005 graduate of Heath High School. Davis will serve as an engi-

neering project manager during the deployment throughout the Middle East. He will be leaving behind a wife and young son in Marion.

A little more than two years ago, Davis left the Marion detachment of the 1123rd Sapper Co. headquartered in Leitchfield. He served as detachment commander of the combat engineering unit, or sapper, based at the Carson G. Davidson National Guard Armory. While serving with the 1123rd Sapper Co. Davis and the other members of the unit earned the Itschner Plaque for being the best engineer company in the National Guard in 2014.

Before joining the Springfield company, Davis re-

mained a part of the 206th Engineer Battalion as part of the 130th Engineer Support Co. based in Madisonville, where he served as the company executive officer. He then served as a staff officer for the 206th Engineering Battalion headquarters in Owensboro.

Since Sept. 11, 2001, the Kentucky National Guard has mobilized more than 18,000 soldiers and airmen in support of the Global War on Terror, including the soldiers of the Marion armory in 2007 when it was home to B Co., 2nd Battalion, 123rd Armor.

(Editor's note: This story comes from contributions of The Crittenden Press to a Kentucky Today report.)



Davis

COYOTE

Continued from Page 1B

project's website.

Sharp said tales are varied about when and how the coyote came to be a regular inhabitant of Kentucky.



Sharp

Probably the most common speculation was that they came across a frozen Ohio River during the 1970s. Some say they were brought here by fox hunters to run their hounds.

Sharp said coyotes in this area vary widely in color and shape, perhaps because of the mixed breeding that this study aims to discover.

"People think they are seeing a wolf or red wolf, but they're probably just coyotes," he said. "This study will give us the genetic evidence to know what we really have. It will be interesting to see."

Several area sportsmen are active predator hunters and Hodge's Outdoors sponsors a coyote contest in February when they can be legally harvested at night.

"With the local interest in coyote hunting, I thought we could probably come up with



some tongues," Sharp said.

To learn more about the study, visit the Princeton University Canine Genetics site at

<https://goo.gl/JqjcXw>. If you collect a coyote tongue, contact Sharp at (270) 965-3921, ext. 110.

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Wesley A. Hunt has served as Assistant Crittenden County Attorney since 2013. He graduated first in his class from Salmon P. Chase College of Law on the campus of Northern Kentucky University; graduated summa cum laude from Murray State University; and was a valedictorian of the Crittenden County High School Class of 2006.

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B SECTION

Program bolsters rural care

LHHS gains first pharmacist with student loan repayment

By DARYL K. TABOR
PRESS EDITOR

For decades, recently-graduated health care professionals have been enticed to begin their careers in underserved and rural areas through loan repayment and forgiveness programs. One of those programs has now given Salem's hospital its first staff pharmacist.

Codie Parks, Livingston Hospital and Healthcare Services (LHHS) Director of Pharmacy since August, learned in December that she will be getting al-

most all of her college debt paid through the Kentucky State Loan Repayment Program. Half of the \$80,000 award will be paid through the National Health Service Corps (NHSC). LHHS, as Parks' sponsor, will match that amount.

"That was one of the things that drew me," Parks said of her decision to sign a two-year contract with LHHS to qualify for the award. "That and working in my hometown."

Parks is from Tiline. She graduated from Livingston Cen-

tral High School in 2006.

"This year, we had an exceptionally competitive applicant pool, with many applicants vying for only a dozen funding opportunities," read an email from the loan repayment program administrators to Parks and LHHS. "You should be proud to find yourself in such an elite group."

The 29-year-old mother of two said having virtually all of her student loans paid off is "pretty life-changing."

"It's awesome," she said. "it's

a huge, huge burden lifted."

"We are extremely proud of Codie and honored to be included in this award as her sponsor," said LHHS CEO Elizabeth Snodgrass.

Prior to Parks' arrival, LHHS utilized services offered by Clinic Pharmacy.

A contract signing ceremony was scheduled for Wednesday morning at the hospital.

Parks said LHHS was committed to helping her in order to make her the first pharmacist on staff at the hospital even if the Kentucky State Loan Repayment Program award was not approved.

"Codie is an incredible asset

to the hospital and health care system and to residents in our communities, and it's my hope that this program will relieve some burden for Codie and help retain her strong talent for years to come," said State Rep. Lynn Bechler, R-Marion, in recognition of Parks' award. "Congratulations are also in order for Livingston Hospital and Healthcare Services for showing great initiative to lure and retain the best possible health care providers. The effort and commitment shown by both the hospital and Codie are strong commitments to the health of our communities for generations to come."



Parks

Though the program may also pay for undergraduate debt, Parks said she has no student loans from her 2010 degree from Murray State University. However, her 2013 graduate degree from Howard University in Washington, D.C., had left her with about \$94,000 in loans. Having LHHS agree to help her with the debt made her decision to serve the people she came to know growing up in Livingston County a bit easier.

"It just feels better to work around people you know," said Parks, adding that she wanted to come back home anyway. "It's just a great big bonus for me."

Efforts like the Kentucky

See PARKS/Page 2B

Teen suicides double; risk high in region

By MELISSA PATRICK
KENTUCKY HEALTH NEWS

A recent survey found that one in 12 of Kentucky's high-school sophomores said they had attempted suicide, prompting experts on the topic to discuss what is being done about it. The main solution offered was more family support for teenagers, even those who may be only temporarily troubled.

In a tone of incredulity, Dr. Allen Brenzel, medical director of the state Department of Behavioral Health, Development and Intellectual Disabilities, told the legislature's joint health committee in November that, "Almost 7,000 students in this survey said on a piece of paper that they actually attempted suicide within the previous 12 months."

Brenzel, the last speaker on the topic, noted that there has

been an upward trend in teen suicide deaths, both nationally and in Kentucky – where the total suicides among teenagers more than doubled between 2014 and 2016, jumping from 19 to 44.

"From 2014 to 2015 we saw an almost doubling in the adolescent suicide completion rate," Brenzel said. "This is very disturbing, very concerning. It led us to re-double our efforts to collect and partner with many agencies to determine what is the nature of this increase, why are we seeing it, what's happening with our youth and what can we do around prevention."

The 2016 Kentucky Incentives for Prevention survey, given at participating Kentucky schools to even-numbered grades from 6 to 12, found that 15.4 percent of Kentucky sophomores said they had "seriously

considered" attempting suicide in the 12 months prior to the survey. The national average is 18.3 percent.

The suicide-consideration rate ranged from 12.2 percent in eastern Kentucky to 18.2 percent in the the Lincoln Trail Area Development District and 17.6 percent in the Pennyroyal Region, or Pennyroyal Area Development District that includes Crittenden County.

The Pennyroyal and the other two western Kentucky regions had the highest percentages of sophomores saying they had attempted suicide. Statewide, 12.5 percent of 10th-graders said they had made a plan about how to attempt suicide, which is called suicidal ideation; 8.2 percent, or one in 12, said they had actually attempted suicide in the previous

year.

"A significant number who have ideation progress to an actual attempt," Brenzel said, "so that is why identifying those students earlier and preventing that progression on that continuum is important."

“We want parents to wake up and pay attention to their kids, and listen to them and not ignore them. But we fail in this very basic thing.”

– Dr. Hatim Omar

Chief of the Division of Adolescent Medicine at the University of Kentucky on teen suicide risks

In Crittenden County, the board of education has identified a risk for teens and students of all ages. That is why the school district offers Mountain Comp Counseling, a service providing emotional and behavioral health services to stu-

dents facing a crisis or difficulty in coping with daily life.

Dr. Hatim Omar, chief of the Division of Adolescent Medicine at the University of Kentucky, said it's time to stop thinking about suicide as a mental-health issue and make it a public-health issue.

He said one-third of teen suicides have nothing to do with mental health, but are the result of a same-day crisis, and that with the proper prevention efforts and supports – and a lack of access to a lethal method – these suicides are often preventable.

For example, he said parents shouldn't just dismiss a teen's broken heart or concerns about a failing grade, but take time to commiserate with the child and not simply brush off such events as part of growing up.

"We want parents to wake

up and pay attention to their kids, and listen to them and not ignore them," he said. "But we fail in this very basic thing."

Omar emphasized that research shows that a teen will "do fine if they have one adult who cares about them, if they have a safe place to interact with this adult, and if we actually give them something useful to do. So why don't we do that? It sounds really simple."

He said the lack of adult support is illustrated by youth in his practice who tell him they no longer have family dinners, while 10 years ago they ate with their families about 15 times a month. He added that even when families eat together, it is often with their noses in a smartphone.

"That's our biggest problem. We are losing our families," Omar said "Kids are not feeling supported."

Don't give up on resolutions just yet

By MELISSA PATRICK
KENTUCKY HEALTH NEWS

It's time again to hang on to those New Year's resolutions.

A recent national poll found that some of the most popular resolutions have to do with health: losing weight, exercising more, eating healthier and kicking the smoking habit.

These are all admirable goals, and some that many Kentuckians – who lead the nation in poor health, obesity and smoking – could take to heart, the problem seems to be sticking to them.

According to Statistic Brain, a survey-based research institute, 41 percent of Americans make a New Year's resolution, but fewer than 10 percent of them are successful, and more than 40 percent of those who make a resolution will give up before the end of January, The Wall Street Journal reports.

A national poll conducted by the Marist College Institute for Public Opinion offers a bit more hope, reporting that 44 percent who make a resolution will keep it, and that 68 percent of those who made a resolution in 2017 said they kept at least a portion of the promise.

So you might ask, why even bother?

Research conducted by Dr. John Norcross, a psychology professor at the University of Scranton, found that people are 10 times more likely to make a change by declaring a New Year's resolution compared to "non-resolvers." It also found that 44 percent of people who make a resolution are successful six months into the new year, ABC News reports.

The American Psychological Association offers several, common-sense suggestions to get started.

First, the psychologists say, start small and change only one behavior at a time. For example, if your overarching goal is to eat healthier, commit to eating one serving of fresh fruits or vegetables with each meal instead of seeing your diet as a form of punishment.

And don't beat yourself up, they say, missteps are normal. Finally, they suggest seeking professional help from a psychologist or other professional if you need help changing unhealthy behaviors or addressing emotional issues.

"Setting small, attainable goals throughout the year,

See RESOLVE/Page 5B

Bitter cold of winter weather poses its own set of health risks

STAFF REPORT

While the last couple of days have felt more springlike than wintry, winter is far from over. In fact, another cold snap is just ahead, and prior to Sunday, the mercury had eclipsed the freezing mark – 35-degree high on Dec. 29 – only once in the previous 14 days

Until the grass starts to green and the trees bloom, Kentucky Department for Public Health (DPH) officials emphasize the importance of limiting exposure to the cold and taking steps to prevent hypothermia. In sub-freezing temps, care should be taken to protect infants, older Kentuckians, pets and livestock. In addition, poorly protected water pipes present a risk of freezing.

For additional information and helpful tips, the following guidelines below from DPH offer advice on how to help protect yourself and loved ones when bitter cold returns.

Hypothermia

Hypothermia occurs when an individual's body temperature drops below what is necessary to achieve normal metabolism and other bodily functions. In severe cases or when the body is not warmed

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

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A HAT

A WATER-RESISTANT COAT

MITTENS OR GLOVES

SEVERAL LAYERS OF LOOSE-FITTING CLOTHING

WATER-RESISTANT BOOTS

When going outside in winter, make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE

EARS

TOES

CHEEKS

CHIN

FINGERS

See BUNDLE UP/Page 5B

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Study: Mammograms can reveal heart disease

By **BORIS LADWIG**
INSIDER LOUISVILLE

A recent study indicates that mammograms can provide insights about whether a patient is at risk of heart disease, and a Louisville doctor says the findings will benefit especially younger women.

According to Science Daily, the research shows that mammography, a screening for breast cancer, “may also be a useful tool to identify women at risk for heart disease, potentially allowing for earlier intervention.”

Heart disease is the leading cause of death for women in the U.S., accounting for one in every four deaths, according to the Centers for Disease Control and Prevention. Risk factors include diabetes, obesity, poor diet, physical inactivity and excessive alcohol use.

“Based on our data, if a mammogram shows breast arterial calcifications it can be a red flag... that there is a strong possibility she also has plaque in her coronary arteries,” said Dr. Harvey Hecht, the study’s lead author, professor at the Icahn School of Medicine and director of cardiovascular imaging at Mount Sinai St. Luke’s hospital.

Dr. Brian Mattingly, a radiologist at Medical Center Jewish East, said radiologists for years had suspected a correlation between calcification in arteries in the breast and calcification in coronary arteries.

Mattingly said that the especially younger patients would benefit from the new findings: If mammography screens of women age 40 to 59 show no calcium, the patient is highly unlikely to have calcification in the coronary arteries. On the flipside, if the mammography screenings show calcification, patients age 40 to 59 have a 50 percent chance to also be suffering from calcification of the coronary arteries.

In older patients, the pres-



METRO SERVICES
A recent study indicates that mammograms can provide insights about whether a patient is at risk of heart disease.

ence of calcium in the arteries of the breast also can predict fairly well whether coronary arteries have been calcified, Mattingly said. However, a lack of calcification in the screens of older patients reveals little about their risk for coronary arterial calcification.

Mattingly said that when medical professionals inspect at mammography screens, they automatically look for calcification because some of those spots can be cancerous.

While Mattingly said that researchers need to conduct more studies on the correlation, he suggests that if mammography screens reveal calcification, doctors conduct additional, inexpensive tests, such as checking for high blood pressure, and ask the patient about other risk factors, such as whether they smoke, to determine whether the patient may be at a higher risk for heart disease.

Detecting a high risk for heart disease early, and without any additional testing or cost, can help patients take steps to mitigate the risk, the researchers said.

Mattingly also said that while mammography for younger women has come under some scrutiny because of the significant number of

false positives, he continues to recommend early cancer screenings.

“The whole key is to find it early,” he said.

According to the Susan G. Komen Foundation, women 39 to 49 who got mammograms on a regular basis “had the same risk of dying from breast cancer” compared with women 50 to 59, who had a 14 percent lower risk; and women 60 to 69, who had a 33 percent lower risk. The foundation also said that for every 10,000 mammograms for women 40 to 49, more than 1,200 get a false alarm, with 164 needing a biopsy, compared to the about 700 false alarms for women 70 to 74.

However, Mattingly said that a lot of the data are based on screens that relied on obsolete technology. Today’s screens, both digital ones that have been conducted for nearly 20 years, and the more recent 3D mammography, called breast tomosynthesis, have produced more accurate results.

Mattingly said that compared to prior scans, 3D mammography reduces the likelihood of false positives — and increases the likelihood of early detection of invasive breast cancer.

Anthem less likely to pay ER costs if visit not emergency

KENTUCKY HEALTH NEWS

Anthem Blue Cross Blue Shield, which has most of Kentucky’s private insurance market, has a new policy that allows it to decide whether to pay a claim for emergency treatment — after it sees the final diagnosis, Miranda Combs reports for Lexington’s WKYT-TV.

“That says they’re going to look at the final diagnosis when you come to the emergency de-

partment and use that to determine if they refuse it saying it was a non-emergent event,” Dr. Ryan Stanton, an emergency physician for 12 years, told Combs. “The biggest concern I have is that people are going to use this as a reason not to go to the emergency room for true emergencies or when they think they have an emergency.”

Stanton, a regular medical contributor to WKYT, told

Combs, “This policy flies in the face of the ‘prudent layperson standard,’” part of the “Patient’s Bill of Rights” in the 2010 Patient Protection and Affordable Care Act. The standard “says that if you feel like you have an emergency, then you have the right to go to the emergency room and you have the right for that to be covered by your insurance company.”

Stanton said Kentucky is one of just a few states where Anthem is enforcing the new policy. Anthem says the policy has been in place since 2015, but Stanton said he just started seeing Anthem refuse payments in his ER last summer.

The American Medical Association asked Anthem to immediately rescind the emergency-room policy in states where it has been put into effect and halt implementation in all other states.

PARKS

Continued from Page 1B

State Loan Repayment Program have been offered across the country for generations in order to incentivize primary care providers like Parks to practice in rural and underserved areas like western Kentucky. In fact, over the decades, such pro-

grams are responsible for bringing a number of medical professionals to Crittenden and Livingston counties.

Parks believes being approved for the program was a great Christmas gift for her and her husband, who welcome their second child into the world just two months earlier.

“It’s a big relief after not working for six weeks,” she said.

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Love. It does a body good

METRO SERVICES

Love will be at the forefront of couples' minds next month, thanks in large part to Valentine's Day.

For centuries, poets have espoused the virtues of love while songwriters often look to love and heartache as their subject matter. It's easy to overlook that the heart and the brain are parts of the body when considering the effects of being in love. While a large part of the reactions that occur are emotional in nature, being in love also has a profound physical effect on the body. Scientists have studied chemicals that flood the brain when love is in the air, noting that some can affect personal attachment, pleasure and well-being. So there are reasons why pulses race and palms sweat when people are in love. Here are some chemical players in the love equation.

brain's pleasure chemical and it is released during pleasurable activities. When one falls in love, he or she feels elated and

release of dopamine can lead to intense focus on the object of one's desire and influence goal-oriented behavior.

associates at Rutgers University.

Testosterone

Testosterone is largely considered a male hormone, but it is present in females as well. Testosterone rises during romantic love, and it can increase sexual desire in a partner. Health also states that testosterone may be present in male saliva and transferred to a partner through kissing, further revving up intimate feelings.

Pheromones

Although they are only believed, and not proven, to play a part in romantic attraction, pheromones do garner significant attention. Some theorize that these chemical messengers can change body chemistry so that those in love can actually "smell" their romantic partners. It may help explain why women may wear their partner's shirt to bed or a man may hold on to a scarf or a pillow his lover has used.

Love can have a dramatic impact on the human body, and chemicals play a larger role than many may know.

Adrenaline and norepinephrine

These chemical messengers cause anxiety to rise and the fight or flight response to kick in. These substances also contribute to a racing heart and sweaty hands. Butterflies in the stomach and nervousness are subtle clues that there is genuine attraction for a person.

Oxytocin

Oxytocin is known as the "love hormone," according to University of Birmingham researchers. Oxytocin, researchers found, produces some of the same symptoms of indulging in alcohol. These include feeling less inhibited, an increased willingness to take risks and calmness. Oxytocin also helps couples bond by promoting intimacy, according to research



METRO SERVICES

While a large part of the reactions that occur are emotional in nature, being in love also has a profound physical effect on the body.

Dopamine

The medical resource Health says dopamine is the

energetic because of the release of dopamine. Biological anthropologists say that the

Food may be more key in weight loss than exercise

METRO SERVICES

Statistics indicate more and more men, women and children are overweight or obese. The National Institutes of Health state that more than 35 percent of adults in the United States are obese and more than 34 percent are overweight, while 17 percent of children and adolescents in the United States are obese. Obesity rates are three times as high among today's children than they were among youngsters just one generation ago.

As individuals attempt to lose weight, they may wonder what is the most effective way to accomplish that objective. Some argue that the secret to

weight loss is lots of exercise, while others insist that calorie control is the key. When it comes to slimming down, some may be surprised by what the experts have to say.

The Mayo Clinic advises that cutting calories through dietary changes appears to promote weight loss more effectively than physical exercise alone. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the University of Utah Nutrition Clinic, weight loss is about 75 percent diet and 25 percent exercise. People generally see the largest short-term results when they eat healthy foods and healthy portions.

Poor diets can be difficult to overcome, as it takes a lot of exercise to spur dramatic weight loss, whereas a low-calorie, healthy diet can be a simple and effective means to losing weight. Nutritionists often point to a balanced diet that focuses on fruits and vegetables, lean proteins and whole-grain carbohydrates over fad diets or ones that require the adherence to strict guidelines that are difficult to follow for lengthy periods of time.

But exercise should not be abandoned in favor of a low-calorie diet. Dr. Yoni Freedhoff, who runs one of the largest obesity clinics in Canada, says that weight loss occurs from



METRO SERVICES

As people attempt to lose weight, they may wonder what is the most effective way to accomplish that objective.

what's created in the kitchen, but health is gained in the gym. Dr. Freedhoff often advises his clients to make smart changes

to the foods they eat to spur weight loss, and then incorporate exercise into their lifestyles as a way to keep the body in top

form. Regular physical exercise is necessary to maintain strong bones, build muscle, improve flexibility, and keep the cardiovascular system working efficiently. Exercise also releases endorphins, which can improve mental alertness and feelings of well-being.

The Mayo Clinic notes that studies have shown that people who lose weight and keep it off over the long haul are those who get regular physical activity. And when it comes to losing weight, the foods a person eats play a bigger role than exercise. But it is the combination of both diet and exercise that can lead to greater overall health and sustained weight loss.

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Ky. leads nation in overuse of antibiotics

By MELISSA PATRICK
KENTUCKY HEALTH NEWS

An infection-control activist offers a dire warning about drug-resistant bacteria and offers tips on how to protect yourself from these deadly super-bugs in an op-ed piece for the Lexington Herald-Leader.

"There is a war going on, reminiscent of a zombie apocalypse," writes Dr. Kevin Kavanagh, who is also the board chairman of Health Watch USA. "The insidious agent is spread easily between people; a bite is not required. It does not turn its captors into mindless killing drones but instead, when they least expect it, they are slowly eaten from the inside out. The apocalypse is

called drug-resistant bacteria, and so far, modern medicine is failing miserably at stopping it."

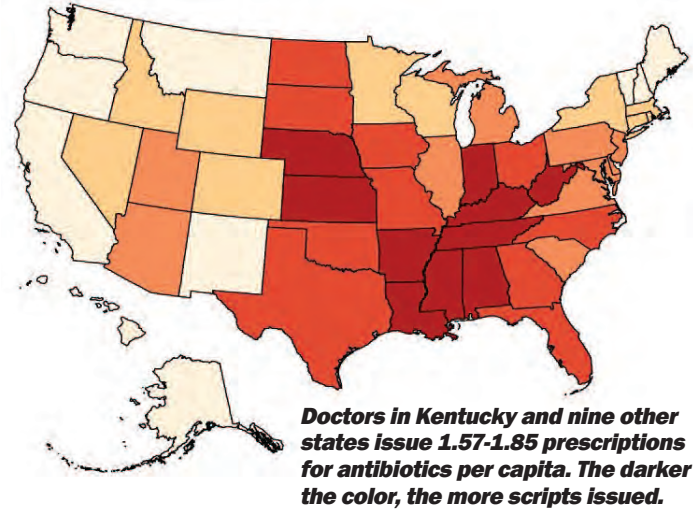
The federal Centers for Disease Control and Prevention reports that at least 2 million Americans are infected with a drug-resistant bacterium every year, and at least 23,000 of them die from it. There are signs that the problem will only get worse.

Kavanagh reports that some projections of the annual death toll from drug-resistant infections will reach tens of millions worldwide, surpassing cancer and heart disease as the leading cause of death. This has been widely written about, including stories from CBS News, BBC, Scientific America and

STAT, to name a few.

Antibiotic resistance has been linked to the over-prescription of antibiotics; patients not finishing their entire antibiotic course; overuse of antibiotics in livestock and fish farming; poor infection control in health-care settings; poor hygiene and sanitation; and the absence of new antibiotics being discovered, Andrew Duong reports for Infection-Control.tips.

The overuse and over-prescription of antibiotics is a real problem in Kentucky. Kavanagh writes that Kentucky's antibiotic use is more than double the usage in other states and that the fluoroquinolone (Cipro, Floxin) class of antibiotics is prescribed at one of the highest rates, often inappropriately.



He adds that health-care providers have a responsibility to be the "gatekeeper[s] of antibiotic usage," but all too often "succumb to patient pressure."

"For most common illnesses, antibiotics are not effective," Kavanagh writes. "They will not work on viruses that cause the common cold nor on the flu. They will also not work on most 'sinus' infections."

Kavanagh adds details on how misuse of antibiotics can lead to a dangerous gastrointestinal infection caused by *C. diff* (Clostridium difficile), which is "almost impossible to get rid of" since it is not only resistant to many antibiotics but can transform into a spore that can remain inactive for years, only to reemerge when the body is in a weakened state.

"You know this is a bad actor when severe cases are being cured (and to a very high degree) by using a tube to place someone else's feces into the patient's GI tract," he writes. "Even the mention of this a decade ago would have been met with ridicule and disbelief but 'desperate times call for desperate measures.' Lucky this one works." said.

Kentucky flu activity updated online weekly

STAFF REPORT

The Kentucky Department for Public Health (DPH) offers an online weekly influenza surveillance report used to gauge current flu activity circulating in Kentucky. The flu is currently considered "widespread" in the commonwealth, the highest classification possible.

The new public service shows the state's priority to strengthen data collection and analytics and then to make the information more easily accessible to the public, according to a state news release.

The Weekly Influenza Surveillance Report is compiled by DPH officials and provided to the Centers for Disease Control and Prevention (CDC) as part of statewide flu surveillance efforts. The weekly report is located at <https://goo.gl/nytBnL> and will be updated each Fri-

day before noon.

Influenza cases are broken down by specific age groups and counties, the number of deaths resulting from influenza and the current influenza activity level being reported in the

track the level of influenza activity in the state and to identify which strains of the flu are circulating in Kentucky, the news release said. These voluntary sites collect data and report influenza-like illness cases according to age groups each week. The sampling represents only a small percentage of influenza cases for the state, but contributes to the ongoing assessment of flu activity in Kentucky and helps determine the weekly level of flu

<https://goo.gl/nytBnL>

The latest report shows 1,411 cases of the flu – including 12 deaths – have been confirmed in Kentucky this season through the end of 2017. Of those, 505 came in the last week of the year. According to DPH, no lab-confirmed cases have been reported for Crittenden County, but local health care providers says the flu and flu-related illnesses are present in the community.

state. The report consists of laboratory-confirmed cases of influenza that are defined by molecular virus testing and positive virus culture test results, which are reportable in Kentucky. Rapid positive influenza tests are not included in this report.

DPH relies on sites such as doctors' offices, hospitals and health departments to help

activity.

Kentucky's current flu activity level is classified as "sporadic," with 18 confirmed cases of flu being reported. Sporadic activity indicates that small numbers of laboratory-confirmed influenza cases or a single laboratory-confirmed influenza outbreak have been reported, but there is no increase in cases of flu-like cases.

Health adage origins intriguing

METRO SERVICES

Language is shaped by many different influences. Over time, certain phrases become part of the vernacular and are spoken to signify how one acts or feels, including phrases about health and well-being.

Some phrases may inspire curiosity as to their origins. The following health-related phrases have some interesting backstories.

Q: How long are the classes, and how often do they meet?
A: 6 class times are available. 45 minutes, Monday through Thursday. You choose one of five times daily time slots that best fits your schedule.

Q: I haven't exercised in a while. Can I even do the exercises?
A: Of course! Everyone – age 15-75 – participates at their personal ability level. All exercises are modified for your needs.

Q: Can I pay monthly?
A: Yes! Our monthly rate of \$60 can be deducted from your checking account. \$60 monthly includes basic membership, classes, meal plans and recipes.

Q: Can I try a class and see if I like it?
A: Absolutely! First class is free!

Q: Can I come other times to work out extra if I would like, weekend also?
A: Yes, memberships to our facility, which includes cardio equipment, are free with your participation in one of our programs.

Q: Do you provide nutritional advice?
A: Yes, plans for healthy, low-calorie daily meals and snacks are provided.

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\$1 cigarette tax hike: 2 birds with 1 stone?

By **MARY KUHLMAN**
KENTUCKY NEWS CONNECTION

Could increasing the cigarette tax by \$1 save lives and improve Kentucky's budget woes? That's what the majority of Kentucky voters say in a new poll from Foundation for a Healthy Kentucky.

When learning about the specific revenue and health benefits of a \$1 per-pack increase in the cigarette tax, 7-in-10 voters polled said they were in favor. Tonya Chang, senior director of government relations at the American Heart Association in Kentucky, said the increase will lower smoking rates, especially among pregnant woman and youth smokers who are most susceptible to tax increases.

"It needs to be a significant increase to offset industry practices around discounting and price promotion," Chang said. "Anything much less than a dollar, the industry could easily offer coupons and discounts so that individuals would not automatically feel the increase in the tax."

It's estimated that a cigarette tax increase of \$1 would raise



Kentucky health advocates say a cigarette tax increase of \$1 per pack would raise about \$250 million a year and prevent 20,000 children from picking up the habit.

about \$250 million a year and prevent some 20,000 kids from picking up the habit. Kentucky has the second-highest smoking rate in the country and is ranked

2018 Legislative Session Kentucky General Assembly

43rd among states for tobacco tax rates. An increased cigarette tax also could help reduce health care costs associated with tobacco use, which Chang said amount to nearly \$2 billion a year in Kentucky. "Out of that, about 589 mil-

lion is attributed to the Medicaid program," she said. "If we are successful in obtaining a dollar increase in the tobacco tax over a five-year period, we're looking at a savings in Medicaid alone of about \$6 million."

Chang noted that support for the increase cuts across all party lines and regions of the state. The poll found a majority favored the increase as the best way to address the state's \$150 million budget deficit, as opposed to increasing the sales tax or extending the sales tax to groceries and other currently non-taxed services.

BUNDLE UP

Continued from Page 1B

properly, death can result.

The condition occurs most often when an individual is submerged in icy waters. However, people exposed to cold weather and aren't sufficiently prepared also are at an increased risk for the condition. To prevent hypothermia, DPH advises that Kentuckians:

- Wear appropriate clothing. Layer clothes made of synthetic and wool fabrics, which are best for keeping warm. Always remember to wear hats, coats, scarves and gloves.
- Avoid consuming alcohol if outdoors. Alcohol can actually speed the loss of heat from the body.
- Avoid overexertion from activities that cause excessive sweat. This can lead to damp clothing, which causes chills.
- Stay as dry as possible.

Individuals working outside during at this time of year should pay extra attention to these guidelines, particularly those susceptible to overexertion. Symptoms of hypothermia include shivering, altered speech pattern, abnormally slow rate of breathing, cold pale skin and lethargy. Seek medical attention if you or a loved one experiences the signs of hypothermia.

Carbon monoxide poisoning

In the event of power outages, use precaution if using alternative heat sources. Items such as portable generators, propane gas stoves, ovens heated with gasoline all have

been used as heat sources indoors, which can lead to carbon monoxide poisoning. DPH advises taking steps to prevent carbon monoxide poisoning following guidelines from the National Center for Environmental Health:

- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage or near a window.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don't burn anything in a stove or fireplace that isn't properly vented.
- Don't heat your house with a gas oven.

Seek immediate medical attention if you suspect carbon monoxide poisoning. Early symptoms include headache, nausea, vomiting and fatigue. Be sure to install a battery-operated carbon monoxide detector in your home or replace the battery when you change the time on your clocks each spring and fall for daylight savings time.

If you are experiencing symptoms of carbon monoxide poisoning or if you have questions, call the Poison Control hotline at (800) 222-1222.

Infant safe sleep

In general, parents and caregivers should follow the ABCs (Alone, on their Back and in a Clean, Clear Crib) of safe sleep to prevent injury or infant deaths. Winter months present a different – but very serious – threat for babies

when parents and caregivers resort to using unsafe sleep practices in an effort to keep babies warm.

Here are a few tips to for safe sleep during the winter:

- For added warmth, a baby can be dressed in a one-piece pajama or wearable blanket. Wearable blankets can be layered over undershirts or a onesie. Do not let a baby get too hot by overdressing them or wrapping them in heavy blankets.
- Keep the baby's room at a comfortable temperature and do not overheat the room.
- Do not put a hat on your baby to sleep; there is a risk the hat could slip down, covering the baby's face.
- If a blanket must be used to keep a baby warm, make sure the baby's feet are at the bottom of the crib and the blanket is tucked in around the mattress. The blanket should be no higher than the baby's chest with the baby's arms out.
- Keep all portable heaters away from the baby and baby's sleep area. The baby can overheat if too close to a heater, receive burns or become tangled up in cords of small electric heaters.

More information about safe sleep practices can be found at the SafeSleep Kentucky website, SafeSleepKy.org. The information is part of a statewide campaign aimed at parents, caregivers, health care providers, advocates and others in the childcare community to stress the importance of safe sleep practices in the prevention infant deaths.

RESOLVE

Continued from Page 1B

instead of a singular, overwhelming goal on Jan. 1 can help you reach whatever it is you strive for," psychologist Lynn Bufka told the association. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

The New York Times sums up these ideas nicely, saying it's time for us to "resolve to set better resolutions." This author suggests we need to make sure we are resolving to change something we want to change, and not what society is telling us to change, adding that our resolutions should be clearly defined and realistic.

ABC adds that it's important to dig deep and make sure you know why you are making the resolution. For example, we all know that we need to eat better and exercise more, but the why of doing this could be different for each of us. For example, for some it could be to reduce their cholesterol levels or to get off their Type 2 dia-

betes medicine, but for others it may simply be to live long enough to know their grandchildren.

If you need help picking a resolution, Newsweek offers 15 simple resolutions that are linked to research supporting why they would be meaningful; many of them are related to improving your health. Some of the magazine's easy, health-related resolutions include preparing a meal at least once a week, eating a salad once a week, and spending more time outside.

USA Today, in an article originally published in Exact Sciences, also offers five easy

resolutions to make and keep, with supporting evidence on how they will improve your health. They include flossing daily, scheduling a physical examination, eating vegetables instead of drinking them, eating more slowly and chewing your food longer and going to bed 15 minutes earlier.

(Editor's note: Kentucky Health News is an independent news service of the Institute for Rural Journalism and Community Issues, based in the School of Journalism and Media at the University of Kentucky, with support from the Foundation for a Healthy Kentucky.)

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Not all germs bad news

METRO SERVICES

Germs have gotten a somewhat undeserved reputation. For decades, people have done what they can to avoid these unseemly organisms, thinking that exposure to germs is the single-best way to get and remain sick. Certainly there are germs that a person would be wise to avoid. However, not all germs must be avoided.

Germs are tiny organisms that can enter the body through open cuts, the mouth, the nose, and the eyes. Germs are found all over the world. The four main types of germs include bacteria, viruses, fungi, and protozoa. Bacteria are a type of germ that often get a bad rap but actually may have benefits that outweigh their negatives.

Bacteria are tiny, one-celled creatures that get nutrients from their environments to live. In some instances, that environment is the human body. Bacteria can reproduce inside and outside of the body. While

bacteria that cause repeated infections might be considered bad, there actually are a host of good bacteria. Such bacteria help people digest food and protect against gastrointestinal upset, such as diarrhea. Some bacteria may help people fight off illnesses caused by other bacteria or viruses, says research published in the journal *Best Practice & Research Clinical Gastroenterology*. Beneficial bacteria may help stimulate the immune system so that the body is better able to fight off diseases naturally.

People frequently overlook good bacteria in an effort to eradicate bad bacteria, and that can have serious detriments. Unfortunately, the “antibacterial” products available for cleaning and medicines used

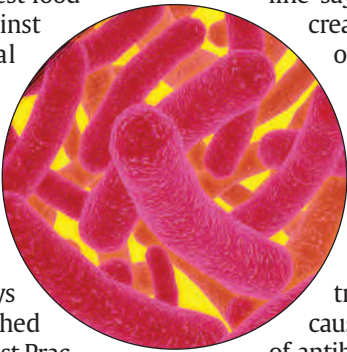
for treating bacterial illnesses do not discriminate between good and bad germs. They simply eradicate them all. Healthline says that this can create an imbalance of bacteria in the body that may lead to harmful bacteria taking over. Harmful bacteria also may evolve to resist common treatments because of the overuse of antibacterial and antimicrobial medicines and products.

The U.S. Centers for Disease Control and Prevention says that antimicrobial agents have been used for the last 70 years to treat patients with infectious diseases. Although they’ve helped treat illnesses, these drugs have enabled the organisms they’re meant to destroy to adapt to them, making the drugs less effective. Some bac-

teria are even resistant to certain antibacterial drugs. The CDC says each year in the United States at least two million people become infected with bacteria that are resistant to antibiotics — with at least 23,000 people dying as a result of these infections.

Various medical sources urge that regular handwashing with plain soap is enough for cleansing. Consuming foods with naturally occurring helpful organisms, such as yogurt, chocolate, feta cheese, pickles, and dark chocolate, can help increase the levels of good bacteria in the body. Taking a probiotic supplement also may help, although researchers at the Cleveland Clinic report that there is not enough proof to say for sure.

People should speak with their doctors before taking probiotics or other steps to increase bacteria to make sure they are a wise decision for each individual.



FDA approves new shingles vaccine

KENTUCKY HEALTH NEWS

If you had chicken pox as a child, as 99.5 percent of Americans now over 40 did, you still have the virus, and it can cause a painful rash called shingles, which can sometimes leave victims with permanent pain after the rash disappears. About 1 million Americans get shingles each year, and the Centers for Disease Control and Prevention expect one in three adults to get it.

The good news is that there are vaccines for the virus, and the better news is that the U.S. Food and Drug Administration approved an improved vaccine called Shingrix in October. It may be available in 2018, Clark Kebodeaux, an assistant professor in the University of Kentucky Department of Pharmacy Practice and Science, writes for the Lexington Herald-Leader.

“Patients will need two vac-

cine shots to be fully protected with Shingrix: the first dose followed by a second dose two to six months later,” Kebodeaux writes. “Clinical trials showed that the new vaccine is effective and longer-lasting than the previous vaccines.”

The CDC’s American Council on Immunization Practices recently voted to recommend that all healthy adults age 50 and older get Shingrix, including patients who have received

Zostavax, an earlier vaccine, Kebodeaux reports.

“The Shingrix vaccine is new and is not yet available to the public, but may well be available in 2018,” Kebodeaux writes. “Once available for distribution, the vaccine will likely be available at physician’s offices and pharmacies. Talk to your health care provider or pharmacist to see if it will be appropriate for you.”

Few in Ky. using Medicaid smoking cessation benefit

KENTUCKY HEALTH NEWS

Low-income adults who got health insurance under expanded Medicaid like in Kentucky and most other states were more likely to quit smoking than those in states that didn’t expand the program.

So says a study by the University of Pittsburgh Graduate School of Public Health, published in the journal *Medical Care*. Researchers found that in the 31 states that expanded Medicaid, 8.1 percent of those newly covered said they had quit smoking in the past year, compared with 6 percent of low-income adults in states that did not expand Medicaid.

The report notes that smoking is responsible for 9 percent of annual health care spending in the U.S. The annual cost of smoking related health care costs to Kentucky is estimated to be \$1.92 billion.

The researchers say the

study provides evidence that Medicaid coverage can help people stop smoking. J. Wyatt Koma, a lead author of the study, said the quit rate of 8.1 percent is low, especially compared to the almost 70 percent of adults who say they want to quit.

About 30 percent of low-income adults in the United States are smokers, which is double the national average. That rate is even higher among Kentucky’s Medicaid population – almost 44 percent, according to a survey conducted by the federal Center for Medicare and Medicaid Services.

That means 616,000 of the approximately 1.4 million Kentuckians on Medicaid are smokers. In the 2016-17 fiscal year, 90,013 of them used the smoking-cessation benefit – about 26 percent of the smokers.

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