

See **BIDS** / page 5



## MARION MAN DIES IN DUMP TRUCK CRASH

A Marion man has died as a result of a single-vehicle automobile accident Wednesday, Jan. 5 in Caldwell County. Kentucky State Police say Timothy Crider, 51, was west-bound on KY 70 three miles east of Fredonia operating a Kentucky Department of Highways vehicle when the truck ran off of the highway, ejecting the driver. Crider was the only occupant in the 2012 International dump truck when the crash occurred at about 1 p.m. A preliminary investigation found that the dump truck apparently dropped off the right shoulder of the roadway, came back onto the highway, crossed the center line and went off of the road on the opposite side before overturning. Crider was ejected from the vehicle and was conscious and alert when first responders arrived at the scene. He was transported from the scene by AirEvac to Deaconess Midtown Hospital in Evansville where he later died from injuries received in the crash. The accident remains under investigation by Master Trooper Ben Sawyer. Assisting at the scene were Caldwell County



Sheriff's Department, Caldwell County EMS, Fredonia Fire Department and Princeton Fire Department.

## BILL WOULD CHANGE POWER STRUCTURE FOR BOARDS/SBDMs

Legislation sponsored by Sen. John Schickel (R-Union), chairman of the Senate Licensing and Occupations Committee, would roll back part of the 30-year-old Kentucky Education Reform Act. SB 1 would reform power currently given to site-based decision-making councils and give it back to school boards. This would include authority over hirings of principals, curriculum and perhaps more. Under SB 1, superintendents, which are hired and fired by the school board, would make those final decisions after receiving consultation and input from SBDMs in a new advisory role. The SBDM model has existed in Kentucky for over three decades and since that time no other state in the nation has deemed

it a worthy model to adopt. "The superintendent is beholden to the school board, members of which are beholden to the people. SB 1 will make sure that the values of a school district are a reflection of the community," Schickel said. Some parents are criticizing the bill as an attack on parent voices, since school councils are a way to directly influence what happens at a child's school. **TEMP 4-WAY STOP WILL BE TESTED AT GUM/MAIN STREETS** Beginning Tuesday, Jan. 18, a temporary four-way stop will be deployed at the intersection of U.S. 60/Gum Street and Main Street in Marion. A two-week trial period with a four-way stop will give highway officials clear data on traffic flow, and will ultimately determine whether the intersection can function as a four-way stop in lieu of the current stoplight. The extended study will particularly examine peak traffic flow periods between 7-9 a.m., and 3-5 p.m., when traffic from local plants and schools create busy streets. Approximately 8,127 vehicles pass through that intersection in an average day.

## FARMERS HAVE UNTIL APRIL TO WEIGH IN ON WATER MATTERS

Kentucky growers have until April 5 to submit comments about a Food and Drug Administration (FDA) proposal that would change some agricultural water requirements for produce growers, Kentucky Commissioner of Agriculture Dr. Ryan Quarles announced. "The FDA recently notified the Department of Agriculture about potential new changes to agricultural water requirements for our produce growers," Commissioner Quarles said. "These changes may affect you and before they do, it's important for Kentucky growers to provide feedback to help improve the rule. Now is the time to have your voices heard." FDA's proposed changes affect the pre-harvest agricultural water requirements for covered produce. If finalized, the requirements in the proposed rule would replace the pre-harvest microbial quality criteria and testing requirements in the Produce Safety Rule. FDA has opened a formal comment window giving the opportunity for anyone to comment on the proposed changes. All comments, either electronic or paper, must be received by FDA by April 5. Comments can be filed either electronically or individuals can submit written comments. You can find more about how to submit comments at: <https://www.federal-register.gov>. Kentucky Department of Agriculture's Produce Safety Program is monitoring the proposed changes and will inform growers, partners, and industry stakeholders statewide of any

changes that become final. For questions, contact Mark Reed, KDA Produce Safety Program Manager at (502) 782-7809 or by e-mail at [mark.reed@ky.gov](mailto:mark.reed@ky.gov).

## LAWMAKERS MOVE TO OVERTURN 40% HIKE IN AUTOMOBILE TAX

KY TODAY Lawmakers of both chambers and both parties are working to enact legislation that would roll back the 40% increase in motor vehicle property tax rates, announced by the Department of Revenue earlier this month. Rep. Patrick Flannery, (R-Olive Hill), said, "A 40% increase on your motor vehicle taxes is uncalled for and in my opinion the Department of Revenue is not following existing law. In fact, they are making their own rules and have since 2009, running the span of three gubernatorial administrations, both Republican and Democrat." He says he saw this coming, so the first bill that he ever filed last year as a legislator aimed to prevent this tax hike, pointing out that state law calls for the ad valorem tax rate to be set at the average trade-in rate for fair cash value tax purposes. "The dirty secret as evidenced by the 2009 memorandum," Flannery said, "is that the Department of Revenue has defined average trade-in to mean 'clean trade-in,' which means the majority of automobile owners are paying more in taxes than the true condition of the vehicle." He says he is working on another bill, modeled after last year's, which was never given a committee hearing, and says he plans to file it when it's ready to remedy this abusive practice of taxing vehicles more than they are worth and required by existing law. Sen. Robin Webb, (D-Grayson), says she is also working on similar legislation, with the goal of limiting the assessment increase to a constitutionally allowable limit.

She says she believes the uptick in value is in a bubble that will burst soon. "I think it's an artificial value. It's extreme and it's punishing a lot of individuals that are having a hard time surviving, in light of the global pandemic and other issues that are beyond our control." Webb says the valuation is an interpretive issue. "I think it's an attempt to recoup some money, but given the state budget, and we've been briefed, we are in a pretty good situation for the state's bottom line, with a federal infusion of cash. This bubble is going to remedy itself, and our taxpayers should not be punished." Webb adds she hopes to file her bill as soon as possible. "I'm reviewing it in light of Constitutional issues right now, but the language has been drafted."

## NEW INSULIN LAW MAY NOT HELP ENOUGH

A new Kentucky law that went into effect recently will have a big

impact on insulin prices for some folks living with diabetes, but a report by the Courier-Journal says many with diabetes will not benefit from the measure. Under the new law, the cost of a 30-day supply of insulin will be capped at \$30 for "those with state-regulated health care plans or plans purchased on the marketplace exchange, state employees and people under group plans," according to a news release from the state. It has been lauded as a positive step for many who live with diabetes, including state employees and those who bought insurance through kynect, Kentucky's state-run site for those seeking to apply for insurance coverage, the Louisville newspaper said. Critics told the Courier-Journal that the new law is too narrow and won't impact the vast majority of people living with diabetes in Kentucky who have health insurance plans through their employers or through sources like Medicare or TRICARE, which applies to U.S. military members and veterans. More action needs to be taken at a national level, they told the newspaper, because a state can't pass a law that would affect anything that's federally regulated. Most people have health insurance that's federally regulated, the article said. There are currently 440,000 residents who are covered by state-regulated health insurance plans, according to the Kentucky Department of Insurance, and U.S. Census data show 7.7% of Kentuckians are currently uninsured, or about 345,000 people.

Crittenden and surrounding counties are eligible. Students can enter in two different categories: Youth Short Story Contest and Youth Poetry Contest. Deadline for all entries is Jan. 24. The first-place winner in each category for the local contest will receive \$20 and will represent the Woman's Club of Marion in the General Federation of Women's Clubs Kentucky state contest. The Youth Short Story Contest is limited to 2,000 words. The Youth Poetry Contest can include any style of writing with a minimum length of eight lines and a maximum length of 50 lines. Each entry must include a GFWC Creative Arts waiver which can be obtained from Becky Combs at (502) 743-1466 or email [becky-combs5@gmail.com](mailto:becky-combs5@gmail.com). All entries are due by 4 p.m., Monday, Jan. 24 and can be submitted either by delivering to the Crittenden County Extension Service office; or by emailing to Combs. The Crittenden County Extension Service office is located at 1534 U.S. 60 E. in Marion.

## COVID TESTING TO BE COVERED BY INSURANCE

KY TODAY Starting Saturday, private health insurers will be required to cover up to eight home COVID-19 tests per month for people on their plans. The Biden administration announced the change Monday as it looks to lower costs and make testing for the virus more convenient amid rising frustrations. Under the new policy, first detailed to the Associated Press, Americans will be able to either purchase home testing kits for free under their insurance or submit receipts for the tests for reimbursement, up to the monthly per-person limit. A family of four, for instance, could be reimbursed for up to 32 tests per month.



**ROBISON CONSTRUCTION**  
**(270) 969-1620**  
*Dream It, We'll Build It*  
New Construction • Pole Barns • Remodeling



**COYOTE CONTEST**  
Contest to be held Sundown,  
Friday, Feb. 4 until Saturday, Feb. 5  
*Hodge's* Sports & Apparel  
Hosted by  
Sponsored by City of Marion Tourism Commission  
**\$40** for 2 Man Team  
The most coyotes taken will win 80% of the pot  
Hunters must be registered by 5 p.m. that Friday, Feb. 4 before the hunt. Check in time 5 p.m. on Saturday, Feb. 5.  
Coyotes must be taken by legal firearms.  
Night hunting is allowed with spotlights/night vision with Shotgun. Rifles may be used on private property with 6.5 and smaller caliber.  
There will be a representative from KY Department of Fish and Wildlife to assist with the check in process.  
Hunters must abide by all KDFW Rules & Regulations.  
**NO TRAPPING OR SNARING!**  
**PLEASE HUNT RESPONSIBLY!**  
©The Crittenden Press 2021



# Prepared for rest

One of my favorite environments is outside right after a snowfall. There is a clean and clear quality to the air and sound is muffled so as to draw one into peace, if only for a few moments. When enough snow falls, it causes us to either slow down or stop completely. Even if we go about our regular business, we must make some adjustments. If we are prepared it is not so stressful. Some need to go out into the elements while others gain the potential for an unexpected break. Being prepared for both is important.



Sean NIESTRATH  
Faith-based columnist

Guest Columnist

and focused. Rest is much more than stopping work. It is intentionally taking a break from necessary production or consumption. No one can, for long, be consumed with either and maintain health and good relationships.

Being intentional about rest means that we know the difference between “work” and “rest.” I know people whose rest involves running, swimming, or working in the garden. I know others whose rest is reading or watching or playing sports. Those things

that allow us to step away from what we believe we must do and into those things that we enjoy count as rest.

There is another rest, however, that supersedes others. I like to think of it as relational rest. It begins with God and filters into all aspects of our lives. This is different than peace. Peace is the freedom from disturbance. Rest is where we go and what we do to recover our strength. For us to be able to function well as human beings it is imperative that we work to form restful relationships.

This is a lifetime's project. If we are fortunate we have restful relationships built into our lives as children, but this is not the experience of many. It is necessary to find com-

munities where such relationships can develop and flourish. This is not easy and it requires humility and the willingness and capacity to change. It is, however, worth all the work.

There are few things in life as valuable as restful relationships. Those in which we find confrontation and forgiveness in the measures required without fear. Relationships that energize us and prepare us for the days and tasks ahead, knowing that they will be there in every phase and every circumstance of life.

Being prepared for rest means doing all we can while we can. It means being able to focus on those things that renew and reinvigorate us to do those things that are harder and necessary. It may be work or other obligation, but none of us can do well when we are constantly tired or distracted. Good work leads to good rest and good rest leads to good work. Prepare yourself for both and seek restful relationships.

*Dr. Sean Niestrath is a minister in Madisonville, Ky. He holds a doctoral degree in ministry. You may contact him at sean.niestrath@outlook.com.*

# God’s love is seen in his giving

**Question:** As I talk to people on social media and surf the internet, I’m exposed to a lot of hateful, divisive rhetoric and unrest. In the midst of all this anger and stress, I wonder where God is in all this. Is God really loving? Does He really love me?

**Answer:** One of the consequences of increased screen time is we are exposed to more human hatred and violence. However, it in no way negates God’s goodness and love. The apostle John assures us “God is love” (1 Jn. 4:8). Love is not just another attribute among many others. It is His very nature from which all other attributes proceed.

We can be sure of God’s love for us. The Bible emphatically says,

## ASK the PASTOR

By Bob Hardison



“This is how we know God showed his love among us: He sent his one and only Son into the world that we might live through him” (1 Jn. 4:9). The greatness of God’s love for us is observed in the value of the gift: He gave “his one and only Son.” God did not

spare His own Son on the cross. He “sent his Son to be the atoning sacrifice for our sins” (1 Jn. 4:10).

God’s forgiveness is available to all, but it is not automatic. To receive pardon for your sins, you must turn from them (repent) and believe on the Lord Jesus Christ as your Lord and Savior. I urge you to do so today. Then, call a Christian friend or a pastor and share your decision.

Send your questions to: bob@bobhardison.com

## Local Events & News

■ Virgil Jones VFW will have a meeting at 6:30 p.m., Thursday, Jan. 13 at 412 N. College St. in Marion. Refreshments will be served.

■ Salem Baptist Church Thrift Store is open 9 a.m.-1 p.m., Tuesday and Saturday at 209 Highland St., Salem.

■ The Clothes Closet of the First Baptist Church in Fredonia is open to serve the area with free clothes. For the time being, the Clothes Closet is operated outdoors from 1-3 p.m. each Thursday. Please observe social distancing. The Clothes Closet will be closed in case of rain.

■ Fredonia Unity Baptist

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

■ 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.

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

■ 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.

### You’re Retired. Your Money Isn’t.

To learn about the different options for your retirement accounts, call my office today.

**Mickey Alexander**  
Financial Advisor  
123 E Belleville St  
Marion, KY 42064  
270-965-0944

edwardjones.com  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

**SEARCH PUBLIC NOTICES published in Kentucky newspapers.**  
[www.kypublicnotice.com](http://www.kypublicnotice.com)

*This website is provided by Kentucky's newspapers as a free service for the purpose of and engaging the citizens and maximizing the availability of this information.*

## A FIRESIDE CHAT

with **Kathleen Guess**

**Tuesday, Jan. 25 • 7 PM**  
**Fohs Hall • Marion, Ky.**

Banky is the world's most infamous street artist, whose political art, criminal stunts, and daring invasions have outraged the establishment and created a revolutionary new movement while his identity remains shrouded in mystery. This talk will discuss his works and theories of who he may really be.

**Free Admission**  
Light refreshments served

A program sponsored by Community Arts Foundation

## Honoring the Life, Work & Legacy of Martin Luther King, Jr.

**We will be closed Monday, Jan. 17 in observance of the MLK holiday.**

## Farmers Bank

[www.farmers247.com](http://www.farmers247.com)

## Fredonia Valley Bank

[www.fredoniavalleybank.com](http://www.fredoniavalleybank.com)

### EMMAUS BAPTIST CHURCH

315 Emmaus Church Rd., Salem, Ky.  
Rodney Phelps, Pastor  
(270) 704-2400  
[emmausbaptistsalem@outlook.com](mailto:emmausbaptistsalem@outlook.com)  
Follow us on Facebook

### St. William Catholic Church

Sunday Mass 11 a.m.  
860 S. Main St.  
Marion, Ky.  
(270) 965-2477  
Father John Okoro

### Mexico Baptist Church

175 Mexico Rd.  
(270) 965-4059  
[MexicoBaptist.org](http://MexicoBaptist.org)  
Minister of Music Mike Crabtree  
Pastor: Tim Burdon  
Sunday Worship Services: 10 a.m., 7 p.m.  
Sunday Bible Study: 9 a.m.  
Sunday Discipleship Training: 6 p.m.  
Wednesday Worship Service: 7 p.m.

### DEER CREEK BAPTIST CHURCH

Pastor: Bro. Chris Cummins  
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

108 Hillcrest Dr., Marion | (270) 965-4623  
Sunday School: 9:30 a.m.  
Sunday Worship: 10:45 a.m., 6 p.m.  
Wednesday Adult Bible Study, Children and Youth Activities: 6 p.m.  
Captured by a vision...

### Tolu United Methodist Church

Bro. Alex Kirby, Pastor  
We invite you to be our guest  
Open hearts. Open minds. Open doors.  
The People of The United Methodist Church  
Sunday School 10 a.m. • Service 11 a.m.  
Wednesday Night Youth 6:30 p.m.

### Barnett Chapel General Baptist

Sunday School: 9:45 a.m. Barnett Chapel Rd., Marion, Ky.  
Sunday Worship: 11 a.m.  
Wednesday Night Bible Study: 6 p.m.  
Barnett Chapel...where everyone is welcome.

### Freedom General Baptist Church

Pastor: Ross Abwell  
87 Freedom Church Rd., Marion  
(about 1 mi. from Marion off Ky. 91)  
CHURCH TIMES:  
Sunday School 10 a.m. Sunday Evening 6 p.m.  
Sunday Worship 11 a.m. Wed. Bible Study 6 p.m.

### Marion Baptist Church

College & Depot streets, Marion • (270) 965-5232  
Pastor: Bro. Aaron Brown • Children's & Youth Pastor: Bro. Shawn Holman  
SUNDAY MORNING SERVICES: 9 a.m. & 11 a.m., ONLINE 11 a.m., SUNDAY SCHOOL: 10:05 a.m.  
WEDNESDAY: BIBLE STUDY/PRAYER 6 p.m., AWANA FOR CHILDREN & YOUTH GROUPS 6 p.m.  
CHOIR PRACTICE: 6:45 p.m., PRAISE TEAM: 7:30 p.m.

### SEVEN SPRINGS MISSIONARY BAPTIST CHURCH

219 Seven Springs Rd., Marion, Ky. 42064  
Sun. School for all ages: 10 a.m.  
Sun. Worship: 11 a.m., 6 p.m. • Wed.: 7 p.m.  
Bro. Austin Weist, pastor  
• We are an Independent Baptist Church seeking to know Christ and to make Him known to the community around us •

### Crayne Community Church

Crayne Cemetery Road, Crayne, Ky.  
Bro. James Driver, Interim Pastor  
Sunday Worship 9 a.m.

### FIRST CUMBERLAND PRESBYTERIAN CHURCH

224 W. Belleville St., Marion, Ky.  
Sunday School 9:45 a.m.  
Sunday Worship 10:45 a.m.

### growing in grace

2 Peter 3:18  
**PLEASANT GROVE General Baptist Church**  
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.

### Marion Church of God

334 Fords Ferry Road, Marion, Ky.  
Sun. School 10 a.m. • Morning Service 11 a.m.  
Sun. Evening 6 p.m. • Wed. Evening 6 p.m.  
“Where salvation makes you a member.”  
Lucy Tedrick, pastor

### PINEY FORK

CUMBERLAND PRESBYTERIAN CHURCH  
School 10 a.m.  
Worship 11 a.m.  
Bible study 6 p.m.  
A new beginning, going forward and looking to the future  
Ky. 506 | Marion, Ky.

### Sugar Grove

Cumberland Presbyterian  
585 Sugar Grove Church Rd., Marion, Ky. (270) 704-2455  
Pastor Jesse Thornton (618) 200-0884  
Sun. School: 10 a.m. | Sun. Worship: 11 a.m. & 6 p.m.  
Wed. Bible Study: 7 p.m.

### Marion United Methodist Church

Open hearts, Open minds, Open doors.  
The People of the United Methodist Church  
WED.: Bible Study 5:30 p.m.  
SUN: Sun. School 9:30 a.m.  
Worship 10:45 p.m.  
Bro. David COMBS  
South College St.

### Frances Community Church

Bro. Butch Gray  
Wed. night prayer meeting & youth service: 6:30 p.m.  
Sunday school: 10 a.m.  
Worship service: 11 a.m.

### Hurricane Church

Hurricane Church Rd. off Ky. 135 West  
Pastor: Bro. Danny Hinchee  
Sun. School, 10 a.m. • Worship, 11 a.m.  
Sun. Evening services, 6 p.m.  
Wed. Evening services, 7 p.m.

### Unity General Baptist Church

4691 U.S. 641 • Crayne, Ky.  
Barry Hix, pastor • (270) 365-5836 or (270) 625-1248  
Sunday School 10 a.m. • Sunday Worship 11 a.m.  
Sunday Evening 6 p.m. • Wednesday Night Service 6 p.m.

### Marion Church of Christ

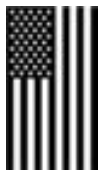
546 West Elm Street • (270) 965-9450  
Sunday Worship 10:30 a.m.  
- The end of your search for a friendly church -



# Deaths

## Crider

Timothy Dale Crider, 51, of Marion, died Wednesday, Jan. 5, 2022 at Deaconess Midtown Hospital in Evansville. He was a veteran of the United States Army and United States Navy; member of Providence VFW Post 5484, District 2 Commander of VFW, Rosiclare Masonic Lodge Number 1144, Ridgeway Masonic Lodge Number 816, Equality Masonic Lodge Number 2, Knights Templar in Mt. Vernon, Ill., Shriners in St. Louis, Mo., Salem, KY Fire Department and he was a longstanding leader of Boy Scouts of America. He was the former Post Commander of Marion VFW 12022.



Surviving are his wife, Audrey Crider of Marion; two children, Cody Crider of Paducah and Dakota Crider of Junction City, Kan.; a brother, Jason Beilsmith of Wood River, Ill.; his parents, Ezra and Barbara Crider of Hardin County, Ill.; and three grandchildren, Ava, Oliver and Preston Crider.

He was preceded in death by two children, Heather and Kanda Crider; and a brother, Barry Crider.

Services were Tuesday, Jan. 11 at Gilbert Funeral Home with burial in Peters Creek Cemetery in Elizabethtown, Ill.

Memorial contributions may be made to U.S. Veterans Foundation at [usvetsfoundation.org](http://usvetsfoundation.org).

## Belt

Clara Mae Belt, 92, of Marion, died Thursday, Jan. 6, 2022 at Crittenden County Health and Rehab. She was a member of Calvary Baptist Church.



Surviving are two sons, Shelby (Sandra) Belt of Marion and Clifford Belt of Princeton; three grandchildren, Shane (Nicky) Waters of Marion, Jared (Kristin) Belt of Marion and Jordan (Jill) Belt of Franklin; and four great-grandchildren, Raylee, Shelbi Kate, Tia and Caleb Belt.

She was preceded in death by her husband, Norman Belt; her parents, John Spurlin and Mary Oma Woodall; and siblings Houston Wood-

all, James Woodall, Martha Nell Byford and Everett Ray Woodall.

Services were Sunday, Jan. 9 at Gilbert Funeral Home with burial in Mapleview Cemetery.

Memorial contributions may be made to the Crayne Cemetery Fund, c/o Gilbert Funeral Home, 117 W. Bellville St., Marion, KY 42064.

## Starkey

Dr. A. David Starkey, 61, of Benton, died Friday, Jan. 7, 2022 at Continue Care Baptist Health Deaconess in Madisonville. He was born Jan. 31, 1960 to the late Alva Nelson and Patricia "Granny" Starkey in Sturgis.

Dr. Starkey was a coal miner at Pyro. He graduated from Logan College of Chiropractic. Dr. Starkey also owned a family practice, Marion Wellness Clinic, in Marion since 2005. He attended medical school at American University and completed his residency at Baptist Health Madisonville previously known as Trover Clinic.

Surviving are his wife, Tutut Ariani Starkey; a daughter LaDarra (Danny) Jackel; a granddaughter, Tallulah Jackel; a daughter, Bettye Starkey; a son Blayne Starkey; two brothers John (Patti) Starkey and Paul Starkey; a sister, Sherry Freer; and nieces and nephews Kristina Billings, Kimberly Leighty, Kasey Black, Miranda Eversole, Michael Starkey, Patrick Starkey and Tyler Freer.

He was preceded in death by his parents; two brothers Mark and Bruce Matthew Starkey.

Services were Wednesday, Jan. 12 at Whitsell Funeral Home in Sturgis. President Bill Denson will officiate. Burial was in Grangertown Cemetery in Sturgis. Online condolences can be made at [www.whitsellfuneralhome.com](http://www.whitsellfuneralhome.com).

## Walker

Todd Walker, 60, of Marion, lovingly nicknamed as "Steve Todd," died peacefully at his home Friday, Dec. 24, 2021.

He was born in Modesto, Calif., and made Pueblo, Colo., his home for quite a while where he met the love of his life, Cyndi, and made lifelong friendships.

Todd loved to tell stories of being in the U.S. Army, jumping from planes in the Army, and skateboarding in old swimming pools as a kid with his brothers. He would laugh at the silliest words like "preposterous" for no reason, and friends couldn't help but laugh with him.

His granddaughter, Eva, adored him, and he adored her. He will be greatly missed by those he made connections with.

Surviving are a daughter, Kassi Walker and her partner, his best buddy, Amber Smith; his granddaughter Evalyn Walker of Marion; his mother, Bernice Walker of Modesto, Calif.; two brothers, Scott (Valerie) Walker of Alabama and Kenneth D. Walker of California; a copious amount of nieces and nephews.

He was preceded in death by the love of his life, Cynthia Walker; and his father, Kenneth Ray Walker.

Per his wishes, Todd was cremated and a celebration of life will be held at a future time.

*Paid obituary*

## CCH COVID tests restricted

Due to National supply shortages, COVID-19 tests can only be performed at Crittenden Community Hospital on patients with a doctor's order, pre-operative patients, inpatients and emergency room patients. This does not include students and staff of Crittenden County Schools participating in the Test To Stay program. "Please know that we want to continue to serve our community with COVID testing and will resume our previous COVID collection processes as soon as supplies allow us to do so," the hospital posted on its website Tuesday.

## Senior Menu

Crittenden County Citizens Center, located on North Walker Street, is open from 8 a.m. until 2 p.m., Monday through Friday.

The menu for next week includes the following:

Thursday, Jan. 13: Chicken pot pie, baked potato, green beans,

mandarin oranges and wheat bread.

Friday, Jan. 14: Roast turkey, cornbread dressing, giblet gravy, mashed potatoes, green beans and cranberry gelatin salad.

Monday, Jan. 17: Closed for MLK Jr. Day.

Tuesday, Jan. 18: Meatballs, brown gravy,

mashed potatoes, seasoned rolls, wheat roll and tropical fruit.

Wednesday, Jan. 19: Pork roast, baked sweet potato, black-eyed peas, carrot raisin salad and cornbread.

Jenny Sosh is director of the Senior Center, and can be reached at (270) 965-5229.



### Honoring the Memory of your loved one

As a family-owned and operated funeral home, we take our commitment to your family personally. We value your trust in us, and it's our honor to help you through your time of sorrow with compassionate service, professional guidance and a dignified tribute to your dear departed loved one.

Visit us online at [gilbertfunerals.com](http://gilbertfunerals.com) for information on obituaries, funeral arrangements, pre-need arrangements and background information about the funeral home.

## GILBERT FUNERAL HOME

117 W. Bellville Street • Marion, KY 42064  
(270) 965-3171

"Our family serving your family since 1881"

# HENRY & HENRY MONUMENTS

We accept appointments for one-on-one consultation.

207 Sturgis Rd.  
Marion, Ky.  
**(270) 965-4514**

602 US 62 East  
Eddyville, Ky.  
**(270) 388-1818**



# FRAZER & LAW

## OFFICE

*Bart Frazer welcomes*

Jonathan K. James and Wesley A. Hunt, of counsel

Jonathan K. James holds a Juris Doctorate from University of Kentucky School of Law. He joins the firm with a focus on bankruptcy and civil litigation.

Wesley A. Hunt, who will serve the firm of counsel, was Assistant Crittenden County Attorney from October 2013-October 2020 and opened Hunt Law Group, PLLC. His emphasis is on real estate, probate and civil litigation.

*Both are now accepting appointments.*



**Bart Frazer • Jonathan K. James • Wesley A. Hunt, of counsel**

### AREAS OF PRACTICE

- Bankruptcy
- Probate and Estate Planning
- Real Estate Law
- Municipal Law

- Board of Education
- Family Law
- Personal Injury-Property Damage
- Debt Collection

Real estate is the largest investment most people will make. In 1968, Bill Greenwell started this firm and focused on real estate, and today we proudly continue his dedication to Crittenden and surrounding counties.

200 South Main Street, P.O. Box 361 • Marion, Ky. 42064  
Email: [bfrazer@frazer-law.com](mailto:bfrazer@frazer-law.com)  
Phone: (270) 965-2261 • Fax: (270) 965-2262  
Hours: Monday-Friday 8 a.m.-4:30 p.m.



THIS IS AN ADVERTISEMENT

# COMBINING

## dignity & affordability.

We offer one of our most popular caskets together with our uncompromised service. That means we can create the funeral you had in mind, for much less than you would have expected—just one of the many ways you'll be pleasantly surprised.



212 East Main Street • Salem, Kentucky  
**270-988-3131**  
[BoydFuneralDirectors.com](http://BoydFuneralDirectors.com)  
*Serving our families since 1902*

\*Some cash advance items additional

©adfinity®



# Marion Guard unit sees 5 casualties

Remembering Marion's Company I, 149th Infantry, National Guard

Their one-year of Active Duty turned into nearly five years.

Eighty-one years ago this month, Marion's Company I, 149th Infantry of the National Guard was getting ready to go to Camp Shelby, Miss. From the archives of The Press we can recall this important piece of Crittenden County military history and follow some of the happenings to the unit after reaching Camp Shelby.

Members of Marion's old National Guard unit, Co. I, 149th Infantry were called to active duty on Jan. 17, 1941. War was underway in Europe with Germany's Hitler invading neighboring European countries and Japan threatening Pacific island nations. But the United States was not involved, and members of the National Guard company expected only to go to Camp Shelby, Miss., for a year and then return home.

*Jan. 17, 1941 – Medical Board Begins Technical Examination – To Be Completed In Two Days – 81 enlisted men.*

Co I, 149th Inf., mobilized this morning at 8 previous to entrainment for a year's training at Camp Shelby, Miss. Unofficial reports call for entrainment for the encampment Jan. 28.

Capt. J. Roy Johnson is acting battalion commander and Sgt. Burnie H. Hillyard was discharged early this morning and immediately accepted a 2nd lieutenants commission. He had previously completed all requirements. All officers completed final type examination and were satisfactory.

A medical board of three, technicians and clerical, begin final physical examinations and all must be completed within a two day period. The organization had 81 enlisted men yesterday.

All men are to be quartered in Marion with A. S. Cannon being assigned 20 and Mrs. Dunning 10 for board and room. Others are to sleep at home and meals furnished either at Givens or James cafes.

*Jan. 24, 1941- Special Train Will Leave at the I. C. Station*

Co. I, 149 Kentucky National Guard entrains next Tuesday afternoon for Camp Shelby, Hattiesburg, Miss., for a year's active duty in keeping with national defense measures. The special train leaving the I. C. station is routed via Mayfield, there to entrain Co.

L. of that place. Medical officers completed physical examinations Saturday and three men were rejected, they are Golda Rushing, Wm. P. and Larnie F. Kinnes. The remainder of the enlisted personnel is preparing for departure.

During the week routine detail, packing, classification and drilling has been the work assigned by Capt. Johnson. From all indication Ovid Kimsely will be clerk and George Travis mess sergeant.

*Jan. 31, 1941 – Co. I Arrived At Camp Shelby*

January 28, Co. I, 149th Inf. marched from the armory, located across from the courthouse on West Bellville Street to the depot to board a train for a year of service. They arrived at Camp Shelby, Hattiesburg, Miss., early Wednesday morning.

Previous to departure Capt. J. Roy Johnson, commanding, made an address to the crowd that accompanied the group to the depot and the Marion school band was also at I. C. Station.

For the past week the organization has been busy at the armory checking equipment and other necessary details. No members were reported ill or injured shortly before entrainment hour.

Shortly before entrainment, Ellis B. Ordway Post 111 and Auxillary, presented each member of Co. I a package containing cigarettes, candy bars and chewing gum. The package was attractively tied with red, white and blue ribbon.

*June 13, 1941 – Ten Co. I Men Promoted*

Camp Shelby, Miss., June 12. Ten members of Co. I, 149th Inf., have received promotions according to information from public relations department of the regiment.

Corporals elevated to sergeants were Chester E. Truitt, Guy Drennan Jr., Rodney Dalton, Raymond Patmore and Eugene Asbridge; to corporals were Guy R. Travis, James R. Holsapple, Willard C. Hunt, Doyce C. Brown and Newcom F. Howerton.

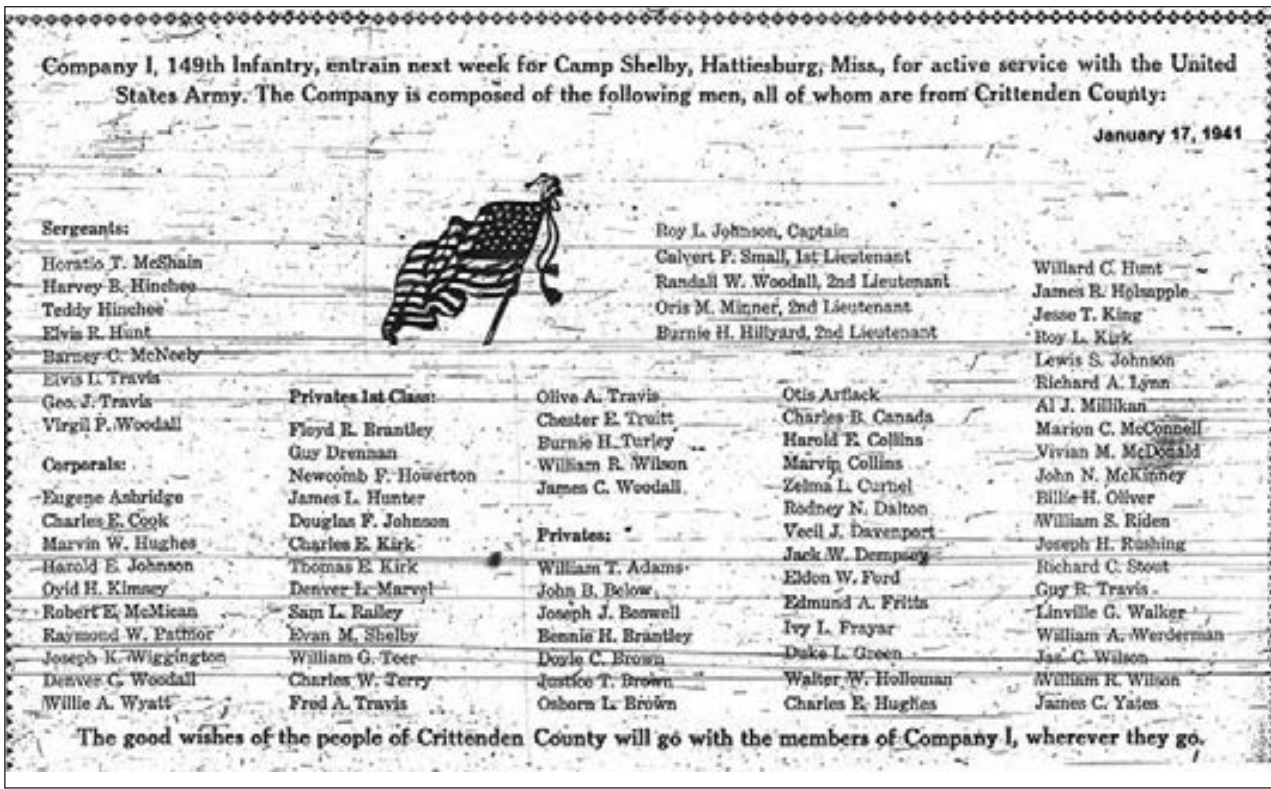
*July 4, 1941 – Five Co. I Members Get Non-Commissioned advances*

Camp Shelby, July 2, 1941. Five members of Co. I, 38th Infantry Division training from Marion received non-commission advances according to release by regimental headquarters.

Advanced to sergeant were Teddy Hinchee, Marvin Hughes, Harold D. Johnson; and Douglas F. Johnson to corporal.

local sites for temporary space and it is supposed to choose one by March 1. The two sites being considered are Hometown Foods and an empty building in Darben Plaza owned by Strong's Enterprises.

The county offices that



Evan M. Shelby, was advanced to corporal. Pvt. William Arfleck, acting mess sergeant, has been selected to attend cooks school.

*January 1991 Remembering That Day*

In January 1991, the 50th anniversary of their departure from Marion, there were four members of this company who were still living in Crittenden County. They were Raymond Patmor, Fred Travis, B. C. McNeely and Robert McMican. They recalled some of their memories of their time at Camp Shelby and after.

When we arrived at camp, the post hadn't been completed. The street had been laid out, the PX and mess hall constructed, but the men lived in tents. For the first three months we dug pine stumps to help clean the ground. During these pre-war months the company received basic training, using wooden mock-ups for guns.

About a dozen of our members left the unit for officer candidate school, among them McNeely, Patmor and McMican. McNeely went to OCS and then back to Shelby where he was assigned to the 69th Infantry Division. They went to Europe, he fought across Germany and was with the unit which finally met the Russians at the Rhine River at the end of the war in Europe.

Patmor went to OCS and was assigned back to the 149th Infantry before being transferred to the 36th Infantry and landing in Italy and France. He was wounded twice and was recuperating in Marion, preparing to be shipped to the Pacific, when the war ended.

McMican, after OCS, was assigned to the 31st Division as regimental intelligence officer. He was in the Philippines under McArthur's command.

Travis stayed with the company, training at

Shelby and eventually leaving with it for six months in Hawaii and then on to the Philippines.

The company was used for "mopping up," he recalled. It was hard duty, because many of the Japanese thought it was an honor to die.

Active duty was extended for nearly four more years, until August 1945, when Japan finally surrendered. In the meantime, some of the company members were sent to Europe, while most stayed at Camp Shelby to train draftees.

In 1944, though, they headed for the Pacific and engaged in some of the bitter Island fighting on New Guinea and the Philippines.

Five members of the company were killed in combat there and many others wounded. The five that were killed in action were: Pfc. Sam L. Railey, Pfc. Denver L. Marvel, Pvt. Vivian M. McDonald,



Company I, 149th Inf. marched from the National Guard Building on West Bellville St., to Marion's train depot to board the train for a year's training at Camp Shelby. Little did they know it would turn in to five years of active duty for many of them, resulting in injuries to many and five killed in the line of duty.

Pvt. John N. McKinney and Cpl. Marvin W. Hughes.

These men are honored every year in the Press's Memorial Day Salute to our Fallen Heros.

*(Brenda Underdown is chair of Crittenden County Historical Society and a member of Crittenden County Genealogical Society. Much more local history can be found at OurForgottenPassages.blogspot.com).*



## BEN LEONARD Announces His Candidacy For DISTRICT JUDGE

Attorney Ben Leonard (pictured left) announced his candidacy for district court judge of the 5th Judicial District which is comprised of Crittenden, Union, and Webster Counties. His candidate papers were filed with the Kentucky Secretary of State, Michael G. Adams (pictured right). The current District Court Judge, the Honorable Daniel M. Heady, will be seeking the Circuit Court judgeship. Ben is a solo practitioner and owner of Leonard Law Firm. He has been actively practicing law for nearly twenty years and his representation has included every area of district court from criminal defense, criminal prosecution, probate, civil suits, and guardianships. Ben currently prosecutes criminal matters as Assistant Crittenden County Attorney and Assistant Webster County Attorney. In addition, Ben serves as Assistant Commonwealth Attorney prosecuting felony matters in the 5th Judicial Circuit. Ben also serves as attorney for the Webster County Ambulance Board, the City of Slaughters, City of Sebree, City of Clay, City of Dixon, City of Sturgis, City of Dawson Springs, and City of Providence.

Ben received his doctorate of jurisprudence from Saint Louis University and a Master of Law Degree from Temple University. Ben received a Bachelor's Degree in Business Administration from Eastern Kentucky University, a Master's Degree in Business Administration from the University of Memphis, and a Master's Degree in Theology from Campbellsville University. Ben was an adjunct professor of law at Temple University and was awarded the Faculty Excellence Award. Ben is a member of the Kentucky Bar Association and the State Bar of Georgia. He is licensed to practice before the United States District Court and the United States Supreme Court. Ben is a published author having written numerous articles in various legal journals.

Ben volunteers in numerous civic activities, regularly advises church associations on policies and procedures, and has served as an assistant Sunday school teacher. He is the son of a veteran and minister and the grandson of a farmer and welder. Ben lives in Providence with his wife, Allison, daughter, Millie, and son, J.B.

Paid for by Ben Leonard

## BIDS

Continued from page 1 good bit of interest, Newcom said. The judge hopes competition for the project will help moderate costs. The project is estimated at \$1.4 million. Crittenden County government needs a new home because it will not be in the new county justice center that replaces the downtown courthouse. Design plans are currently underway for the new courthouse, which will cost about \$12 million to build.

In addition to new offices for county government, there will be a need for temporary space for judicial services, including a courtroom, judges' offices and a place for the circuit court clerk. The Administrative Office of the Courts has been conducting a study of two

**Due to the fire at Just Cuts in Salem Brenda Alexander will be working**

**Wednesday-Friday at Nu-U Beauty Salon in Marion**

**Please call (270) 965-2912 or (270) 704-0574 for appointments.**



# Classifieds The Crittenden Press

for sale

Texas oranges and grapefruit are now in at David Bontrager's, 2470 SR 654 North, Marion. We also have pecans in the shell or by the pound shelled. (1t-2-p)

Firewood for sale, \$60/load delivered. Call (270) 704-2765 and ask for Boyd. (2t-2-p)

automotive

2003 SWB red Chevrolet Silverado, V6, auto, new stereo and new battery, good tires, no dents or damage, \$6,500 OBO. Call (270) 285-2500 or (270) 704-5237 (1t-2-c)jb

for rent

For rent in Marion, 3 BR, 2 bath on quiet street, all electric. Stove and refrigerator furnished. (618) 499-7680. (2t-2-c)jh

1 BR efficiency apartment, all utilities, stove, refrigerator \$350/month plus \$350 deposit. (270) 704-3234. (49-ttc) je

employment

The Earle C. Clements Job Corps Academy is seeking employees. We offer a competitive salary, benefits package and advancement opportunities. NEW! Now offering a \$15 minimum wage! MTC is an equal opportunity employer-Minority/Female/Disabled/Veteran. To view current openings and qualifications and to apply, please visit our website: [www.mtctjobs.com](http://www.mtctjobs.com) "Building Tomorrow's Futures Today" (3t-4-p)

Reliable workers needed! Full-time, 1st & 2nd shift positions available now! Strong Solid Company with a Bright Future! Good starting wage \$12 & up based on skill & experience. Must pass background & drug screen. Apply at Liberty Tire Recycling, 2071 US 60 West, Marion KY or email resume to [hmaloney@libertytire.com](mailto:hmaloney@libertytire.com). Call for more info 270-965-3613. Equal Opportunity Employer. (6-tfc)

services

Honest and Hardworking handyman. Some of my services include: Pressure washing, landscaping, painting/staining, vinyl siding, scrap removal, barn/shed removal, furniture repair, custom built furniture. If I cannot do the job you have, I can point you to someone who can. Contact me by call or text (270) 704-1888. (2t-3-c) ks

Will sit with elderly. Janey Heidrich, (270) 836-3463. (2t-2-p)

CONCRETE WORK: Parking lots, garages, steel buildings, walls, sidewalks, driveways, room additions, rock driveways, clean ditches. Call for quote (270) 724-4672, Joe Mattingly Concrete Construction. (12t-8-p)

bid notice

BID NOTICE: The Crittenden County Fiscal Court is accepting bids for the following emergency rescue items: 1) Battery powered ram with freshwater operability, brushless DC motor, 360-degree rotating claw, turbo speed option, and up to 59" extension capability. 2) Battery powered cutter with freshwater operability, brushless DC motor, turbo speed option, and a minimal 8" jaw opening. 3) Battery powered spreader with freshwater operability, brushless DC motor, turbo speed option, minimal spread distance of 23.6", minimal spread force of 187,000 lbs., and minimal pulling force of 12,000 lbs. 4) 2 power supply 110V/60hz US plug adapters. Batteries and chargers to be included for all units. All bids must be received by mail to "Crittenden Co. Fiscal Court, c/o Rescue Equipment Bid, 107 S. Main St., Ste. 208, Marion KY 42064" or by email to [jada.williams@crittenden-countyky.org](mailto:jada.williams@crittenden-countyky.org) by 4:30 p.m. Wednesday January 19, 2022 and will be opened at the regular court meeting January 20, 2022 beginning at 8:30 a.m. All questions may be answered by calling the Rescue Chief, Donnie Arflack at 270-704-1749. The County reserves the right to accept or reject any or all bids in accordance with KRS 45-A. (1t-2-c)

notice

Advertise your job opening, event, items for sale, auction etc. in this newspaper plus 83 other Kentucky newspapers including The Paducah Sun, Kentucky New Era (Hopkinsville), The Sturgis News, The (Princeton) Times Leader, The (Providence) Journal-Enterprise, The Union County Advocate, The Henderson Gleaner, The Livingston Ledger and The (Madisonville) Messenger and for only \$250. Save time and money by making one call for all! For more information, contact the classified department at (270) 965-3191 or email us at [advertising@the-press.com](mailto:advertising@the-press.com).

legal notice

NOTICE OF PASSAGE AND SUMMARY OF ORDINANCE  
ORDINANCE NO. 21-22: AN ORDINANCE CLOSING A PORTION OF WEST ELM STREET AND SCHOOL STREET  
Notice is hereby given that the City Council of the City of Marion, Kentucky, at its regular meeting held on January 10, 2022, at 5:00 o'clock p.m., gave second reading and passed and adopted an Ordinance relating to the Marion Code of Ordinances, which Ordinance had been given its first reading at its regular meeting of the City Council held on December 20, 2021, at 5:00 o'clock p.m. A summary of the Ordinance is as follows:  
That portion of West Elm Street from its intersection with School Street approximately 112 feet west and abutted on each side by the Crittenden County School District Finance Corporation is hereby closed;  
Also School Street from its intersection with West Elm Street to its termination with West Gum Street and abutted on each side by either the Crittenden County School District Finance Corporation or the Crittenden County Board of Education, is hereby closed to assist in the construction of a new campus and provide better security for the campus.  
The full text of the Ordinance is on file in the Office of the City Clerk in the City Building, Marion, Kentucky, where it is available for public inspection.  
PREPARED BY:  
/s/ Robert B. Frazer ROBERT B. FRAZER CITY ATTORNEY FRAZER LAW OFFICE ATTORNEYS -AT-LAW P.O. BOX 361 MARION, KY 42064 270/965-2261 January 10, 2022 (1t-2-c)

statewides ASSISTED LIVING

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-833-430-2368 today!

CABLE/UTILITIES

Directv Stream - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-888-340-6138

DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-866-292-5435

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-633-4574

CELLULAR

Great new offer from AT&T Wireless! Ask how to get the new iPhone 12 mini for as low as \$0 with trade in. While supplies last! CALL 1-877-328-0440

EDUCATION/TRAINING

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a

Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 855-856-1784

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-813-7817

Attention Active Duty & Military Veterans! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 855-496-0165

TRAIN ONLINE to do Medical billing! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-610-1709. The Mission, Program Information and Tuition is located at [CareerTechnical.edu/consumer-information](http://CareerTechnical.edu/consumer-information). (M-F 8am-6pm ET)

FINANCIAL SERVICES

Attention all homeowners in jeopardy of Foreclosure? We can help stop your home from foreclosures. The Foreclosure Defense helpline can help save your home. The Call is absolutely free. 1-855-685-9465

Credit Card Debt Relief! Reduce payment by up to 50%! Get one LOW affordable payment/month. Reduce interest. Stop calls. FREE no-obligation consultation Call 833-458-0959

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive re-

views. Call 855-977-4979

HOME IMPROVEMENT

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - \$500 Discount + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-888-306-0302

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 844-266-1122

HOME SERVICES

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-844-688-8576

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-844-499-0041

INSURANCE SERVICES

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-900-7392

[www.dental50plus.com/26#6258](http://www.dental50plus.com/26#6258)

Up to \$15,000.00 of GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company- 844-950-2448 or visit [www.Life55plus.info/kypress](http://www.Life55plus.info/kypress)

MISCELLANEOUS

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-930-8254

HughesNet Satellite Internet - Finally, no hard data limits! Call today for speeds up to 25mbps as low as \$59.99/mo! \$75 gift card, terms apply. 1-844-759-0616

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take you service with you when you travel! As low as \$109.99/mo! 1-888-610-0053

ATTENTION HOMEOWNERS!! YOU CAN PROTECT YOUR APPLIANCES AND SYSTEMS. For just a little more than a \$1.00/day. Call now for First month free, \$75.00/off 1st year. 1-855-536-7294

Cable Price Increase Again?

Switch To DIRECTV & Save + get a \$100 visa gift card! Get More Channels For Less Money. Restrictions apply. Call Now! 1-844-959-4732

PROFESSIONAL SERVICE

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-855-209-2951 or visit [dorranceinfo.com/Kentucky](http://dorranceinfo.com/Kentucky)

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited Become a Published Author. We want to Read Your Book!

M

G

&

- plumbing
- septic tanks
- dirt work

270-704-0530  
270-994-3143

VINSON TREE SERVICE

(270) 625-6085

PAUL VINSON, OWNER

LIFT DEAD WOOD

TAKE DOWNS • TRIMMING and LANDSCAPING



MEDLEY PLUMBING

Experience and Trusted for over 35 years

270-598-0393

MPL7393

ATTENTION LAND OWNERS

KENTUCKY LAND IS IN DEMAND. REALIZE FULL MARKET VALUE IN THE SALE OF YOUR RECREATIONAL PROPERTY. WHITETAIL PROPERTIES OFFERS A DIVERSE PLATFORM OF SELLING OPTIONS INCLUDING CONVENTIONAL LISTINGS AND PROFESSIONAL AUCTION SERVICES. IT'S NO MISTAKE THAT LAND SELLERS ACROSS THE MIDWEST HAVE ENTRUSTED THEIR LAND SALE TO US. WHITETAIL PROPERTIES HAS AN EXTENSIVE NETWORK AND CLIENT BASE THAT REACHES THE ENTIRE NATION AND INCLUDES FARMERS, SPORTSMEN, INVESTORS AND HUNTING PROFESSIONALS.

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

CRITTENDEN COUNTY, KY - 100 ACRES - Diverse hunting tract with home and shop! This tract is a diverse blend of habitat types with a new home, large shop and a proven history of big bucks! **SOLD**

CRITTENDEN COUNTY, KY - 947 ACRES - \$1,450,000 - This unique large acreage hunting farm is ideal for all of Kentucky's favored game species. The tract features a diverse blend of habitat types. **SOLD**

CALDWELL COUNTY, KY - 115 ACRES - \$710,500 - Established hunting tract with tillable acreage and open areas for food plots. Home with scenic views and access to the property with finished walkout basement. **SOLD**

LIVINGSTON COUNTY, KY - 71.51 ACRES - \$150,164 - Hunting tract with hunter-friendly topography, food plot locations, a good trail system, a pond, creek, and a large and secure cover. **SOLD**

CRITTENDEN COUNTY, KY - 300.5 ACRES - \$560,000 - This farm is a solid hunting tract with everything needed to grow, hold and harvest big bucks! This tract includes a 7 +/- acre pond with fishing opportunities. **SOLD**

LIVINGSTON COUNTY, KY - 132.73 ACRES - \$238,914 - Great hunting tract with dynamic hunter friendly topography, mast producing timber, security cover, open areas for food plots and a good trail system. **SOLD**

CALDWELL COUNTY, KY - 128.55 ACRES - This tract has a diverse blend of habitat types and a history of big bucks. The farm features rolling topography, some tillable acres and an established hunting camp. **SOLD**

LIVINGSTON, KY - 99.954 ACRES - Hunting tract with a large creek, open ground for food plots, mast producing hardwoods and numerous tunnels and pinch points! \$199,909. **SOLD**

CRITTENDEN COUNTY, KY - 239.27 ACRES - \$376,900 - This farm has a diverse blend of habitat types that provides excellent deer, turkey and waterfowl hunting opportunities. This area is known for producing big bucks! **SOLD**

CALDWELL COUNTY, KY - 257.32 - \$599,900 - Prime hunting tract with an area known for big bucks. Diverse blend of habitat types and topography. Well-managed property that is ready to hunt. **SOLD**

LIVINGSTON COUNTY, KY - 118.16 ACRES - Topography is a mix of semi-flat creek bottoms and timbered ridges. An established food plot on the main ridge is a hot spot for big bucks. Excellent hunting! Reduced \$209,751. **SOLD**

CALDWELL COUNTY, KY - 158.83 ACRES - Established hunting tract with a proven history of big bucks. Includes a 2006 Fleetwood mobile home for lodging. Includes 30 acres of tillable ground! **SOLD**

CRITTENDEN COUNTY, KY - 103 ACRES - Located in big buck territory, this scenic property features a home, garages, a barn ideal for equipment storage and a diverse blend of habitat types! **PENDING**

LIVINGSTON COUNTY, KY - 50.26 ACRES - \$123,137 - Mostly timber hunting tract with habitat diversity! This tract has several improvements geared toward big bucks and is ready for the 2021 season! **PENDING**

LIVINGSTON COUNTY, KY - 57.16 ACRES - \$140,042 - Mostly timber hunting tract with habitat diversity! This tract has a blend of habitat types and improvements that are geared toward big bucks! **PENDING**

LIVINGSTON COUNTY, KY - 62.13 ACRES - \$152,218.50 - Mostly timber hunting tract located in an area known for big bucks! This tract has habitat diversity with improvements geared toward big bucks! Includes established food plot. **PENDING**

LIVINGSTON COUNTY, KY - 76.26 - Mostly timber hunting tract located in an area known for big bucks. Includes a groomed landing area ideal for hunting. **PENDING**



WHITETAIL PROPERTIES

DREAMS TO REALITY

WWW.WHITETAILPROPERTIES.COM

TROPHY PROPERTIES REAL ESTATE | DBA WHITETAIL PROPERTIES

LICENSED IN ILLINOIS, IOWA, KANSAS, KENTUCKY, MISSOURI, DAN PEREZ, BROKER

108 N. MONROE | PITTSFIELD, IL 62363 | 217.285-9000

NOW AVAILABLE

New Storage Units For Rent

STABLE SELF STORAGE UNITS

Various Sizes Available

Chapel Hill Road, Marion, Ky.

(270) 965-3633

(270) 704-5523

BOBBY HOWARD'S GARAGE DOORS

Sales • Service • Installation

Commercial & Residential

Salem, KY 42078

(270) 988-2568

Cell (270) 508-0043

Open 6 Days A Week

FREE ESTIMATES • INSURED

GARAGE DOORS & OPENERS

MUSGOVE OVERHEAD DOOR CO.

Since 1960

Sales • Services Installations

(270) 365-7206

Showroom 655 Marion Road, Princeton, KY

Owners: Philip Eicher & Paul Stutzman

C.H.I. CONTRACTORS

TERRY CROFT

Concrete Products & Backhoe Service

Licensed Installer of Water Lines, Sewer Lines, Septic Tank Systems and Pumping Septic Tanks

We Also Manufacture: Concrete Septic Tanks, Water and Feeder Troughs, and More.

Call Us About Our Storm Shelters

We Have Top Soil

Shop - (270) 988-3313 Home - (270) 988-3856

3 Bed 1 Bath - 212 Leland Ave.....	\$70,000MP
2 Bed 1 Bath - 115 W Graham St., Fredonia.....	\$24,900DW
3 Bed 2 Bath - 308 W Bellville St.....	\$89,900JC
2 Bed 2 Bath - 3576 US 297.....	\$89,700FQ
2 Bed 1 Bath - 316 S College St.....	\$64,500GB
3 Bed 1 Bath - 210 Maxwell St.....	\$54,900JD
3 Bed 1(half) 2(half) Bath on 35+- Acres, 1985 Weldon Rd.....	\$19,900BW
3 Bed 2 Bath - 2070 Vine St., Carnsville.....	\$159,000MD
4 Bed 1 Bath - 802 E Bellville St.....	\$149,900KH
2 Bed, 1 Bath - 447 Freedom Church Rd.....	\$89,900 MW
3 Bed 2 Bath - 220 Jarvis St.....	\$69,900ST
3-4 Bed, 2.5 Bath on 15+- AC - 648 Indian Hills Trail Eddyville.....	\$9,000SA
6 Bed, 5 Bath - 109 E Gum St. Historic Home.....	\$112,500SH
4 Bed, 2 Bath - 6531 St. Rt. 1943 West, Eddyville.....	\$86,500 ST
ACREAGE	
23.49 +- AC on Allie Brown Rd.....	\$69,900AY
46 +- AC with Small Cabin - Good Springs Rd.....	\$129,90W
3.5 AC - Adamson Lane.....	\$9,900FM
650+- AC - 9285 US 60 W Marion, KY.....	\$1,300,000
Cave-In-Rock Island - 160+- AC.....	\$359,900 AE
110+- AC - 9285 US 60 W Marion, KY.....	\$199,000
250+- AC - 9285 US 60 W Marion, KY.....	\$499,000
COMMERCIAL	
Store Front - 1999 SR 70.....	\$24,900PT
The Front Porch.....	\$365,000

10x30 STORAGE UNIT • \$100

HOMESTEAD AUCTION REALTY

308 N. MAIN ST., MARION, KY 42064 • (270) 965-9999

108 N. MONROE | PITTSFIELD, IL 62363 | 217.285-9000



# Cancer screening: A resolution you can keep!

**By Jamie Knight, MS**  
Kentucky Cancer Program

With the new year, many of us take time to reflect on the past year and use this reflection time to set goals for the upcoming year. Many of these intentions revolve around wellness. An important part of taking care of yourself includes scheduling recommended, routine cancer screenings. January is National Cervical Cancer Awareness Month, a time to support those that have been affected by cervical cancer and to increase awareness of the importance of prevention, screening, and early detection.

Did you know that cervical cancer was once the leading cancer killer of women in the United States? Due to the widespread acceptance of the Pap test to detect and treat abnormal cervical cells, deaths from cervical cancer have been greatly reduced. Cervical cancer is the fourth most common cancer in women, and is most often caused by the Human Papilloma Virus (HPV). It is usually detected in women age 30 and over. A Pap test is the best screening tool to detect cervical cancer, and screening should begin at age 21; an HPV test may be

recommended at age 30 as well. The good news is that cervical cancer is almost 100 % curable when found early and is easiest to treat. There are usually no symptoms of cervical cancer in early stages, which is why screening is so important. Fortunately, most cancer screenings are covered by insurance, Medicare, and Medicaid. For those that do not have insurance, the Kentucky Women's Cancer Screening Program may be able to help with both breast and cervical screenings. The guidelines for this program include being age 21 or older, and a household income at or

below 250 % of the federal poverty level. Call 1-800-249-0708 to see if you are eligible, and to find a screening location near you. The Centers for Disease Control and Prevention (CDC) also recommends the HPV vaccination to eligible individuals, under the age of 26, as a preventable measure. Vaccination can prevent cervical cancer and other cancers that are linked to HPV. Speak with your healthcare provider about screening and vaccination recommendations. Although many cancers cannot be prevented, making healthy lifestyle choices

can help reduce risk for some cancers. These include not smoking, eating a low-fat diet with plenty of fruits, vegetables and whole grains, routine exercise, maintaining a healthy weight, and limiting alcohol to two drinks or less per day for men and one drink or less per day for women. If you have delayed cancer screenings during Covid, there is no better time to resume your screenings. Facilities have implemented a number of safety practices to ensure that patients are protected from COVID. Contact your healthcare facility to

inquire about scheduling a screening. For those that have been affected by cancer, the Kentucky Cancer Program has an easy to use on-line tool, Pathfinder, that can link you to a variety of cancer resources. To access this, visit [www.kycancer-program.org](http://www.kycancer-program.org) and click on Pathfinder. You may also call my office at 270-821-4298 for assistance in locating available resources. Welcome to 2022, I hope that this will be a blessed year for you. Please remember to make yourself and your health a priority!

## Alleviate everyday aches and pains

**Metro services**  
Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

■ **Get moving.** Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other areas of the body and support joints.

■ **Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a "neutral" position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

■ **Exercise more often.** Certain pains arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same activity again and again, your muscles will start to get used to it and soreness will be

reduced. Don't give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity. ■ **Get tested.** Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these

conditions or help you get the therapy and medications you need. ■ **Increase stretching and movement exercises.** Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time. These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.



**IDEAL FOR DRY EYES**

WE OFFER MANY BRANDS AND PRICE RANGES OF EYEGLASS FRAMES INCLUDING:

Michael Kors, Coach, Nike, Vera Bradley, Guess & Calvin Klein

### Dilated Eye Exams

Are Recommended For Diabetics Once A Year!

## HAVE YOU HAD YOURS?



From left: Sheila Thurmond, Janet Owen, Sheila Tabor, Stephanie Sunderland, Terri Easley and Dr. Adria Porter

## MARION EYECARE CENTER, PLLC

Adria N. Porter, O.D.

713 South Main Street, Marion, Ky.

**(270) 965-5280**

## Prediabetes Risk Test

## NATIONAL DIABETES PREVENTION PROGRAM

### 1. How old are you?

- Younger than 40 years (0 points)  
40–49 years (1 point)  
50–59 years (2 points)  
60 years or older (3 points)

Write your score in the boxes below

### 2. Are you a man or a woman?

- Man (1 point) Woman (0 points)

### 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

### 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

### 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

### 6. Are you physically active?

- Yes (0 points) No (1 point)

### 7. What is your weight category?

- (See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

### If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

### You can reduce your risk for type 2 diabetes

For more information contact Kelly Dawes RN, CDCES, Lifestyle Health Coach for the Pennyriple District Health Department at the following clinics:

Caldwell County Health Center	270-365-6571 (Closed every Monday)
Crittenden County Health Center	270-965-5215 (Closed every Wednesday)
Livingston County Health Center	270-928-2193 (Closed every Tuesday)
Lyon County Health Center	270-388-9763
Trigg County Health Center	270-522-8121 Ext. 212 (Closed every Thursday)

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





# Shemwell Health Care

805 Princeton Street • Providence, KY 42450  
**(270) 667-5472**



**Shemwell Health Care is a 22-bed private pay facility.**

*We provide licensed personnel*  
**24 HOURS/DAY**  
*with RN coverage or on call at all times.*

Our facility is licensed for all levels of care including skilled, intermediate and personal care.

We are a full service home providing for all your loved one's needs at all times. This includes physical therapy, occupational therapy and speech therapy if needed. Laundry services and meals among many other amenities are included in our daily room rates.

In house x-ray and ultrasound services are also available upon doctor orders. Medicare will cover therapy and x-ray services with appropriate diagnosis and doctor orders.

**Room rates are considerably LESS EXPENSIVE than many other licensed facilities in our tri-state area.**

**DAILY RATES ARE:**

- \$255**  
Private Rooms with bathroom
- \$150**  
Private Rooms
- \$140**  
Semi Private Rooms

*Long Term Care policies approved.*

**We offer a homelike clean atmosphere in a family like environment.**  
*We strive to be less institutional and to provide a more home friendly living space.*

**All meals are prepared by our kitchen staff with meals geared toward nutrition and the likes/dislikes of our residents.**  
*Substitutions are regularly made depending on each resident's needs and requests. Families are encouraged to come enjoy meals with their loved ones as they would like.*

***Our small 22-bed facility allows us to provide superior care and give your loved ones the attention they deserve and need.***

**WE ARE VERY WELL STAFFED ON ALL SHIFTS IN ORDER TO PROVIDE FOR ALL YOUR LOVED ONE'S NEEDS ON ALL LEVELS.**



Did **you** know?

The BrightFocus Foundation reports that glaucoma is the leading cause of irreversible blindness across the globe. About 80 million people worldwide have glaucoma, and estimates suggest that figure will increase to more than 111 million individuals by 2040.



Trust the  
**FRIENDLY,  
KNOWLEDGABLE  
STAFF**  
at *KB Pharmacy*

- Immunizations
- Convenient Drive-Thru
- Free Delivery
- Easy Transfers

Medications you take deplete minerals in your body.  
Ask us about supplements to reduce drug-induced side effects.

Ask our knowledgeable pharmacists about premium, over-the-counter vitamin supplements from Pure Encapsulations

- Probiotics
- Vitamins
- Osteoporosis Support
- Cardiovascular Support
- Joint & Muscle Products
- Prenatal Nutrients
- Much more

**We Understand. We Can Help.**



**Free Nutritional Consultation.**

**320 S. Main St., Marion, KY  
(270) 965-9007**

M-F 8:30 a.m.-5:30 p.m.  
Sat. 8:30 a.m.-12:30 p.m.  
[www.kbpharmacy.com](http://www.kbpharmacy.com)



USE OUR  
CONVENIENT APP



**Uninsured or underinsured?  
No Problem!**

You will still be cared for at a community health center. Do you need help paying for your prescriptions? We have assistance programs available to our patients.



**Jami Perry**  
MD



**Chelsey Aikins**  
APRN-FNP



**Lori Conger**  
RD-LD



**Bryce Gibson**  
MD



**Emma Buchanan**  
APRN-FNP-C



**Beth Devine**  
APRN-FNP-C



**Cameron Hammack**  
APRN-FNP-C



**Jessica Utley**  
APRN-FNP-C



**HealthFirst**  
Community Health Center  
[HealthFirstCHC.net](http://HealthFirstCHC.net)

Offices in Providence,  
Clay, Morganfield  
and Princeton



We accept all major commercial insurance, Medicaid, Medicare, KCHIP and offer a sliding fee discount for those eligible (based on household income and household size).

COVID  
Recovery  
&  
Rehabilitation



For many, the recovery from COVID 19 isn't quick or easy.

Lingering symptoms result in weakness, fatigue, and an overall lack of well-being.


At our centers, you can expect a personalized rehabilitation program specific to your recovery needs.

For more information, please contact  
Rebecca Dunn, Community Liaison  
at 270.969.4191



**CRITTENDEN COUNTY**  
HEALTH & REHABILITATION CENTER

201 Watson Street  
Marion, KY 42064



**SALEM SPRINGLAKE**  
HEALTH & REHABILITATION CENTER

509 N. Hayden Avenue  
Salem, KY 42078

**LHHS**  
Family Care  
Walk In Clinic



At the LHHS Emergency Department  
*Help is right here!*

When it hurts and you can't wait for help, the LHHS Family Care Walk In Clinic is here for you!

You never need an appointment, and we're easy to find in the LHHS Emergency Department.

The LHHS Family Care Walk In Clinic offers non-emergency care for toddlers to seniors.

We'll let the doctor know about your visit should you need follow-up care.

**No Appointments**

Monday-Friday	4-10 p.m.
Saturday-Sunday	9 a.m.-9 p.m.





We put the "CARE" in Healthcare



**LHHS** Livingston Hospital and Healthcare Services, Inc.

131 Hospital Drive • Salem, KY 42078  
**(270) 988-2299**  
[www.LHHS.org](http://www.LHHS.org)



# Early warning signs of Alzheimer’s disease

Metro services

Alzheimer’s disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer’s is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills. This eventually affects a person’s ability to live independently.

The most common form of dementia is Alzheimer’s disease, which is believed to affect approximately 5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer’s disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help millions take proactive steps to improve quality of life.

Below are some early warning signs of Alzheimer’s disease, courtesy of notable health organizations, including MJHS® Health System, the Alzheimer’s Association, Alzheimer’s New Zealand, and the Mayo Clinic.

- Recent memory loss that affects daily life. While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.
- Personality changes. Individuals may begin to show subtle differences in their personalities, including mood swings. For example, a person who is easygoing may become reluctant to interact with others.
- Difficulty with familiar routes. A person with dementia may have regular difficulty driving familiar routes or finding the way home.
- Trouble finding the right words. Finding words to converse freely can be difficult for people with Alzheimer’s. Such individuals may experience particular difficulty finding the

## CHOICE

Continued from pg. 7

central nervous system. Caffeine may improve endurance exercise outcomes and improve mental alertness. Healthline says that caffeine may reduce type 2 diabetes risk by improving insulin sensitivity. In addition, moderate caffeine intake has been linked to protective effects against dementias, metabolic syndrome and non-alcoholic fatty liver disease. Since coffee tends to have higher concentrations of caffeine than black tea (95 mg vs. 47 mg in an eight-ounce serving), it can provide more caffeine-related benefits than tea.

Both tea and coffee have high levels of antioxidants that can help people reduce their risk for certain illnesses. The National Cancer Institute reports that antioxidants in both tea and coffee have been shown to slow the growth of cancerous tumors. Tea may help lower cholesterol and the polyphenols in tea could boost good bacteria in the gut, according to Eat This, Not That! People may be more inclined to drink more coffee and tea so they can consume more antioxidants. However, excess coffee consumption can make people jittery from too much caffeine. Since tea has less caffeine, it might make for a better choice.

But tea and coffee provide similar health benefits, and one isn’t necessarily better than the other.

right words to express their thoughts or identify objects.

- Disorientation with time. Someone with Alzheimer’s disease may be confused about the time of day and what is appropriate for that time.
- Decreased or poor judgement. Individuals

als with dementia may make consistently poor decisions and may start paying less attention to their physical appearance.

- Difficulty following a plan. A person with Alzheimer’s disease may have challenges solving problems, such as working with num-

bers, following a recipe or keeping track of finances.

Early signs of dementia may be confused as normal age-related changes. However, when such signs present themselves, it is critical to speak with medical professionals to get a clear diagnosis.

### BACK PAIN? NECK PAIN?


Spinal decompression is a nonsurgical treatment option for people experiencing mild to moderate back pain. This back pain can be caused by a degenerative disc disease, such as a bulging disc or herniated disc that is placing pressure on a nearby nerve root.

This type of therapy is used to realign the components of the spine in order to relieve pressure on a pinched nerve that is causing chronic pain and symptoms. By using traction, spinal decompression therapy increases circulation to the damaged disc, allowing it to begin the natural healing process. This may not only relieve disc pressure, but also reduce compression of nearby spinal nerve roots.


If you are suffering from chronic back pain from a damaged disc, this treatment may be right for you. This therapy could reduce your pain and prevent you from requiring spine surgery to correct your condition.

107 Morningside Drive  
Suite 4, Marion  
**(270) 965-7002**

### Herniated Disc? Sciatica? Numbness? Tingling?



## Hometown Chiropractic Center



Christopher Wynn, D.C.

Hours of Operation:  
**Mon.-Thurs.:**  
7 a.m.-7 p.m.



## KEEP YOUR RESOLUTION!

Membership Includes  
**24/7 GYM ACCESS**  
Women Only Gym Area, and FREE Tanning

**Expires January 31, 2022**

Buy 6 Months Paid In Full At Regular Price,  
**Get 7th Month FREE!**

Buy 1 Year Paid In Full At Regular Price,  
**Get 13th and 14th Months FREE!**


Ask about our  
**Member Referral Program**

**(270) 965-5803**

Enter through rear entrance  
**913 S. Main St.**  
Marion, Kentucky

**FITNESS ANYTIME**  
MARION, LLC

Changes Coming Soon!




## Your Local Weight Loss Solution

Dr. John Mobley is a highly-trained and established board-certified General and Weight Loss Surgeon serving the Caldwell County and the Western Kentucky region. He performs a wide variety of surgical procedures and has a special interest in weight loss surgery to better patients’ tomorrows. Dr. Mobley has been in practice for over 25 years and is well regarded by his peers and the patients he serves in the western Kentucky area.

He also enjoys being an active member in the community by generously donating his time and talents, including playing his banjo and upright bass. Dr. Mobley enjoys spending time hiking and listening to bluegrass music with his wife and eight children.

*Dr. Mobley is accepting new patients!*  
*To schedule an appointment, call*  
**270-365-0332.**



## Caldwell MEDICAL ASSOCIATES

**100 Medical Center Drive Princeton, KY 42445 | 270-365-0300**



# Working together to prevent Type 2 Diabetes

Over 88 million American adults have prediabetes – that is 1 in 3 adults! Of those 88 million, more than 8 in 10 of them don't even know they have it. Without taking action, many people with prediabetes can develop type 2 diabetes within five years. With numbers like that, it is important to learn about prediabetes and take action!

Prediabetes means your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke and type 2 diabetes, the most common form of diabetes. Prediabetes can often be reversed if you get

more education about the disease, eat healthier, and add more activity to your daily life.

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes:

- You are overweight
- You are 45 years of age or older
- Your parent or sibling has type 2 diabetes
- You are physically active fewer than 3 times a week
- You ever gave birth to a baby that weighed more than 9 pounds
- You ever had diabetes while pregnant (gestational diabetes)

Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Amer-

icans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

If you have prediabetes, the National Diabetes Prevention Program (National DPP), the CDC (Centers for Disease Control and Prevention) recognized lifestyle change program, is one of the most effective ways to prevent getting type 2 diabetes. The National DPP can help you lose weight, become more active, and prevent or delay type 2 diabetes. With group support over the course of a year and a trained lifestyle health coach at your side, you will learn to eat healthy,

add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of your goals.

For more information contact Kelly Dawes RN, CDCES, Lifestyle Health Coach for the Pennyrile District Health Department at

the following clinics:

- Caldwell County Health Center, (270) 365-6571 (Closed every Monday).
- Crittenden County Health Center, (270) 965-5215 (Closed every Wednesday).
- Livingston County Health Center, (270) 928-2193 (Closed every

Tuesday).

- Lyon County Health Center, (270) 388-9763.
- Trigg County Health Center, (270) 522-8121 Ext. 212 (Closed every Thursday).

*\*Message from the CDC (Centers for Disease Control and Prevention)*

## Care clinic provides variety of services

Livingston Care Clinic provides a variety of services including comprehensive weight loss consultations. Each individual is unique thus each weight loss plan is individualized to meet each individual's unique needs. During the consultation these needs are identified and discussed. Before the evaluation begins each patient completes a history form to determine the best plan of care for weight loss.

As a healthcare provider I feel weight loss is best

achieved with a combination of diet modifications, exercise, and assistance of medications if appropriate. At the end of the appointment each patient leaves with an eating plan, exercise recommendations, and instructions for medications if medications are recommended as a part of the plan of care. Often additional workup is indicated such as lab tests which can be completed at the initial consult as well.

If you are struggling with weight loss it would

be our pleasure at Livingston Care Clinic to assist you. Being overweight and obese can lead to many conditions including heart disease, hypertension, stroke, type II diabetes, and certain types of cancer. Losing weight and living a healthy lifestyle can help decrease your risk of developing these conditions and improve your overall health.

We look forward to treating you and helping you on your weight loss journey! Call 270-988-3839 to schedule your consultation today or to have any of your questions answered concerning the weight loss program.



**Samantha GREER, APRN**  
LHHS Family Nurse Practitioner

## GUIDELINES

Continued from pg. 8

not receive it as an adolescent to protect against pertussis, and then a Td (tetanus, diphtheria) booster shot every 10 years.

- HPV vaccine: The human papilloma virus vaccine is recommended if you did not receive it as an adolescent.

—

**40 to 64**

- Zoster (Shingles) vaccine: Two doses of this vaccine will be administered between two and six months apart starting at age 50 and up.
- Colorectal screening: A colonoscopy to detect any colorectal illnesses is recommended beginning at age 50.
- Prostate screening: Prostate screenings begin at age 50 unless you are a high-risk individual, in which case screenings begin at age 40.
- Osteoporosis: Doctors may recommend a bone density test and osteoporosis screening at age 50 and up if certain risk factors are present.
- Lung cancer screen-



METRO SERVICES

ing: If you are a past or current smoker, it's wise to have an annual lung cancer screening. The American Lung Association says adults age 55 and up can have this screening covered by health insurance.

- Mammogram: Women should begin receiving annual mammograms at age 40.

—

**65 years and older**

- Cervical cancer: Most women can stop getting Pap smears at this age if they have no history of cervical cancer. Women who have had a hysterectomy may no longer need pelvic exams after age 65.
- Pneumococcal and pneumonia vaccines:

These are recommended every five years for certain conditions and risk factors.

- Cognitive health: Doctors may assess your cognitive health to see if there are any risk factors for dementias. In addition to these screenings, doctors may conduct annual depression screenings to assess mental health. Routine blood glucose monitoring may be necessary based on risk factors for diabetes. Individuals are urged to speak to their doctors to map out a health screening schedule specific to their needs.

**CARDIOLOGY CLINIC:**  
Dr. Sojay Bose, Cardiologist  
Rashelle Wydotis, APRN  
Stephanie Mundy, APRN

**ANNEX CLINIC:**  
Dr. Wederson Claudino, Oncologist  
Dr. Russell Peyton, Orthopedics  
Dr. Demetrius Patton, General Surgery

**WORKING TOGETHER TO MAKE LIVES BETTER**  
Exceptional Primary Care, Urgent Care, Specialized Care, Rehabilitative Care and beyond.

West Gum. St., Marion, KY  
**Hospital: (270) 965-5281**  
**Clinic: (270) 965-5238**  
[www.crittenden-health.org](http://www.crittenden-health.org)

**CLINIC PROVIDERS:**  
Dr. Jonathan Maddux, M.D., F.A.A.F.P.  
Lee Anna Boone, A.P.R.N.-NP-C  
Marcie Ellington, A.P.R.N.-FNP-C  
Jennifer Brown, A.P.R.N.-FNP-C  
Ayrika Winters, D-NP, FPN-C

**SPECIALTY CLINIC AT FPC:**  
Rita Driver, APRN, Wound Care  
Dr. Cara Hammonds, Rheumatology  
Dr. Jason Patton, Orthopedics  
Dr. James Hawkins, ENT

**FITCAMP**  
2022 is now underway!  
It's Never Too Late to Get Started!

Exercise Classes for ALL AGES & ABILITY LEVELS  
MONDAY-THURSDAY  
45 Minute Classes  
5:45 a.m., 8 a.m., 4:30 p.m., 5:30 p.m.

Includes professional fitness instruction, unlimited attendance of classes, use of cardio equipment, healthy recipes and meal plans.

**FULL BODY FITNESS STUDIO**  
Call Serena Dickerson  
(270) 704-1871  
175 Nunn Jent Rd., Marion

**WE'RE HERE FOR YOU**

**Tashena Hill, PharmD**

**Annette Watson, PharmD**

**Misty Turmero, PharmD**

One of the most important things to consider when it comes to prescription drug usage is to only take medication that is prescribed to you. Don't share medications with others. Prescribed medications are patient specific and are based on many factors including: age, weight, allergies, disease state and other underlying conditions. Use only the pharmacy to fill your medications. By using one pharmacy, your entire medication history, allergies and disease states can be viewed and analyzed by a pharmacist. Using more than one pharmacy can be potentially dangerous because significant drug interactions, duplications in therapy or contradictions can be missed. Use a local pharmacy you know and trust. Shopping around or mailing off your medications may seem to be the cheapest option but can cost you more in the long run not only monetarily but health wise too. Never hesitate to ask your local pharmacist questions.

— Tashena Hill, PharmD

I love that Glenn's Pharmacies offers individual patient counseling concerning disease state management, comprehensive medication reviews, medication reconciliation after hospital discharges, and aid with insurance prescription problems. In addition, the pharmacy's prescription delivery allows patients to receive medications with home deliveries and patients may contact the pharmacists anytime by phone with questions or problems. The pharmacists are willing and available to help meet any patient health needs.

— Annette Watson, PharmD

The relationships that are formed with patients are the most rewarding things about serving the public as a pharmacist. As we celebrate the positives and provide support through difficult times, the patients become more like family.

— Misty Turmero, PharmD

**Our knowledgeable pharmacists are here to serve you.**

**Glenn's Apothecary**  
Located in Family Practice Clinic Building  
Marion, Ky. • (270) 965-4101

**Glenn's Prescription Center**  
119 E. Main St., Salem, Ky. • (270) 988-3226

Find us on facebook

Call Serena Dickerson  
(270) 704-1871

DEBIT

175 Nunn Jent Rd., Marion





**Girls All A Classic**  
**MONDAY'S OPENING ROUND**  
Livingston Cent. 57, Ft Campbell 21  
Caldwell Co. 64, Dawson Springs 34  
Crittenden Co. 53, UHA 29  
Lyon County, bye  
**THURSDAY'S SEMIFINALS**  
Livingston Cent vs Caldwell Co. 6 pm  
Crittenden Co. vs. Lyon Co., 7:30 pm  
**SATURDAY'S GAME**  
Championship at Lyon County, 4pm

**Boys All A Classic**  
**TUESDAY'S OPENING ROUND**  
Caldwell Co. 91, Livingston Cent. 52  
Dawson Springs at UHA  
Lyon County 75, Crittenden Co. 63  
Ft. Campbell, bye  
**FRIDAY'S SEMIFINALS**  
UHA/Dawson vs Caldwell, 6 pm  
Lyon Co. vs. Ft. Campbell, 7:30 pm  
**SATURDAY'S GAME**  
Championship at UHA, 7pm

**State All A Games**  
The All A Classic Girls' State Tournament will be held Jan. 26-30 at McBrayer Arena on the campus of Eastern Kentucky University. The All A Classic Boys' State Tournament will be held Jan. 27-30 also at McBrayer Arena.

**Other upcoming Games**  
**FRIDAY**  
Rockets host Hopkins Central (tentative)  
**SATURDAY**  
Rockets at Whitesville Trinity  
**TUESDAY**  
Lady Rockets host Paducah Tilghman  
Rockets host Webster County

STUDENT-ATHLETES  
**Ag athlete scholarships**

Kentucky student-athletes who are involved in agriculture are invited to apply for one of six scholarships and recognition as a 2022 Kentucky Ag Athlete of the Year. The program is a partnership of the Kentucky High School Athletic Association (KHSAA) and the Kentucky Department of Agriculture (KDA). To qualify, student-athletes must be Kentucky farmers or involved in agriculture; must be graduating seniors in high school; and must be accepted to a college, university or trade school following graduation. An agriculture major is not required, and preference will be given to Kentucky colleges. However, out-of-state schools will be considered if the applicant is seeking a specialized degree in an agricultural field. Two student-athletes – one male and one female – will be named Outstanding Kentucky Ag Athletes of the Year and will be awarded \$2,000 scholarships. Four student-athletes – two males and two females – will be awarded \$1,000 scholarships as Kentucky Ag Athletes of the Year. Winners will be announced at the 2022 Whitaker Bank/KHSAA Boys' Sweet Sixteen® basketball tournament in March at Rupp Arena in Lexington.

**FOOTBALL**  
**Yates on All State list**  
Crittenden County senior Dylan Yates has been named to the Kentucky Prep Gridiron First Team All State Football Team as a defensive lineman. Kentucky Prep Gridiron is a web-based fan site for middle school and high school football.

**OUTDOORS**  
**Hunting Seasons**  
Here are some of the key hunting opportunities currently in season or coming up:

Deer archery	Sept. 4 - Jan. 17
Turkey archery	Sept. 4 - Jan. 17
Deer crossbow	Sept. 18 - Jan. 17
Raccoon hunt	Oct. 1 - Feb. 28
Squirrel	Nov. 15 - Feb. 28
Raccoon trap	Nov. 15 - Feb. 28
Quail	Nov. 15 - Feb. 10
Rabbit	Nov. 15 - Feb. 10
Bobcat trap	Nov. 15 - Feb. 28
Fox hunt/trap	Nov. 15 - Feb. 28
Canada goose	Nov. 25 - Feb. 15
Bobcat hunt	Nov. 27 - Feb. 28
Duck	Dec. 7 - Jan. 31
Dove	Dec. 18 - Jan. 9
Coyote	Year Round
Groundhog	Year Round
Turtles	Year Round

**FOLLOW THE PRESS ON TWITTER**  
@CrittendenPress for Alerts, Updates

# Lady Rockets shooting for 8th title

STAFF REPORT

Highly favored Crittenden County took care of business Monday, beating University Heights Academy 53-39 at Hopkinsville and scripting the first chapter in what the Rocket girls hope will be an eighth Second Region All A Classic championship. The Lady Rockets have won two straight regional All A titles and more than any other Second Region team since the small-school tournament began back in the early 1990s. Crittenden (12-2) led at UHA from the jump and had the running clock rolling early in the second half. Every player on Coach Shannon Hodge's bench got into the action and almost everyone scored. Junior Taylor Guess led the way with 15 points and junior Natalie Boone scored 11, including three treys. The Lady Blazers (2-9) were launching long-range shots of their own. Seven of their nine field goals were from behind the arc. The win sets up a rematch of two Fifth District rivals in the semifinal round of the small-school regional. Lyon County drew a first-round bye and will host the final two rounds of the tournament. Crittenden plays the Lyons in the late game Thursday. "I expect it to be a heated battle from the get-go," said coach Hodge about her team's third matchup already this year against Lyon. The Lady Rockets have

beaten the Lyon girls 10 straight times, but Hodge is taking nothing for granted. "Applying pressure on them is key and trying to contain their bigs," Hodge said. "And we need to use our defense to create offense. When we do those type things, I feel really good about us." Lyon is 6-7. They've lost to CCHS 60-43 and 63-51 in meetings this season

Crittenden Co. 18 40 49 53  
University Heights 5 10 20 29  
CRITTENDEN – Guess 15, N.Boone 11, A.Boone, Hatfield 2, Driskill 7, Evans 7, Tapp, Hunt 4, McDaniel 5, Federico 2, Long, Holeman. FG 21. 3-pointers 3 (N.Boone). FT 6-9.  
UHA – Acree 3, Daniel 12, Smith 2, Bass 5, Tullis 6, Leve 1. FG 9. 3-pointers 7. FT 4-7.



Lady Rocket Anna Boone defends the post during Monday's win.



Hayden Adamson guards Nick Whalen on the perimeter during the first half of the All A Classic opener Tuesday.

## Rockets fall to Lyons in All A

Crittenden County was able to handle the full-court pressure better and played Lyon County a much closer game than it did a week ago at Eddyville. Still, the Rockets lost 75-63 in the opening round of the All A Classic at Marion. The Lyons (8-4) advance to play Fort Campbell, which drew a first-round bye. Crittenden (6-7) will work to fill the week's schedule. It has already picked up a game at Whitesville Trinity Saturday

and is tentatively set to host Hopkins Central Friday.

Lyon County 24 47 65 75  
Crittenden Co. 15 29 43 63  
LYON – J.Shoulders 21, Perry 29, B.Shoulders 10, Reddick 7, Gilbert 1, Bingham, Whalen, Parker, Cissell, Ray, Kirk, Radivonyk, Burchett, Breedlove 3, Downing 4. FG 26. 3-pointers 5 (Perry 3, J.Shoulders, B.Shoulders). FT 18-24.  
CRITTENDEN – Morgeson 1, Champion 21, Beverly 13, Adamson 5, Crider 2, Davidson 6, Derrington 15, Conyer, Cooksey. FG 27. 3-pointers 5 (Derrington 3, Beverly, Adamson). FT 4-10.

## Morgeson gets hot, but Rockets can't overcome early deficit

STAFF REPORT

Junior Preston Morgeson got hot in the second half and gave Crittenden County a spark that made things close down the stretch, but the Rockets lost 51-42 to Mayfield Saturday in the opening game of the Western Kentucky Showcase, a 10-game basketball event at Rocket Arena. Morgeson, who had scored just 10 points in the past four games combined, found the bench early against the Cardinals, charged with two early fouls. He was scoreless in the first half, but dropped a team-high 15 over the last two periods to help ease a 14-point deficit. Crittenden (6-6) had fallen behind early in

the game with its offense sluggish out the chute, a problem it's had oftentimes this season. Leading scorer Travis Champion was dogged by Mayfield's defense and held to single-digit scoring for just the third time this season, but the second game in a row. The sophomore point guard is averaging more than 20 points a game. Morgeson helped close the gap in the second half and by the last two minutes Crittenden had edged back to within five points. "We just couldn't finish it," said Morgeson, who was averaging about a dozen points a game until he'd fallen into a recent funk since hitting a game-winning shot against Whitley County during

the Christmas tournament at Larue County. "We dug ourselves a hole early. We just couldn't score in the first half. Defensively, we hung around," said CCHS skipper Denis Hodge. "Then Preston Morgeson got hot there in the second half. Of course he got two quick fouls early and didn't play the rest of the first half, but when he got hot in the second half it got us right back in it." Mayfield (6-2), coached by Rocket basketball alumnus Payton Croft, took advantage of the foul disparity by getting to the line often, yet making just 10 of 22 at the stripe. That was a key part of the game, however, as CCHS was just 3-6 at the line.



Rockets Holden Cooksey and Hayden Adamson work to keep Mayfield out of the point, but the Cardinals were able to pull off a win Saturday.

Mayfield 13 26 37 51  
Crittenden 10 17 29 42  
MAYFIELD – Dabney 9, Webb 1, Fulton 8, Stone 18, Gammons 7, Morris 3, Pate 3, Watson 2. FG 19. 3-pointers 3. FT 10-22.

CRITTENDEN – Morgeson 15, Champion 9, Beverly 9, Adamson 3, Crider, Davidson, Derrington 2, Yates 4, Cooksey. FG 17. 3-pointers 3 (Morgeson 2, Adamson 1). FT 3-6.



Taylor Guess (10) scored 18 against the Lady Tigers Saturday.

## Girls beat Murray in WKY Showcase

STAFF REPORT

The Lady Rockets won for the 11th time in 13 outings this season, beating Murray 48-27 in the Western Kentucky Showcase, a 10-team basketball event at Rocket Arena in Marion. Crittenden jumped ahead early, overcoming some sharp three-point shooting by the Lady Tigers. At the half, Crittenden had built a 22-point lead by draining some threes of their own and using good passing to beat the Murray zone defense. In the second half, Crittenden kept up the defensive pressure,

creating a number of turnovers and maintaining a large lead. Everyone on the CCHS bench got into the game. Taylor Guess scored 18 and Natalie Boone a dozen. She had two threes.

Murray 7 13 22 27  
Crittenden 12 35 43 47  
MURRAY – Darnell 2, Howell, Daugherty 4, Oakley 13, Smith 3, Bomar 5. FG 10. 3-pointers 5. FT 2-6.  
CRITTENDEN - Guess 18, N.Boone 12, A.Boone 6, Hatfield 2, Driskill 6, Evans 2, Tapp, Hunt, McDaniel 1, Federico, Long, Holeman. FG 19. 3-pointers 3 (N.Boone 2, Guess). FT 7-12.

Marion

True Value®

223 Sturgis Road, Marion, Kentucky

(270) 965-5425

Hardware, Lumber and Fabric Center

WE'RE ROCKET BOOSTERS!

Just Ask RENTAL

Wishing the

ROCKETS and

LADY ROCKETS

a Winning Season!

Pizza • Burgers • Wings • Appetizers

LOCATED AT MARION GOLF AND POOL

651 Blackburn St., Marion

(270) 965-7100





Crittenden County High School held its annual Rocket football banquet Sunday. Among those honored at the event were (front from left) Case Gobin, tackling points leader and 110% award; Coleman Stone, Hitman award and Greg “Dozer” Belt award; Luke Crider, record setter for most touchdowns in a game and passing completions in a game and captain award; Dylan Yates, RBI leader, record setter for sacks in a season (19), Paul E. Mick Leadership Award, captain award, most valuable lineman, most valuable defensive player and team MVP; Preston Morgeson, most valuable offensive player; Gattin Travis, most improved offensive player; Rowen Perkins, most improved special teams player; (back) Micah Newcom, JV offensive MVP and JV captain award; Bennett McDaniel, JV defensive MVP; Logan Bailey, Marion Feed Mill “Grit Iron” award; Tanner Beverly, most valuable special teams player; Zech McGahan, most improved defensive player; Trace Derrington, “Solid Rocket” award; Tucker Sharp, “Roach” award; and Hayden Hildebrand, Selfless Rocket award.

## Croft reflects on night tornado crushed Mayfield

Payton Croft grew up in the basketball gym in Crittenden County where his father, Jimmy Croft, was a longtime girls’ and boys’ coach and where Patyon played his high school ball.

But all those days he spent on a gym floor couldn’t prepare him for perhaps his most important job ever in a gymnasium.

Croft, who now coaches the boys’ basketball team at Mayfield, said the night of Dec. 10 when a tornado ripped through the town, killing 22 people, including nine inside a candle factory, his role as a coach changed.

He remembers getting a call from a school official asking him to report the Mayfield gym ASAP to help first responders who had set up a triage center on the basketball court.

“Dec. 10 was a tough night for us,” said Croft, who was in Marion Saturday with his basketball team to play his alma mater, CCHS, in the Western Kentucky Basketball Showcase. The Press Online interviewed



Crittenden County alumnus Payton Croft grins as one of his players makes a three-pointer Saturday during a game where the Cardinals beat the Rockets at Marion.

Croft, and the complete episode can be watched at CrittendenPress, our YouTube Channel.

“They were brining people in from our candle factory, we were carrying people off buses to the gym,” Croft recalls.

He said being in that situation was difficult at the time, but as he’s re-

flected on that night and the role he had in the aftermath of the storm, he’s found some peace.

“It was really a blessing to have been able to help in that situation and a blessing to be where I could help,” he said.

His basketball players were all safe after the devastating storm, but many

of their families suffered losses.

“These kids are still going through a lot, but they are resilient and we’re a ‘No Excuse Community,’” Croft added.

He said the outpouring of love and help from across Kentucky and the United States has been remarkable.

## LHHS

Continued from page 1

ization of months of study, research, analysis and communication between LHHS and Deaconess to determine the right path for a cohesive relationship that will benefit our patients for decades to come,” said Whittington. “By working closely with Deaconess and Baptist Health Deaconess Madisonville, we will continue to provide the highest quality care, while diversifying our specialty offerings and assuring personalized care with convenient access and positive patient experiences.”

Close alignment with Baptist Health Deaconess Madisonville will be a key component for expanding services and increasing access to specialists, leaders at LHHS and Deaconess said. Deaconess only recently acquired a stake in Baptist at Madisonville.

“I am pleased to welcome LHHS as our newest affiliate,” said Shawn McCoy, CEO, Deaconess Health System. “At Deaconess, we strongly believe in local decisions and local leadership for healthcare organizations. By helping strengthen rural and critical access hospitals, we want local communities to benefit through more diversified, high-quality healthcare services.”

Meetings for medical staff and employees took place this week, sharing details of the announcement and discussing questions. No staffing changes are anticipated, and employees will remain in their current roles, LHHS said in its



Barry Chittenden, chairman of the Livingston Hospital and Healthcare Services Board of Directors, opened a news conference held Tuesday morning in Salem to announce the hospital's new alliance with Deaconess.



Later this week, The Press will host a webcast interview at our studio to hear more from LHHS CEO Shane Whittington and LHHS Board Chairman Barry Chittenden about the alliance it has formed with Deaconess and what that will mean to the people in Salem and surrounding communities.

formal announcement.

LHHS has about \$38 million in annual revenue and employs 172.

Whittington said there could be some rebranding soon due to the affiliation with Deaconess and plans to modernize the facility will also be designed around the added resources that its affiliation will bring to the hospital.

Three local doctors who

practice at the hospital – Williams Barnes, Ghasan Yazigi and William Guyette – attended the formal announcement ceremony, which was held at Deer Lakes meeting room. Whittington said the medical staff “has been 100 percent behind this from the beginning.”

“We are so thrilled, all of us on the staff, because we know that this will sustain us well into the future. There will be places for me to go when I am sick, places for my children to go and places for my grandchildren to go. This hospital will be here through all of that,” Dr. Barnes said.

Other hospital board members who are also community and business leaders in Salem hailed the partnership as a major windfall for the community and region.

“I think this is undoubtedly the most significant thing that’s happened to the hospital

since it was built in 1954,” said Steve Williams, a member of the LHHS Board of Directors. “It is going to have huge ramifications in a positive way, not just for the facility, but for the communities. It’s theirs.”

Williams was raised in Livingston County, but spent 40 years with Norton Healthcare. He started out as an orderly then worked his way to administrator of the hospital in Salem in the 1970s. Williams later served for 23 years as CEO of Norton, which under his tenure grew to nearly a \$3 billion organization with 15,000 employees.

“This is a very exciting relationship in that the local hospital continues to be owned locally, it will be governed locally, the board will stay in tact, but it will have a relationship with Deaconess and all of the resources that it has to take the hospital forward in several ways.”

Williams attests that the medical professionals at Salem have been fully supportive of the agreement. He pointed out that independent hospitals are struggling now more than ever to remain viable in small communities. A record number have closed over the last several years in Kentucky, and across the country. Nationwide almost 200 have closed since 2005 and in Kentucky four have been shuttered with another 28 at risk, according to the Kentucky Hospital Association.

“Small hospitals are in danger. It’s going to be very difficult for small hospitals to survive independently,” Williams continued.



Marion native Logan Stout is the public address announcer Murray State basketball home games.

## Stout brings fresh voice to Murray St. basketball contests

STAFF REPORT

It’s not the ESPN broadcast job he dreamed of as a teenager, but it’s a thrill nonetheless for Logan Stout to be calling men’s basketball games courtside at his alma mater Murray State University.

His style is traditional yet youthful and fresh as he juggles a script of promotions and advertisements along with acknowledging live action on the court. He works closely with the technical assistant sitting beside him coordinating behind-the-scenes communications with the band, athletic staff and video board operations. It’s no walk in the park.

“When the CFSB Center is full of fans for a big game and when there’s tension and excitement I get such an adrenaline rush,” Stout said. “It’s both intense and fun. I have the best seat in the house and when there’s success I get to announce it.”

importantly to your faith.

“Doing my current part-time announcing for Murray State allows me to call the game I love, enhance the experience for fans and be a part of the action just the same... but now without all the travel. I love it!”

Stout is employed by Perkins Motor Plex. He and his wife Stevie have two sons, Hay J & Jackson.

Quick thinking is a prerequisite for the job, no doubt. He is provided a labeled, color-coded and numbered script two days before each home game to review and prepare for promotions.

“Inevitably there are last minute changes to every script so that takes a ton of communication and quick thinking to adjust,” Stout said.

The thirty-something strives to be conversational and traditional yet modern on the mic. He committed to using the phrase “there point shot,” after each made three-pointer out of tradition.

“Murray is a town of basketball purists. Matter fact, most of the Commonwealth is that way. The PA Announcer at Racer Men’s Basketball games has always said “three point shot” and I can remember hearing that for as long as I’ve been to Racer games, so I’ve continued that tradition. Many announcers now say “for threeeeee.” And that’s great, but I just couldn’t break the tradition of “three point shot.”

Stout calls it a privilege to do some Racer Radio Network games with Neal Bradley, the Voice of the Racers.

“Working with him is spectacular,” Stout said. “He’s a world class, hall of fame broadcaster and working with him was an honor.”

Murray State is second in the Ohio Valley Conference and made college sporting news last week with the announcement it would be heading to the Missouri Valley Conference next season.

Stout got his start as a play-by-play commentator for high school baseball and football and announced Racer softball games in college. He was the Voice of the Mustangs at Huntingdon, Tenn., and director of development and broadcasting for Tanager Sports.

His first job announcing at Murray State began in 2013 when he was selected as the announcer for Racer Football games at Stewart Stadium. He did six seasons before taking a break and in 2019 and 2020 but filled in for Racer basketball as needed. He later broadcasted events online as part of a touring high school basketball circuit but “quickly learned that being on the road every weekend in a different city broadcasting basketball games sounds glamorous but is detrimental to your family and more

The Crittenden Press

USPS 138-260

125 E. Bellville St. | P.O. Box 191 | Marion, KY 42064

270.965.3191 | www.the-press.com thepress@the-press.com

Chris Evans, editor & publisher

Allison Evans, advertising director

Alaina Barnes, creative design

Kayla Maxfield, reporter

Jamie Brown, delivery

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

Copyright 2022

Newsprint is a renewable resource. Recycling bins are located at the county's convenience center on U.S. 60 east of Marion.



LOCAL CANDIDATES

CURRENTLY FILED FOR PRIMARY

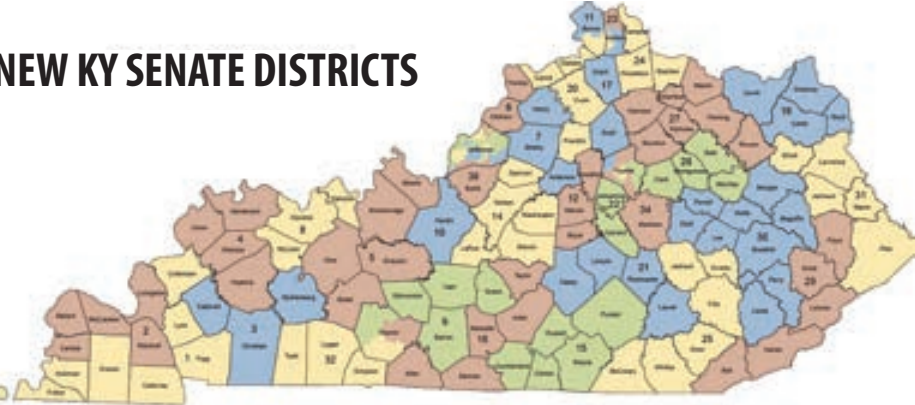
<b>CRITTENDEN COUNTY JUDGE-EXECUTIVE</b> *Perry Newcom - R	<b>DISTRICT 2 MAGISTRATE</b> Matt Watson - R Matt Grimes - R Daniel Kemper - R	<b>DISTRICT 4 CONSTABLE</b> Lynn Goodrich - R
<b>CRITTENDEN COUNTY CLERK</b> *Daryl K. Tabor - R Ashley Guess - R	<b>DISTRICT 3 MAGISTRATE</b> *Willard Guill - R Robert Kirby - R	<b>DISTRICT 6 CONSTABLE</b> *Don Herrin - R
<b>CRITTENDEN COUNTY SHERIFF</b> Chuck Hoover - R Heath Martin - R Evan Head - R Ray Agent - R Don Young - D	<b>DISTRICT 4 MAGISTRATE</b> Robbie Kirk - R *Chad Thomas - D	<b>MARION CITY MAYOR</b> Phyllis Sykes Austin Valentine Jr.
<b>CRITTENDEN COUNTY ATTORNEY</b> Bart Frazer - R	<b>DISTRICT 5 MAGISTRATE</b> Dale Willingham - R *Greg Rushing - R Travis Perryman - R	<b>CIRCUIT JUDGE</b> Daniel Heady
<b>CRITTENDEN COUNTY JAILER</b> Athena Perry-Hayes - R Michael Puckett - R Tony Harper - R	<b>DISTRICT 6 MAGISTRATE</b> Jeff James - R Scott Belt - R Bob Rowley - R Van Hunt - R Jason Martin - D	<b>DISTRICT JUDGE</b> Ben Leonard
<b>CRITTENDEN COUNTY CORONER</b> *Brad Gilbert - R	<b>DISTRICT 1 CONSTABLE</b> Barry Brown - R	<b>FAMILY COURT JUDGE</b> *Brandi Hagan Rogers
<b>CRITTENDEN COUNTY PVA</b> Todd Perryman - R Misty Dalton Hicks - R Jason Champion - R	<b>DISTRICT 2 CONSTABLE</b> Jamie Davis - R	
<b>DISTRICT 1 MAGISTRATE</b> *Dave Belt - R	<b>DISTRICT 3 CONSTABLE</b> *Paul Beard - R	
		R-Republican D-Democrat * Incumbent



Rain, Sleet nor Snow!

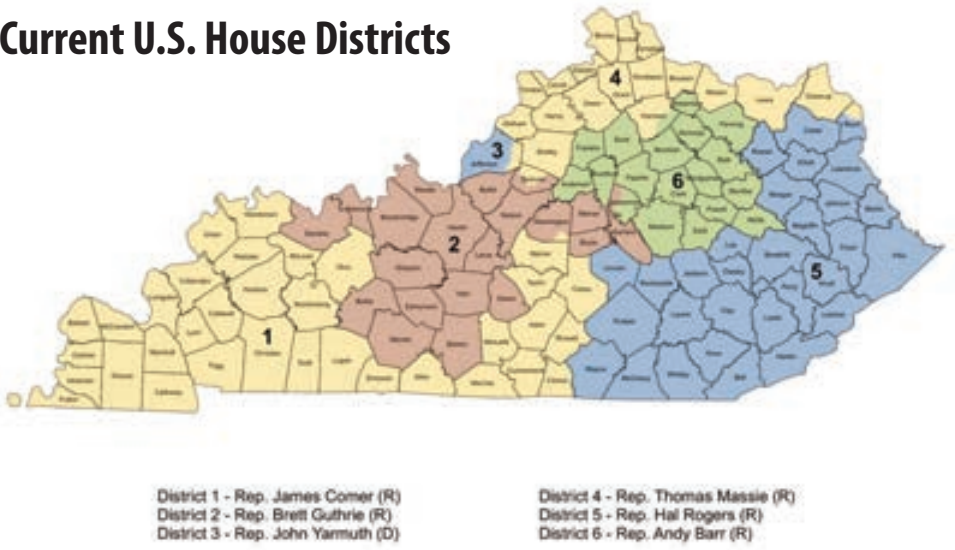
“Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds.” While the U.S. Postal Service does not have an official slogan, this popular adage has been largely attributed to the work done by mailcarriers who indeed brave all conditions to deliver the goods. Here, city mailcarrier Jeremy Poindexter makes his appointed rounds on Elm Street at about 1 p.m., on Thursday of last week. Snow had begun falling in the county about 7 a.m., that day and it picked up steam around 9 a.m. By noon, there was about three inches of snow on the ground in Marion.

NEW KY SENATE DISTRICTS

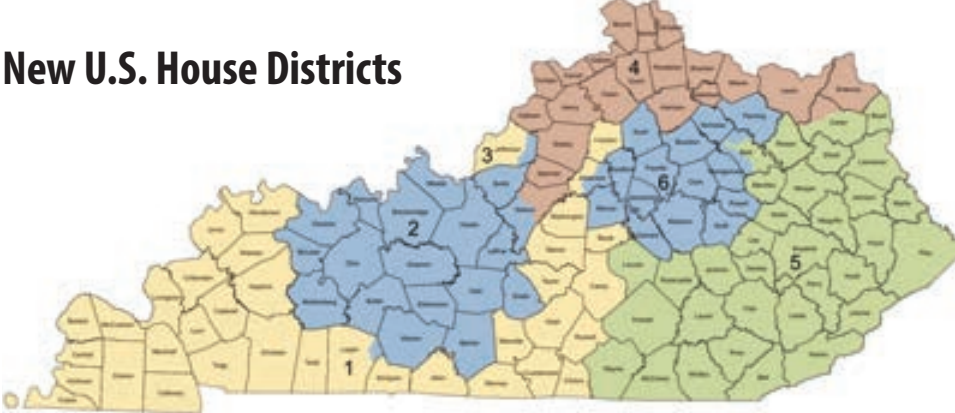


KENTUCKY CONGRESSIONAL DISTRICTS

Current U.S. House Districts



New U.S. House Districts



Comer’s district will run from Fulton to Frankfort

Congressional map is approved

STAFF REPORT

The First Congressional District will continue to encompass all of far western Kentucky, but the district represented by Rep. James Comer (R-Tompkinsville) will grow a bit to include more counties toward the middle of the state.

Comer, a former Kentucky Agriculture Commissioner, has represented the district since 2016.

Redistricting happens following the U.S. Census every 10 years to reflect any population shifts. The latest census data indicate that rural eastern and western Kentucky lost population while metropolitan Louisville and Lexington grew. Other areas along interstate highways also saw population increases, according to census data.

The First Congressional District will add Boyle County, which moves over from the Second Congressional District, and Franklin County, which moves over from the Sixth Congressional

District. It will also pick up part of Anderson County from the Sixth District. Washington County, which has been split between the First and Second districts, will now be completely within the First District.

The First District will lose a northeastern section of Logan County to the Second District.

The First Congressional District will now stretch from Fulton on the Mississippi River to Frankfort.

HOUSE

Continued from page 1

While Crittenden County is geographically a long way from Fulton, Howell says the communities he represents from the Mississippi River eastward are strikingly similar.

“Those are the geographic poles of what will be my new district and those counties have a lot in common,” Howell said. “A lot of distinctions in the legislature are not democratic and republican, they are rural and urban. So that does make this a good match.”

Crittenden with a population of over 9,000 will be the fourth largest county in the new seven-county First District.

Howell, 51, said that although the job as Crittenden’s senator doesn’t begin until Jan. 1, 2023, he plans to be active in the community’s interests immediately. Crittenden will effectively have two senators for the next 11-plus months, he said.

Mills will remain the county’s official senator until next year when his district will change to Henderson, Hopkins, Union and Webster counties.

Howell is an attorney in Murray and formerly served on the Murray Independent School District Board of Education. One of his daughters, Mary Browder Howell, is a collegiate golfer at the University of the South in Suwanee, Tenn., and a cancer survivor. Her story made regional headlines a few months back when she was named First Region Golfer of the Year. News outlets traced her history of overcoming Hodgkin’s lymphoma to become a star student-athlete.

Howell did real estate title work for the Big Rivers Wildlife Management Area a few years ago and similar work for the real estate developer who built a Dollar General Store in Marion.

Once the current session of the General Assembly is over this spring, Howell says he

plans to visit Marion in person and begin to create relationships and close contacts here. He said Sen. Mills has agreed to help facilitate that activity.

Redistricting maps are redrawn every 10 years following the U.S. Census to make concessions for any shifts in population. The new Senate map does not pit any incumbents against one another like the House’s redistricting, which will force two Democrats and two GOP incumbents to run against one another, including Rep. Lynn Bechler (R-Marion) against Jim Gooch (R-Providence) in the 12th District. They will face off in the May Primary with the winner to face newcomer Ronnie Heady (D-Marion), who is currently the Crittenden

County Property Valuation Administrator. Others could join that race as the deadline for filing has been extended to Jan. 25.

Fredonia City Councilman Kristopher Driver, who had originally filed to run in the current 4th District House GOP primary against Bechler, says he still plans to run in the redrawn District 8, which now includes Caldwell County and part of Trigg and Christian counties.

Both House and Senate maps were approved in both chambers last weekend, and were awaiting the governor’s signature at press time. If Gov. Andy Beshear vetoes either legislation, the House and Senate leadership has said it will vote to override the governor.

Crittenden County Animal Clinic

Dr. Thomas Shemwell • Dr. Elizabeth A. Maddux • Dr. Michelle Hughes

State-of-the-Art Digital Xray Now Offered

Visit our Online Pharmacy at

crittendencountyac.vetsfirstchoice.com

3841 US Hwy. 60 West, Marion, KY 42064

(270) 965-2257

You could get up to

\$3,500

within minutes of filing.

0% interest

Refund Advance loan.

Offer available: Jan. 4 – Feb. 28

H&R BLOCK

210 S MAIN  
MARION  
270-965-3001

This is an optional tax refund-related loan from MetaBank®, N.A.; it is not your tax refund. Loans are offered in amounts of \$250, \$500, \$750, \$1,250 or \$3,500. Approval and loan amount based on expected refund amount, eligibility criteria, and underwriting. If approved, funds will be loaded on a prepaid card and the loan amount will be deducted from your tax refund, reducing the amount paid directly to you. Tax returns may be e-filed without applying for this loan. Fees for other optional products or product features may apply. Limited time offer at participating locations. HRB Maine License No. FRA2. OBTP#B13696. ©2021 HRB Tax Group, Inc.

State, federal lawmaker-elect contacts

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, Frankfort  
270.988.4171, Marion  
Lynn.Bechler@lrc.ky.gov @LynnBechler

STATE SENATE

SEN. ROBBY MILLS (R)  
702 Capital Ave.  
Frankfort, KY 40601  
or 4030 Hidden Creek Dr.  
Henderson, KY 42420  
502.564.8100, Frankfort  
270.826.5402, Henderson  
Robby.Mills@lrc.ky.gov @RobbyMillsforKY

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.  
Washington, DC 20510  
or 1100 S. Main St., Ste. 12  
Hopkinsville, KY 42240  
202.224.4343, Washington  
270.885.1212, Hopkinsville  
Paul.senate.gov @RandPaul

SEN. MITCH McCONNELL (R)  
361A Russell Senate Bldg.  
Washington, DC 20510  
or 2320 Broadway, Ste. 100  
Paducah, KY 42001  
202.224.2541, Washington  
270.442.4554, Paducah  
McConnell.senate.gov @SenateMajl.dr