

The Crittenden Press

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24/7 BREAKING AND LOCAL NEWS [THE-PRESS.COM](http://the-press.com)

Bevin to introduce Ky. budget Tuesday

Gov. Matt Bevin will make his first address before a joint session of the Kentucky House and Senate Tuesday, bringing the State of the Commonwealth and Budget Address. The new Republican governor will unveil what is expected to be an austere \$20 billion-plus spending plan for the next two years. The address will air on television at 6 p.m. local time on KET as well as on public radio.

Congressional race visits town Monday

James Comer, one of four candidates who as of Tuesday had filed to run this year for Congressman Ed Whitfield's seat on Capitol Hill, will visit Crittenden County next week. As the former state commissioner of agriculture and as a gubernatorial candidate, the Tompkinsville Republican has been to the county numerous times. A schedule for his visit Monday has not been released, but it will be posted at The Press Online once made available.

In September, Whitfield announced he would not seek a 12th term representing Kentucky's 1st Congressional District in Washington, D.C. When initially elected in 1994, he became the first-ever Republican to hold the seat.

Two other Republicans – James Batts of Fulton and Miles A. Caughey Jr. of Herndon – and one Democrat – Samuel L. Gaskins of Hopkinsville – have also filed to replace Whitfield in this year's election. Others are expected to file by Tuesday's deadline.

Meetings

- Crittenden Fiscal Court will meet at 8:30 a.m. today (Thursday) in the judge-executive's courthouse meeting room.
- Crittenden Health Systems Auxiliary will meet at 4 p.m. today (Thursday) at the educational building on the hospital campus.
- Crittenden County Extension District Board will meet at 5:45 p.m. today (Thursday) at the Extension office.
- Crittenden-Livingston Water District will meet at 6 p.m. Monday at the district office on East Main Street in Salem.
- Livingston Fiscal Court will meet at 5 p.m. Tuesday in the second-floor conference room of the library building in Smithland.
- Crittenden County Public Library Board of Trustees will meet at 5 p.m. next Thursday in the library meeting room.
- Crittenden County Board of Education will meet at 6 p.m. next Thursday in the conference room at Rocket Arena.

Development of Paddy's Bluff replaced by conservation project

By CHRIS EVANS
PRESS PUBLISHER

Paddy's Bluff, a locally well-known area overlooking the Cumberland River in southwest Crittenden County, will be permanently left to the impulses of nature, according to its new owner, the National Wild Turkey Federation (NWTf).

Almost 1,000 acres near Dycusburg was deeded last month to a land trust held by the NWTf, an international, non-profit conservation organization that has a number of active chapters in the immediate area.

Up until last summer, Paddy's Bluff was owned by Grogan Properties LCC of Arlington, Ky., which

had applied for a U.S. Army Corps of Engineers permit to build a riverport and limestone quarry on the eastern shore of the river.

Jason Lupardus, a biologist and conservation field manager for NWTf, says there will never be a riverport or quarry on the property, which the organization has put into a conservation easement for perpetuity. The easement guarantees the land will be kept in its natural state forever, left only to wildlife, its scenic beauty and uses by the conservation group. The NWTf plans to intensively manage the area for game and develop it for special hunting opportunities and conservation education.

"We are sitting on some limestone mineral rights, but we will not use them at all," said Lupardus.

Although a portion of the land had been heavily timbered in the past couple of years to make way for a proposed limestone quarry, Lupardus says much of the land remains forested and work is already under way to improve it for wildlife and to enhance its natural condition.

"There are some older fields that we have mowed and are starting to clean up," he said.

Lupardus said the acquisition is "very new" and details will be worked out soon. The land deal closed a few days before Christ-

See **NWTf** /Page 9A



Guess, Allen trying out for 'The Voice'

STAFF REPORT

Two local residents will be trying out Saturday in Memphis, Tenn., for a spot on one of television's most popular talent shows. But Adam Guess and Stephanie Allen are no strangers to the spotlight.

Clerking is his day job

When Guess steps to the microphone for his audition with NBC's "The Voice," you will not spot a freckle of fear on the 24-year-old Marion native.

Guess, who by day works as a circuit court deputy clerk in the Crittenden County Courthouse, is one of hundreds of talented hopefuls vying for a spot on the popular reality television series that leads amateur singers through a competition where the winner receives \$100,000 and a record deal with Universal Music Group.

Guess will need to win two auditions in Memphis before he could earn a spot on the television series.

"I am not nervous at all. It's weird because I was so shy when I was a kid. Now, it's just natural to get in front of people and sing. It's something I enjoy. It's honestly relaxing. It's sort of like therapy for me."

He comes by it honestly. His paternal

See **VOICE** /Page 9A

As local option looms, DUIs up in city, county

STAFF REPORT

With the City of Marion voting in just weeks on whether to allow alcohol sales in restaurants, police say DUIs are suddenly spiking.

Marion Police Chief Ray O'Neal says there is no common denominator, but over a nine-day period starting Jan. 9, city police have cited four motorists for driving under the influence. That is double the normal number of citations for an entire month.

Last year, the city made 27 DUI arrests.

"We usually have one or two a month," the chief said. "I don't really know what to attribute it to, but we've had a lot since the first of the year."

One arrest was made after a citizen

See **DUI** /Page 12A



Fredonia exists as stumbling block moving forward

The lack of a definitive route around Fredonia has been a major stumbling block in the effort to complete the new U.S. 641 highway between Marion and Interstate 24.

Work on the project – conceived 26 years ago under then-Gov. Paul Patton moved ahead with a formal groundbreaking ceremony four years ago under then-Gov. Steve Beshear – has been effectively scuttled the last couple of years due to ongoing debate and the lack of a resolution with regard to how to get around Fredonia. There has been both support and opposition to a variety of proposed routes, and what exists now is a political stalemate. Factions of interested parties from every side have been trying to untie the knot that

See **U.S. 641** /Page 12A

Story by Chris Evans, publisher
File photo by Mark Beduhn

Obama, presidential caucus move Kentucky voters right

Voter registration statistics

Since Election Day in 2008 when Barack Obama was chosen President of the United States, voter registration in the state and in Crittenden County has leaned decidedly to the right. The chart below demonstrates that by comparing the latest registration numbers versus Election Day 2008.

	CRITTENDEN		KENTUCKY	
	DEM	GOP	DEM	GOP
Nov. 4, 2008.....	3,310	2,694	1,662,093	1,053,871
Jan. 15, 2016.....	2,932	3,196	1,678,947	1,277,605
Change	-378	+502	+16,854	+223,734

STAFF REPORT

Aided by a growing disapproval rating of the President and a last-minute push to register for the nearing Republican presidential caucus, GOP growth in Kentucky has outpaced Democrats 13 to 1 since Nov. 4, 2008. On that day, then-Sen. Barack Obama was elected President. In Crittenden County, Democrats have lost almost as many from their ranks as

Republicans have gained.

As of the latest Kentucky voter registration statistics made available Friday from the Secretary of State's office, Republicans in the county outnumber their counterparts 3,196 to 2,932. On the date of the 2008 presidential election, Democratic registration outnumbered that of the GOP 3,310 to 2,694. That is a swing of 880 voters.

Despite Democrats out-

numbering the Party of Lincoln by 616 voters in 2008, the county demonstrated its long-held conservative nature, casting more than two votes for McCain/Palin for every one tallied for the Obama/Biden ticket. Democrats have been bleeding losses since.

Statewide, Democrats still hold a wide majority of 400,000 voters, but that

See **GOP** /Page 3A



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8 am until supplies are exhausted | 402 N Walker St Marion



Reclaiming words of Dr. King: Character, not color

With another annual celebration of Martin Luther King Jr.'s contribution to civil rights, my mind is set to thinking. What would Dr. King think of today's politically correct version of "civil rights"? What would he have to say about the Black Lives Matter movement? The very name of this movement goes against Dr. King's philosophy of civil rights.

In his famous "I Have a Dream" speech given in Washington, D.C. on Aug. 28, 1963, he stated, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

The Black Lives Matter movement, by its very name, has made it all about "the



color of the skin" rather than "the content of their character." In fact, their character has been given a free pass by the mainstream media. Violent, criminal behavior against innocent citizens has been justified and supported by a politically correct socialist mainstream media and the President of the United States. This kind of behavior brings shame to Dr. King's dream. It's a dis-

grace.

Dr. King promoted peace through both his words and actions. He and his followers endured wrongful treatment and jail at the hands of the same kind of violent, criminal behavior as is promoted today by movements like Black Lives Matter.

Dr. King spoke of peace and brotherhood for America throughout his "I Have a Dream" speech. It was not a focus on skin color, ethnic groups or discriminatory violence as a means to achieve goals. Here are his words: "And when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children – black men and white men,

Jews and gentiles, Catholics and Protestants – will be able to join hands and sing in the words of an old Negro spiritual, free at last, free at last, thank God almighty, we are free at last."

Would Dr. King think that what the Black Lives Matter movement is doing and promoting (violence) is in the spirit of his beliefs and actions?

There are those who try to convince us that America is more racist than ever. Yet, I look around and see many Americans of non-caucasian decent prospering and in positions of authority, even in the White House in the highest office in the land. I also see some people using skin color or ethnicity as an excuse to behave criminally, violently or irresponsibly.

That is not what Dr. King fought so hard to achieve.

Such people have nothing to do with true civil rights or Dr. King's admirable vision. They misrepresent reality and stir up trouble, for selfish advantage and then call it "fighting racism."

Such individuals are the real racists, focusing on "skin color" or ethnicity as they totally ignore "the content of their character." They fan the flames of racism with words of deceit.

Such men as Jesse Jackson and Al Sharpton, as well as movements like Black Lives Matter, have nothing in common with decent, law abiding citizens of whatever ethnic group nor with Dr. King and his dream. If you don't believe that, I suggest a trip to the library or re-

search online books and articles that expose men like Jesse Jackson and Al Sharpton for the self-serving frauds that they are.

Dr. King is held up as an American icon of justice and human rights, and rightly so. Let us not treat him as a mere figurehead, but let us truly honor him by taking his words and example seriously.

Dr. King had a dream. I do, too. May we all hold to that dream. It is a dream of character not color. It is a worthy dream.

(Editor's note: Rev. Mark Girten is pastor of Crooked Creek Baptist Church in Marion. He holds a Master of Divinity degree. His opinions are his own and may not necessarily be the opinion of this newspaper.)



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The Crittenden Press Letters to the Editor policy

Letters should be submitted by 5 p.m. Friday the week before publication. Submissions must include only the author's name, address, phone number and signature. Phone numbers and addresses are required, but will not be published. Letters should be written in good taste and in most cases should not exceed 300 words or be submitted under the same name within 30 days of the last submission. The Crittenden Press reserves the right to reject or edit letters for clarity, brevity and otherwise at our discretion. Original submissions will not be returned.

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Prevailing wage legislation clears Senate

During the second week of the 2016 General Assembly, state legislators settled into the familiar rhythm for a session.

Bills began to be introduced, debated in committees and brought to the Senate floor for a vote. It is the institution's customary way to bring order out of a chaotic-appearing democratic process that has worked for a century and a half.

Three bills, tackling everything from what construction workers are paid to build public schools to how much Kentucky bourbon visitors can drink on distillery tours, made it through that time-honored process. The bills, on issues that have been debated for years in the Capitol, will now go to the state House of Representatives for further consideration.

Sen. Dorsey RIDLEY
D-Henderson

Senate District 4
Crittenden • Caldwell
Henderson • Webster
Livingston • Union

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Service
House: 1987-94
Senate: 2004-present

This proposal would impact 75,000 Kentucky workers. Data show that construction workers make 22-25 percent less on average in states that have repealed prevailing wage laws. The bottom line is, if we repeal the prevailing wage on public construction projects in Kentucky, we cut the wages of every man and woman who works in the construction industry throughout this state.

Prevailing wage simply promotes paying decent wages to workers on government contracts. Prevailing wage laws encourage a skilled workforce that does quality work.

The omnibus alcohol bill tackling the amount of bourbon that can be handed out on distillery tours is known as SB 11. It would also allow Kentucky microbreweries to double their production levels to 50,000 barrels and small-farm wineries to double their production to 100,000 gallons.

With the growing number of microbreweries and small farm wineries, this bill not only helps this industry and these entrepreneurs, but will also open the door for additional economic development in the various regions across the state.

(Sen. Ridley voted yes.)

Also passed last week was SB 12 that will allow a

Stay informed

There are several ways to keep up with the 2016 legislative session and share your thoughts with lawmakers.

Legislative Message Line
(800) 372-7181

TTY Message Line
(800) 896-0305

Bill Status Line
(866) 840-2835

Legislative Calendar Line
(800) 633-9650

General Assembly website
LRC.ky.gov

Write any lawmaker
Sen./Rep. First Last
Legislative Offices
702 Capitol Ave.
Frankfort, KY 40601

major sporting venue to sell alcohol outside the prevailing times for local sales of alcohol, including Sunday, if the venue is hosting an event that will begin outside the normal hours for alcohol sales. The venue must have a seating capacity of 75,000 or more and have adequate licenses.

(Sen. Ridley voted yes.)

During each session, groups advocating for children, seniors and our other most vulnerable citizens come to Frankfort to make their voices heard and lobby for or against legislation. That was the case last week.

Thursday was declared Children's Advocacy Day. This day was established in 2004 as an effort to raise the profile of children's issues among Kentucky's elected leaders. Giving a voice to young people serves as a powerful vehicle re-

minding us all that Kentucky's children are the key to a sustained and prosperous future for the Commonwealth. I enjoyed meeting and talking with the young people when they stopped by my office.

The legislature gaveled back in session Tuesday after the Martin Luther King Jr. holiday. Our most important task of the 60-day session still lies ahead – passing a new \$20-\$21 billion budget to carry Kentucky through the next two years. First, Gov. Matt Bevin will present his budget recommendations during a combined State of the Commonwealth and Budget Address on Jan. 26.

The recommendations are converted to legislation and are first introduced in the House in the form of a spending plan for the state. When the budget bills are passed by a majority of the members of the House, they are sent to the Senate where they follow the same procedures.

Typically, the budget bills passed by each chamber are different. The differences must be worked out in a conference committee of senators and representatives. Compromises agreed to by conference committee members are then subject once again to approval by a majority of both members of each chamber – all before the last day of the session on April 12.

Please stay up to date on the budget negotiations and legislative action of interest to you throughout the session by logging onto the Legislative Research Commission's website.

Expungement bill falls short of addressing all issues

Three pieces of legislation came out of committee this past week and two received votes on the floor of the Kentucky House of Representatives.

House Bill 40, a felony expungement bill that would allow the state's courts to permanently seal the records of up to 94,000 Kentuckians who have been convicted of Class D or what the bill's sponsors call low-level felonies.

Some examples of Class D felonies are stalking in the first degree, trafficking marijuana near a school and felony drunk driving. Some examples of felonies that could not be expunged are sex crimes, an offense committed against a child and certain abuses against an adult.

The bill would allow a person convicted of a Class D felony to petition the court for expungement five years after the completion of the person's sentence or five years after the successful completion of the person's probation, whichever comes later. A person whose felony has been expunged can then, when applying for a job, legally say that he or

she does not have a criminal record.

The purpose of the bill is to allow those who may have committed a crime, such as a young adult who did one stupid thing or someone who committed a crime but has since become a valued member of the community, to get his or her life back.

While the intent of the legislation is laudable, several things in it are concerning. The bill does not limit an expungement to one time, nor does it take into consideration "plea bargains" that allow someone to plead guilty to a lesser charge than was originally made.

Once a motion for expungement has been filed, the court sets a date for the hearing and notifies the victim of the crime and the office of the attorney who prosecuted the case. Unfortunately, the bill also says, "The court shall order expunged all records in the custody of the court and any records in the custody of any other agency or official, including law enforcement records." The key word is "shall," which means the court "must" order the expungement if

the crime was not one of the few that could not be expunged.

Why, then, invite the victim and prosecutor to the hearing if the expungement will be made regardless of what they say?

HB 40 passed 80-11, but I voted no.

HB 109 seeks to create a new statute to classify various offenses as an "offense against a vulnerable victim," but unlike violent offenses and sex crimes, there is no associated registration, sentence penalties or treatment requirement for an "offense against a vulnerable victim," nor is there a change to existing law.

It is also interesting to note that there is no existing Kentucky law (or law in any other state, for that matter) that associates any special penalty or status with the phrase "offense against a vulnerable victim." In reality, if there are no consequences, no treatment, no tracking and no other changes relating to the label, the label "offense against a vulnerable victim" serves no purpose.

It seems that the purpose is merely to emphasize that certain victims such as children and the elderly are more vulnerable to certain crimes than are others.

HB 109 passed 91-0, and although I seriously considered voting no because it essentially did nothing, I ultimately voted yes be-

Party power

Of Kentucky's 138 state legislative seats, Republicans hold a 73-61 advantage over Democrats with four House seats currently open. Those seats will be filled March 8 with special elections.

Kentucky Senate

■ Republicans - 27
■ Democrats - 11

Kentucky House

■ Democrats - 50
■ Republican - 46
□ Open - 4

cause it did no harm and because I recognize how vulnerable our children are to unscrupulous people.

As always, thank you for reading my updates and thank you for contacting me with your concerns and thoughtful suggestions. It is a privilege to represent you in the Kentucky House of Representatives and your input helps me make decisions that best represent the views of the 4th District.

start off your new year in the know

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Grand jury indicts 4

STAFF REPORT

The Crittenden County Grand Jury indicted four individuals last Thursday.

A grand jury does not determine guilt or innocence. It simply decides whether enough evidence exists to continue prosecution of a case in circuit court.

Indicted last week were:

- Tyrone T. Peek, 57, of Marion was indicted on three counts of first-degree trafficking in a controlled substance (methamphetamine), Class D felonies; second-degree fleeing or evading police, a Class A misdemeanor; and possession of drug paraphernalia, a Class A misdemeanor. Court records indicate that Peek is alleged to have sold meth to a cooperating witness working for the Pennyryle Area Narcotics Task Force on three days in May. The other charges were

filed on Dec. 21 when officers tried to execute an arrest warrant on the suspect. Court records say Peek fled into a field before being apprehended by officers. In his pocket was the corner section cut from a plastic bag.

- Amy M. Peek, 25, of Marion was indicted on two counts of first-degree trafficking in a controlled substance (methamphetamine). Court records alleged that on two days in April, Peek sold meth to a cooperating witness working for the Pennyryle Area Narcotics Task Force.
- James Gleaford Duncan, 46, of Marion was indicted for theft of a legend drug, a Class D felony; illegal possession of legend drug, a Class B misdemeanor; possession of marijuana, a Class B misdemeanor; possession of drug paraphernalia, a Class A

misdemeanor; controlled substance not in its original container, a Class B misdemeanor; and second-degree disorderly conduct, a Class B misdemeanor. According to court records, Marion Policeman George Foster was called to residence on Jackson Street on Nov. 23 due to a complaint by the homeowner. There, he found Duncan to allegedly be in possession of a number of drugs, some of which he tried to ingest. The officer's report said he struggled with the defendant, but could not stop him from swallowing some of the drugs.

- Jason P. Rushing, 34, was indicted for flagrant non-support for allegedly being in arrears by the amount of \$23,622.70 in child support payments. Rushing is currently in jail on other pending charges.

NPR story tells of local decline of coal mining

STAFF REPORT

The coal mining industry in western Kentucky has been the lifeblood for scores of Crittenden County families over the last few decades ... until recently. In the last 13 months, hundreds of coal jobs have been lost in the region.

A story from NPR, "In Kentucky, the Coal Habit Is Hard to Break," recently aired on public radio. The seven-minute broadcast features interviews with Joey Rich and Joey Simpkins of Crittenden County.

The story can be read and heard on NPR.org at <http://goo.gl/Vqs37v>.

January 21, 2016

Public Notice

Legal advertisements for The Crittenden Press

Rural property sold Jan. 29 at courthouse

**Commonwealth of Kentucky
Crittenden Circuit Court
Civil Action
No. 15-CI-00093**

Farmers Bank & Trust Co. Plaintiff
vs.
Notice of Sale
Anthony Wayne Conner, unknown occupants and/or tenants of, City of Marion, County of Crittenden, Ky. Defendants

By virtue of a Judgment and Order of Sale rendered by the Crittenden Circuit Court on the October 8, 2015, I will on **Friday, January 29, 2016, at the hour of 10:00 a.m. or as soon thereafter as possible**, at the Courthouse door in the City of Marion, Crittenden County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Crittenden County, Kentucky, to-wit:

Property Address: 8923 U.S. Highway 60 West, Marion, Kentucky

Description: A certain tract or parcel of land lying and being in Crittenden County Kentucky on the waters of Claylick Creek and bounded and described as follows:

BEGINNING at a stone in Mrs. Olive Kirk's line and on the North side of U.S. Highway #60; running with U.S. highway in a Northeasterly direction 60 years to a stone, a new corner to H.T. Hapending; thence in a Northwesterly direction 150 yards to a stone, a new corner to H.T. Hapending; thence in a Southwesterly direction 60 yards to a stone in Olive Kirk's line; thence with Kirk's line 150 yards to the beginning, containing tow (2) acres more or less.

Source of title: Being the same property conveyed to Anthony Wayne Conner, a single person, by Margaret Bradford, a widow, by Deed dated July 1, 2011, and recorded in Deed Book 218, at Page 232, Crittenden County Court Clerk's Office.

Subject to all restrictions, conditions, covenants, and to all legal highways and easements.

The description of the property conveyed herein was provided to the draftsman by the plaintiff and the draftsman does not certify the accuracy of same nor any existing easements.

The current year's property taxes will be paid by the purchaser of the property. Only delinquent taxes of parties to this action will be paid from the proceeds of the sale.

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 12% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchase will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

Given under my hand this the 7th day of December, 2015.

Stephen M. Arnett, Special Master Commissioner



PHOTO BY DARYL K. TABOR, THE PRESS

Bingo for books

Emma Beard, 3, selects a book last Thursday evening after winning the opportunity in a game of bingo during a literacy event at the Audubon Head Start in Crittenden County as her mother Britney (left) and teacher associate Hannah Perryman encourage her. Bingo for Books allowed parents a chance to enter the classroom with their children and other parents participating in the teen parent program. "A lot of people call us a day care, but we're much more than that," said Rachel Collins, lead teacher, family advocate and program assistant at the center. She said the program gives teen parents a place to turn for help that they may otherwise not have. Parents must be employed or in school to enroll their children.

Country club burglar enters plea in court

STAFF REPORT

The man responsible for almost three dozen burglaries in one weekend in October pleaded guilty last week in Crittenden Circuit Court. He will serve five years in prison.

Ryan Evan Renner, 22, tried to sell some of the stolen items to a local electronics dealer who alerted police earlier this fall, allowing them to nab the defendant and locate a number of the stolen items.

Renner pleaded guilty to indictments for receiving stolen property (under \$10,000) by complicity; theft of a legend drug, first offense; and two counts receiving stolen property (under \$10,000), all Class D felony charges. Circuit Judge Rene Williams sentenced him to five years on each of the four felonies and lesser prison terms on the following 10 misdemeanor charges: theft or receipt of two or more stolen credit or debit cards; receiving stolen property (under \$500); third-degree possession of a controlled substance; posses-

sion of a controlled substance prescription not in its original container; and six counts of illegal possession of a legend drug.

The sentences will run concurrent, leaving Renner to serve five years. He will be formally sentence on Feb. 11.

Charges are still pending against a co-defendant in the case, Kursten Myers, 18.

Renner burglarized more than 30 parked vehicles, most of them in driveways. They were ransacked late at night while victims were sleeping. Police said preselection drugs, bank cards, a spotting scope, purses and other items were taken.

- Chris Freeman, 46, of Marion pleaded guilty to breaking into the Marion Country Club restaurant during the early-morning hours of Dec. 15. A surveillance camera captured video of Freeman inside the The Heritage Restaurant. Freeman received a one-year sentence plus his probation was revoked from a previous, unrelated conviction.

tion. Therefore, he will serve a total of two years in prison. Freeman waived formal sentencing and was taken into the custody of the Department of Corrections.

- Andrew Myers, 33, of Marion pleaded guilty to felony flagrant non-support of a minor child. He was sentenced to five years in prison, to run concurrently with another criminal jail sentence from Henderson County. Judge Williams denied probation, but did not rule out Myers' chance for shock probation after he serves at least 180 days behind bars.
- Tyler Hinchee, 29, of Marion pleaded guilty to tampering with physical evidence by complicity. He was sentenced to three years in prison, but granted pre-trial diversion for a period of five years.
- Kari Rose, 24, of Marion had her felony probation revoked. Rose had absconded from a court-ordered rehabilitation program and had been on the run for more than two years. During that time, she

told the court that she'd become pregnant, given birth to her fifth child and had worked regularly to help support her family. She said she recently decided to turn herself in so that she might start to get her life back on a better track where she wasn't constantly looking over her shoulder. Despite her pleas for mercy, the court revoked her probation on a 2011 burglary charge and she was taken to prison. Judge Williams said she believed Rose was sincere in her desire change her lifestyle. She recommended that the defendant ask for shock probation after serving a period of time on her sentence.

- Terry Christopher Dorris, 42, of Marion had his probation revoked. Dorris was sent to prison to serve out a five-year term for failing to pay child support. He was in arrears more than \$6,500. Dorris will be eligible for shock probation in 30 days, at which time he will be evaluated for a substance abuse treatment program.

GOP

Continued from Page 1

gap was more than 608,000 just more than seven years ago.

HuffingtonPost.com reports that in an average of 29 recent political polls, President Obama's latest job approval rating in the Bluegrass State was only 33.3 percent.

A flurry of GOP registrations were taken in by county clerks across the commonwealth to close out 2015. The party showed growth of exactly 9,000 voters from Dec. 15 to Jan. 15. Much of that can be attributed to a last-minute rush to beat the Dec. 31 registration deadline to participate in the March 5 Re-

publican presidential selection process that will feature a logjam of 11 candidates. Democrats lost 2,655 from their ranks in that same period.

In Crittenden County, a gain of 38 Republican voters and loss of 21 Democrats helped widen the registration gap to its biggest margin in generations. The 2014 general election was the first in several decades in which the GOP voter roll was larger than Democrats', according to Crittenden County Clerk Carolyn Byford. Republicans had a margin of 18 at the time.

Voter registratoin books are now closed for both the March 5 caucus and May 17 Democratic and Republican primaries.

THANK YOU

To the family and many friends of the late Nina Gregory, we wish to extend our sincere thanks for your many kindnesses and for the condolences and suport that we have received. We also send our gratitude and appreciation to pastor Trey Gandie of Pleasant Grove Baptist Church and Myers Funeral Home for their excellent service.

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2015 Ky. soybean production up

Annual Kentucky crop production summary 2014-15
per USDA National Agricultural Statistics Service

Acres harvested	2014	2015
Corn	1,430,000	1,310,000
Soybeans	1,750,000	1,810,000
Winter wheat	510,000	440,000
Hay (alfalfa)	165,000	170,000
Other hay (pounds)	2,100,000	2,200,000

Production	2014	2015
Corn (bushels)	225,940,000	225,320,000
Soybeans (bushels)	83,125,000	88,690,000
Winter wheat (bushels)	36,210,000	32,210,000
Alfalfa hay (pounds)	561,000	629,000
Other hay (pounds)	4,200,000	5,060,000

Yield per acre	2014	2015
Corn (bushels)	158.0	172.0
Soybeans (bushels)	47.5	49.0
Winter wheat (bushels)	71.0	73.0
Alfalfa hay (pounds)	3.40	3.70
Other hay (pounds)	2.00	2.30

STAFF REPORT

Estimates for soybean and hay production in Kentucky for 2015 are up slightly from the previous year's totals, but corn production appears to be slightly off 2014's pace.

According to the USDA's National Agricultural Statistics Service, soybean production in the commonwealth is estimated at 88.7 bushels, which is up 7 percent over 2014 despite being 6 percent down from November forecasts.

Yield is estimated at 49 bushels per acre, down 3 bushels from last month and up 1.5 bushels from a year ago. Acreage for harvest as beans is estimated at 1.81 million acres, up 60,000 acres from the previous year. The average yield per acre is estimated at 48.0 bushels

Meantime, corn produc-

tion last year was down slightly from 2014 to an estimated 225 million bushels, which was down 1 percent from the November forecast.

Yield is estimated at 172 bushels per acre, down 3 bushels from the November forecast and up 14 bushels from the 2014 level. Acres for harvest as grain are estimated at 1.31 million acres, down 120,000 acres from 2014. The average yield in the United States is estimated at 168.4 bushels per acre.

Alfalfa hay production by Kentucky farmers is estimated at 629,000 tons, up 12 percent the 2014 level. Other hay production is estimated at 5.06 million tons, up 20 percent from last year.

Corn, soybeans and hay rate as the state's No. 1, No. 2 and No. 5 field crops, respectively, based on cash receipts.

\$1,000 conservation scholarships available

STAFF REPORT

Crittenden County High School seniors and college students interested in pursuing studies in agriculture and natural resource fields are encouraged to apply for scholarships from the Kentucky Association of Conservation Districts (KACD) Auxiliary.

The KACD Auxiliary will offer three \$1,000 scholarships in 2016. High school seniors may apply for the:

- George Crafton Memorial Scholarship, which is awarded to a student presently in high school who is enrolled to attend college and intends to major in the field of agriculture or conservation of natural resources.
- Conservation of Natural Resources Scholarship, which is awarded to any student currently enrolled in college and pursuing an undergraduate degree in agriculture or related natural resources field.
- Betty Barrick/Non-traditional Students Scholarship, which is for a student who is at least 25 years old and pursuing an undergraduate degree in agriculture or related natural resources field.

Each application requires two letters of recommendation, most recent transcript and completion of a 200-300 word comprehensive essay.

All three \$1,000 scholarships will be presented at the annual state convention of KACD in July.

High school seniors may obtain applications from the

high school guidance office or ag department. Applications for all three scholarships are also available at the Crittenden County Conservation District office located at 118 E. Bellville St. in Marion.

The local application deadline is 4 p.m. Feb. 18. Completed forms and information must be submitted to the conservation district to be eligible.

For more information, call the district at (270) 965-3921, extension 3.

KyTC offers \$51,000 civil engineering scholarships

STAFF REPORT

Students interested in pursuing a career in civil engineering or civil engineering technology are reminded to complete their Kentucky Transportation Cabinet Engineering Scholarship Program applications. The scholarships are worth up to \$51,000 and \$12,000, respectively.

The KyTC Engineering Scholarship Program includes the opportunity for paid summer employment and placement with KyTC in a full-time job upon graduation. Students agree to work one year for KyTC for each year of scholarship assistance. Students can use their award at any of the state's engineering schools.

Complete information on the scholarship programs is available at goo.gl/fOJGU4.

The deadline for applications for the scholarship program is Feb. 1. Recipients will be notified in April.

For more information, contact Cherie Mertz, scholarship coordinator, at Cherie.Mertz@ky.gov or (502) 782-4794.

APSU lowers tuition for some

STAFF REPORT

Residents of Crittenden County and other areas in Kentucky within a 250-mile radius of Austin Peay State University in Clarksville, Tenn., now qualify for a discounted tuition rate for both undergraduate and graduate programs at Austin Peay. That helps bring tuition to near in-state rates for Tennessee students.

For additional information, visit APSU.edu/admissions/250R or contact the admissions office toll free at (800) 844-APSU (2778).



LRC PUBLIC INFORMATION PHOTO

Across the aisle

At right, Sen. Dorsey Ridley (D-Henderson) speaks with Sen. Max Wise (R-Campbellsville) following adjournment of the Jan. 12 session in the Kentucky Senate. Sen. Ridley is a member of the Senate Agriculture Committee. There are several bills related to agriculture being weighed by lawmakers this session, which is in its third week. Among the hundreds of bills that will be filed during the 60-day session, legislators also are charged with their most daunting task – writing the state's two-year budget.

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Livestock report

USDA Ledbetter weigh-out sale

Jan. 19, 2016

Receipts: 537 Last Week: 350 Year Ago: 557

Compared to last week: Feeder steers traded unevenly steady. Feeder heifers 2.00-4.00 lower. Feeder bulls traded 4.00-6.00 lower. Slaughter cows and bulls steady to 3.00 lower.

Sale consisted of 5 stock cattle, 50 slaughter cattle, and 482 feeders. Feeders consisted of 44% feeder steers, 28% feeder heifers, and 21% feeder bulls.

Feeder Steers Medium and Large 1-2

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	150-200	185	230.00	230.00
18	350-400	382	199.00-210.00	206.35
12	400-450	428	192.00-203.00	196.37
2	450-500	492	169.00-177.00	172.98
27	450-500	474	199.00	199.00
16	500-550	524	163.00-178.00	169.21
35	500-550	528	193.50	193.50
24	550-600	574	158.00-169.00	164.61
15	600-650	622	158.00-162.00	161.48
19	600-650	621	165.00	165.00
4	650-700	682	141.00-145.00	141.97
5	650-700	657	155.00	155.00
12	700-750	731	130.00-140.00	138.33
12	700-750	734	143.00	143.00
1	750-800	765	128.00	128.00

Groups: 27 head 474 lbs 199.00 red; 35 head 528 lbs 193.50 red

Feeder Steers Medium and Large 2

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	500-550	530	152.00	152.00

Feeder Steers Medium and Large 2-3

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	350-400	380	183.00	183.00
2	500-550	540	153.00	153.00
1	550-600	580	155.00	155.00
3	600-650	640	151.00	151.00

Feeder Heifers Medium and Large 1-2

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	200-250	205	220.00	220.00
5	250-300	265	177.50-190.00	185.22
3	300-350	327	185.00-186.00	185.66
5	350-400	362	180.00-186.00	183.53
18	400-450	421	170.00-180.00	174.23
4	400-450	406	185.00	185.00
14	450-500	469	162.00-170.00	166.51
2	450-500	470	187.00	187.00
17	500-550	516	159.00-165.00	161.23
9	550-600	565	142.00-148.00	144.99
12	600-650	615	135.00-142.00	139.40
5	650-700	664	130.00-135.00	131.79
4	700-750	721	132.00	132.00
2	750-800	768	121.00-126.00	123.49

Feeder Heifers Medium and Large 2-3

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	200-250	235	195.00	195.00
1	350-400	360	168.00	168.00
9	400-450	436	158.00-169.00	167.21
6	450-500	491	148.00-160.00	155.33
2	500-550	505	150.00-152.50	151.26
6	550-600	572	120.00-134.00	128.84
1	600-650	640	133.00	133.00
5	650-700	662	125.00-129.00	127.36
1	750-800	790	115.00	115.00

Feeder Bulls Medium and Large 1-2

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	350-400	372	190.00-202.00	195.51
14	400-450	416	192.00-204.00	198.87
14	450-500	477	177.00-190.00	180.75
5	500-550	506	163.00-175.00	172.09
12	550-600	584	153.00-156.00	153.65
18	600-650	634	134.00-141.00	136.86
1	600-650	600	153.00	153.00
6	650-700	672	126.00-130.00	128.65

Slaughter Cows Breaker 75-80%

Head	Wt Range	Avg Wt	Price Range	Avg Price
2	750-800	790	113.00-116.00	114.50
1	800-850	810	112.00	112.00
2	900-950	930	98.00	98.00
3	950-1000	996	92.00	92.00
1	1100-1150	1140	111.00	111.00

Slaughter Cows Boner 80-85%

Head	Wt Range	Avg Wt	Price Range	Avg Price
2	800-1200	1140	67.00-70.00	68.55
7	1200-1600	1319	60.00-70.00	65.11
2	1200-1600	1285	72.00-75.00	73.45
1	1600-2000	1600	68.00	68.00

Slaughter Cows Lean 85-90%

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	800-1200	1071	58.00-66.00	61.79
1	1200-1600	1295	60.00	60.00

Slaughter Bulls Y.G. 1-2

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	1000-1500	1290	70.00	70.00
5	1500-3000	1822	84.00-90.00	86.63
1	1500-3000	1645	71.00	71.00

Bred Cows Medium and Large 1-2 Middle-Aged

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	1200-1600	1465	1525.00	1525.00

7-9 Months bred

Stock Cows and Calves: Cow six years old with twin baby calves 1425.00.

Baby Calves: Beef Breeds 250.00 per head. Dairy Breeds no test.

Legend: VA=Value added, LD=Low dressing, HD=High dressing, BX=Brahman X.

Chip Stewart, market reporter: (502) 782-4139

24-hour toll-free Market News Report: (800) 327-6568

Source: Kentucky Department of Agriculture, U.S. Department of Agriculture Market News, Frankfort, Ky ams.usda.gov/mnreports/SVLS150.txt _LS150.txt

This report reflects price of majority of cattle with a USDA grade, weight and sex on sale date. This report does not represent all animals at sale.

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Grandparents: Fond memories recalled

This week, we have two very interesting stories about grandparents who were shared with me. If you were lucky enough to have grandparents while you were growing up, it's wonderful to have these precious memories of them.

Grandmother's Gift That Keeps on Giving
(This was written and shared by Blanton Croft of Hagerston, Md.)

"Ma" Croft was a farmer's wife, mother of 12 children and now an accidental mom to a 2-year old grandson (Blanton Croft). She was of necessity a very hard worker. Josie, her real name, was a child of the 1870s and was taught to do the intense work women had to do. Most families in Crittenden County had to produce their own food in their gardens, orchards and fields.

After her marriage to James Newton Croft in 1895, she and my grandfather farmed and raised a large family of 12 well into the 20th century. As fate would have it, my mom died of childbirth complications; consequently, I was reluctantly "dumped on my grandparents" by my father, one of the 12. So, Ma and Pa Croft's farm home would become my home in the mid-1930s and 1940s.

Ma Croft always grew a very large garden every year and delighted in weeding and hoeing it almost weekly it seemed. Such veggies as tomatoes, potatoes, peppers, sweet peas, radishes, cabbage, okra, corn, green beans and turnips were always demanding attention.

As I grew into a robust youngster in my early elementary years, I became her assistant each spring, summer and fall doing many of these garden chores.

During the four long years of World War II, Ma gladly became patriotic when Victory Gardens were widely encouraged over radio and local newspapers as a way of helping on the home front. Food stamps had been issued by the Fed to all consumers during the war, and families were encouraged to grow their own food.

Besides, her youngest son was serving in the Pacific Theatre, fighting in New Guinea and Peleliu. This fact seemed to give her a strong sense of pride to be producing fresh vegetables during these war years for the surrounding neighborhood.

One of the most labor-intensive jobs each summer was the harvesting of cabbage and turning these huge heads into shreds so as to fill a 5-gallon crock. Then she would cover the newly filled container with vinegar and salt, and finally seal it for the winter months ahead. Additionally, she would can anything and everything. She always worked to ensure all the cellar shelves were packed full of glistening jars of vegetables and all kinds of fruits come late October.

Another chore in which I became a reluctant partner was the drying of apples in the fall. Ma and I would peel bushels of apples, cut them into small slices and then spread them on the rooftop of my grandfather's repair shed. They would be covered with cheesecloth and lay for days on end drying away in the



long, warm October sun. Finally, on her command, I would climb the ladder and scoop them up to be stored in stone jars in the cellar for eating in the long winter days ahead.

One of the most memorable spring events was the picking of the red sour cherries each May. Ma had three large trees growing next to the outdoor storage cellars and to the right of the large garden. During this harvest week, other grandchildren would come and stay with us and help do the work. Climbing trees to pick and sample this tasty fruit at will was a treat I really enjoyed. After we helped remove the seeds, my cousins and I would then be allowed to romp and play for the remainder of the day while Ma would can or turn the fruit into cherry jam and jelly for the long winter ahead.

It was during these harvesting months that Ma's face would glow with joy. After visiting, no neighbor left her home without a box or bag full of some vegetable or fruit. Of course, many of her own children who lived in surrounding areas would come Sundays to service at Pleasant Grove Church, and they always seemed to drop by our house on their way home, and they always seemed to take with them bags of Ma's home-canned goodies to enjoy later.

As I reflect on those long ago days, I feel very blessed to have been taught a powerful lesson – the joy and satisfaction of vegetable gardening and sharing its harvest with my neighbors and family. By serving as a role model, Ma Croft demonstrated a powerful lesson in love and relationships that was a true gift with lasting consequences ... a gift that keeps on giving from my garden even today.

The Runaway Mule
(Thomas Marion and Annie Allen Dean, from the Deanwood community, were the parents of five daughters – Reva, Rosalie, Robbie, Minnie and Ida Marion. Reva, the oldest of the five, married Ormond Hurst. Their daughter, Ann Hurst McDowell, wrote and shared this wonderful story with me about her grandparents.)

Thomas Marion and Annie Allen Dean, from the Deanwood community, were the parents of five daughters – Reva, Rosalie, Robbie, Minnie and Ida Marion. Reva, the oldest of the five, married Ormond Hurst. Their daughter, Ann Hurst McDowell, wrote and shared this wonderful story with me about her grandparents.

The horse and buggy, wagon and team of mules were important to that period of history. The Depression was in full swing in 1936. There wasn't enough money to buy cars. The money they made from cash crops, such as corn and tobacco or from the sale of chickens, eggs and cream had to be used for food

they didn't raise on the farm or for clothing. My grandparents didn't have time for a lot of foolishness, as grandfather used to say. They worked hard for what they had. Grandmother Annie was an exceptionally good homemaker. "Whatever you do, do with your might. Things done halfway are never done right," she would say. Everything had to be done right in the first place, else they were done over until the project was right. Grandfather Marion was equally as fastidious. Every corn row was straight as an arrow. Every tool in his workshop had a special place. The farm buildings and equipment were kept in good repair. Their home and farmland showed the care they took to make it a place of beauty.

Grandfather had a team of mules that he used to work the farm. Their names were Belle and Judy. Belle was the favorite. She could be put to the plow or buggy when we needed to go somewhere. Judy was kind of obstinate. Grandfather also had a beautiful saddle mare, Ruby. When the mules were out in the pasture, they followed Ruby around like a couple of pups. It was a strange sight to see two overgrown animals tagging along behind a graceful horse. There was a close bond between those three animals.

This particular Sunday was preaching day at Sugar Grove Church. Preaching Sunday required our very best dress clothes. My mother, Reva, put on her best city clothes. I dressed in the new clothes she had brought me when she came home. Grandmother dressed in a new white dress and hat she had just gotten by mail from Lane Bryant, a mail order company which specialized in fashions for stout women. Grandfather was equally dressed in his finery, white shirt, tie and dress pants. Even his shoes had a fresh coat of polish applied to them.

We were going to church in the buggy, the four of us, but grandfather thought it would be too cramped for all of us to squeeze into such small accommodations that a buggy seat had to offer, especially since it was a hot summer day. He decided to saddle Ruby, his riding mare, and ride to church, leaving mother, grandmother and me with less cramped seating space. Old Belle, the huge mule, was hitched to the buggy.

It was a hot day. The heat seemed to set the pace for the preacher because he was exceptionally steamed up and felt like there were a lot of sinners to convert. The heat also set the mood for the many teams of mules and horses that were tied to the trees in the churchyard. The flying insects were taking advantage of the situation and were doing a bit of feasting on the poor beasts that had no other defense but to stamp their feet and swish their tails, becoming impatient with the whole state of affairs.

By the time everybody started filing out of the church to go home, the teams had become most indignant, more than ready to get to their favorite shade tree in the cool pasture.

"I'll go on ahead and get the fire in the stove started so it will be ready to fry the chicken by the time you get home," grandfather said to grandmother as he untied Belle from the tree she had been hitched to. Grandmother agreed. Grandfather mounted his horse and started down the dusty road at a brisk gallop. Poor old Belle wasn't listening to the conversation. All



SUBMITTED PHOTOS
Above, James and Josie Croft, or "Pa" and "Ma" Croft to young grandson Blanton Croft, are helped by the boy on the Croft farm during the summer months. Wonderful memories of her grandparents Annie and Marion Dean (at left) were remembered by Ann Hurst McDowell, as she stayed with them at their Deanwood home during her childhood days.

she knew was Ruby was going to get to the cool shade tree before her. The moment Belle was untied from the tree she had been hitched to for such a long time, she leaped into action, and the race was on.

Determined to reach the shade tree as soon as Ruby did, Belle started galloping down the road, braying for all she was worth as she sped along with buggy and all its flustered passengers. With all her might, grandmother tried to hold Belle in check, but the harder she pulled on the reins, the faster that hard-mouth mule galloped and the louder she brayed. The retreating trail was distinctly marked by a huge cloud of dust that rose up immediately behind the hoofs of the mule and wheels of the buggy.

Several people were walking home from church. They took to the bushes, tall grass or anything else that might protect them from the disaster that was descending in their direction. Grandmother's face was crimson with embarrassment and from hanging onto the reins so hard.

She used her vilest lan-

guage, "I'll swan to my time!" We were swiftly approaching the end of the lane. Belle hadn't slowed down one iota to compensate for the sharp turn where the lane met the main road. The possibility of the buggy turning over when we made the turn was uppermost in our minds.

But, as luck would have it, just before the turn, we spotted grandfather sauntering alongside Mr. John Stewart, who was also on horseback. He had forgotten about building a fire in the cook stove. He and Mr. Stewart had too much to talk about.

When Belle saw Ruby, she reduced her gait to a nice slow walk. With difficulty, grandmother regained her composure, mopped the perspiration from her brow and settled back in the seat to enjoy the rest of the ride home peacefully.

(Editor's note: Brenda Underdown is a Crittenden County historian, genealogist, chair of the Crittenden County Historical Society and a member of Crittenden County Genealogical Society. Much more local history can be found on her blog at OurForgottenPassages.blogspot.com.)

FINANCIAL HELP
FOR GRANDPARENTS

Low-income grandparents who are primary caregivers for a grandchild may be eligible to receive support from the Family Caregiver Support Programs.

For information and application packet, contact: Pennyryle Aging and Disability Resource Center at 1-866-844-4396

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Religion

The Crittenden Press

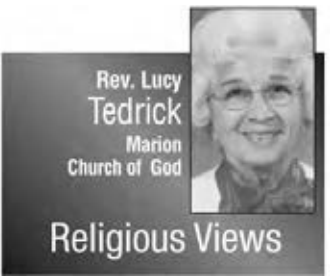
Be ye angry , and sin not: let not the sun go down upon your wrath:
— Ephesians 4:26

Alcohol referendum: Serpent, adder strike again

“Look not thou upon the wine when it is fermented ... at the last it bites like a serpent and stings like an adder,” Proverbs 23:31-32 reads.

The pusher of this evil alcohol referendum said it would be easier to get the Marion people to vote alcohol in than all the county people. The rest of his statement to me was, "After it is in Marion, it will be easier to get it in all the county." Another statement he made to me was, "It will save lives to have it available in Marion so the drinkers will not have to go out of town to get it."

Our father drank it in Marion in 1934 and was killed on the way home leaving Mama with 11 children at home. Soon after that, the sale of it was outlawed in Marion. That was not soon enough to help Mama and 11 fatherless children with broken hearts and a bleak future in the terrible Depression days.



Thank God it helped many others these many years.

Those who signed the petition and vote for this evil will have blood on their hands, and God won't let them forget, and neither will the ache in the hearts of the loved ones whose family member was hurt or killed.

People who have to have alcohol in order to eat, will save lives by drinking it at home.

The special election that this calls for will cost our county between \$10,000 and \$11,000, but only the residents of Marion get to

vote for it.

This is another evil law put on us by our politicians that we hard-working taxpayers have to come up with. We hear how we don't have money to fix roads, and our ambulance service has been in the red for years, yet they waste our tax dollars on an evil that will keep the undertakers, emergency centers and police on extra duty and incur additional expense.

How far gone is a community that cries out for the income from something as deadly and destructive as alcohol and demands gambling, which is also destructive, to keep it afloat.

The income any restaurant would gain from the sale of alcohol will be lost in diners who will not patronize their place. Many who do drink will not do it in front of families whose children attend their classes at school or sit with them in church on Sunday morning.

They repented and God gave them a reprieve which they did not appreciate and went back on God again.

They ended up killing Jesus, and God sent the Roman Empire against them in 70 A.D. God did exactly what He had told Jeremiah He would do.

"Therefore, behold, I, even I will utterly forget you, and I will forsake you, and the city that I gave you and your fathers, and cast you out of my presence; and I will bring an everlasting reproach upon you and a perpetual shame, which shall not be forgotten," reads Jeremiah 23:39-40.

God brought us through several wars without a bomb on our shores, giving us reprieve after reprieve. We cannot expect another, just as Israel has not. They are still hated and reproached worldwide.

Now it is America's time, and we faithful ministers (watchmen) have cried out

with our lives slipping away, as did faithful Jeremiah, the Weeping Prophet: "The harvest is past, the summer is ended, and we are not saved. Is there no balm in Gilead, is there no physician there? Why then is not the health of the daughter of my people recovered?" reads Jeremiah 8:20, 22.

As if we don't have enough grief, hard times, joblessness, drugs and evil in Marion and out in our county, here comes a peddler without a bagpipe.

Christians, please pray for the souls of all who want this evil and that God will spare all of us from it one more time.

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

As a service to area churches, events can be listed here for free

Area churches set to ‘Elevate’ Jesus Saturday

STAFF REPORT

Salem Baptist Church will present Elevate: A Night of Worship this weekend at the church on North Hayden Avenue.

Elevate will bring together a half-dozen Crittenden and Livingston County churches – Salem, Marion, Dyer Hill and North Livingston Baptist, Life in Christ and Miracle Word – for an evening of music, prayer and fellowship. The event begins at 6:30 p.m. Saturday.

More information can be found online at Salem Baptist.com or by calling (270) 988-3538.

Other area church notes include:

- The clothes closet at Mexico Baptist Church is open from 9 to 11:30 a.m. each Monday.
- The clothes closet of First Baptist Church of Fredonia is open from 1 to 3 p.m. every Thursday at the church's Family Life Center.

Like conies, Christians should depend upon the rock (Jesus)

By JOEY DURHAM
GUEST COLUMNIST

My devotion this week is "Wisdom in Unusual Places," and my text is in Proverbs 30:24, where we read, "There be four things which are little upon the earth, but they are exceeding wise."

Let's consider Verse 26 and see an illustration of wisdom: "The conies are but a feeble folk, yet make they their houses in the rocks."

Conies exist to this day in Israel, especially in the Israeli National Park at En-Gedi. They are creatures which run around in trees like squirrels, yet look like a small groundhog. Though they are able to climb trees, God has given them the wisdom to make their dens in holes of the rocks which are cooler and protected from predatory birds. The wisdom

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261 Crooked Creek Church Rd., Marion, KY 42064

1.2 miles from Marion off Fords Ferry Rd.
crookedcreekbapt@gmail.com • (270) 969-8553

COME WORSHIP WITH US...

For where two or three are gathered together in my name, there am I in the midst of them. — Matthew 18:20

Marion Baptist Church

College and Depot streets, Marion • 965-5232

- Sunday school: 9:30 a.m.
- AWANA: 5:45 p.m.
- Sunday worship: 10:45 a.m., 6:30 p.m.
- Sunday contemporary service: 8:15 a.m.
- Wednesday: 6:30 p.m.
- RA's, GAs and Youth Craze: 5:45 p.m.

Pastor Mike Jones

Mexico Baptist Church

175 Mexico Road, (270) 965-4059

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

Pastor Tim Burdon
Minister of Youth Robert Kirby
Minister of Music Mike Crabtree
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SUNDAY SCHOOL: 9:30 AM | SUNDAY WORSHIP: 10:45 AM, 6 PM

WEDNESDAY ADULT BIBLE STUDY, CHILDREN AND YOUTH ACTIVITIES: 6 PM

CURTIS PREWITT, PASTOR

DEER CREEK BAPTIST CHURCH

Marty Brown, Pastor

Sunday Bible Study: 10 a.m.

Sunday Worship: 11 a.m. & 6 p.m.

Wednesday Bible Study: 7 p.m.

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Crooked Creek Baptist Church

261 Crooked Creek Church Road, Marion, Ky.

Sunday school, 10 am

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

Bro. Mark Girten, pastor

Wednesday Bible study, 6:30 pm

Join us every fourth Sunday of the month for gospel singing at 5 pm

growing in grace

2 Peter 3:18

PLEASANT GROVE General Baptist Church

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Sunday School 10 a.m. | Sunday Worship 11 a.m., 6 p.m. | Wed. 7 p.m.

Barnett Chapel General Baptist Church

- Sunday school: 9:45 a.m.
- Sunday worship: 11 a.m.
- Sunday evening: 6 p.m.
- Wednesday night Bible study: 6 p.m.

Bro. Steve Tinsley, pastor

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Unity General Baptist Church

4691 U.S. 641 • Crayne, Ky.

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

Sunday School 10 a.m. • Sunday Worship 11 a.m.

Sunday Evening 6 p.m. • Wednesday Night Service 6 p.m.

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 General Baptist Church

Sunday School / 10 am

Sunday Morning Worship / 11 am

Sunday Evening Worship / 6 pm

Wednesday Bible Study / 6 pm

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Bro. Wesley Lynn, pastor

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224 W. Bellville St. • Marion, Ky.

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

Piney Fork

CUMBERLAND PRESBYTERIAN CHURCH

School 10 am

Worship 11 am

Bible study 6 pm

A new beginning, going forward and looking to the future

Ky. 506 | Marion, Ky.

Sugar Grove

CUMBERLAND PRESBYTERIAN CHURCH

585 Sugar Grove Church Road, Marion, Ky. | 270.965.4435

Wednesday Bible Study - 7 pm

Dennis Weaver, pastor

Sunday School - 10 am | Sunday Worship - 11 am and 6 pm

Life in Christ Church

A New Testament church

2925 U.S. 641, Marion

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

➤ Chris and Sue McDonald, pastors

Tolu United Methodist Church

Bro. Selby Coomer, Pastor

We invite you to be our guest

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The People of The United Methodist Church

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

Marion United Methodist Church

Open hearts. Open minds. Open doors.

The People of the United Methodist Church

Rev. David Combs, pastor

Wednesday Family Connection with meal 5:00 pm

Sunday school 9:30 am • Worship 10:45 am

www.the-press.com/MARIONUnitedmethodist.html

St. William Catholic Church

Sunday Mass 11 a.m.

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

Father Ryan Harpole

Marion Church of Christ

546 West Elm Street • (270) 965-9450

Sunday Bible Study: 9:30 a.m.

Sunday Worship: 10:30 a.m. and 6 p.m.

Wednesday Bible Study: 6:30 p.m.

- The end of your search for a friendly church -

Marion Church of God

334 Fords Ferry Road • Marion, Kentucky

Sunday School 10 a.m. • Morning Service 11 a.m.

Sunday Evening 6 p.m. • Wednesday Evening 6 p.m.

Where salvation makes you a member.

Lucy Tedrick, pastor

Frances Community Church

Bro. Butch Gray • Bro. A.C. Hodge

Wednesday night prayer meeting and youth service - 7 pm

Sunday school - 10 am • Worship service - 11 am

Crayne Community Church

Crayne Cemetery Road
Marion, Kentucky

Pastor, Bro. Tommy Hodge

Wednesday night Bible study, 6 p.m.

Sunday school, 10 a.m. | Sunday worship, 11 a.m.

Hurricane Church

Hurricane Church Road off Ky. 135 West

Bro. John Robertson, Pastor

Sunday school, 10 a.m. • Worship, 11 a.m.

Sunday and Wednesday evening services, 6:30 p.m.

Area Deaths

Gregory

Nina Elaine Gregory, 71, of Marion died Wednesday, Jan. 13, 2016 at her home. She was a member of Bay Valley Methodist Church, attended Vienna High School, Paducah Junior College in 1962 and University of Kentucky in 1986. She was a member of Phi Theta Kappa and is a Kentucky Colonel. Gregory worked in the healthcare industry for 32 years becoming chief financial officer and another 18 years in business becoming a senior accountant at the Carson Art Center in Paducah. Over the years, Gregory had received many letters of accommodation from the Kentucky Hospital Association-Advanced. She was a member of Healthcare Financial Management Association and the American Institute of Professional Bookkeepers Community Service.

Surviving are her husband John Gregory and children, Sheri Gregory and David Gregory, all of Marion; and a sister, Nancy Slack of Grantsburg, Ill.. Gregory was preceded in death by her parents, George Louis and Charlene Estes Slack.

Services were Saturday, Jan. 16 at Myers Funeral Home in Marion. Burial was at Maplevue Cemetery.

Guess

Marie Evangela Guess, 75, of Smithland died Jan. 12, 2016 at Lourdes Hospital in Paducah.

She was of the Pentecostal faith. Surviving are her husband of 49 years, Thomas Lester Guess of Smithland; daughters, Sherry Lasher of Hampton, Tammy Dunning of Hampton, and Rita Tabor of Calvert City; sister, Shirley Porter of Paducah; and grandchildren Amelia Tabor, Sydney Lasher, Brandy Johnson and Dalton Johnson.

She was preceded in death by her parents, Graves Hall and Katherine Farmer; sisters, Christine Alvey and Rosemary Herndon; brothers, Lewis Hall, Willard Hall, J.D. Hall and Thomas Hall. Services were Friday, Jan. 15 in the chapel of Boyd Funeral Directors and Cremation Services in Salem. Burial was at Tiline Cemetery.

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

KSP offers winter weather driving tips

If you are not already dealing with snow, chances are it's coming. Kentucky State Police are asking motorists to be aware and monitor current weather conditions before travel. Here are a few simple steps to help keep you on the road:

- Avoid travel unless neces-

Hansen

Funeral services for Juanita Kirk Hansen, 80, of Salem, were at Boyd Funeral Home in Salem on Sunday, Jan. 17 with burial at Salem Cemetery. Hansen was a member of Lola Pentecostal Church. She retired from the medical field which included over 20 years with Family Practice Clinic. After retirement, Hansen spent her golden years caring for her beloved husband and family.

She went home to be with Jesus and her departed loved ones on Wednesday, January 13, 2016, at 2:25 a.m., at Crittenden Hospital in Marion. She had resided several months at Salem Springlake Care Center.

She is survived by two sons, Ray Hansen and wife Maria of Cleveland Tenn., Todd Hansen (Veronica) of Salem; grandchildren, Ashley (Derek) Vinson of Lawton, Okla., Emily (Kris) Swift of Brownwood, Texas and Kyle (Lindsey) Hansen of Hickory, Ky.; six step-grandchildren; and 13 great-grandchildren.

Hansen was preceded in death by her parents Bice and Odie Jane Kirk; her husband of over 50 years Maxie Hansen; and eight brothers and sisters.

Condolences may left be left on line at boydfuneraldirectors.com.

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

Williams

Stella Louise Aders Williams, 66, of Marion died Thursday, Jan. 14, 2016 at Crittenden County Health and Rehabilitation Center. She attended Miracle Word Church.

Surviving are her daughters, Carolyn Graham and Michelle Belcher, both of Marion; sons, Timothy Ray Williams of Marion and Claude Raymond Williams III of Springfield, Mo.; brothers, Eddie and Billy Van Hooser, both of Tell City, Ind.; sisters, Mildred Lechner of Tell City, Ind., Dorothy Laswell of English, Ind., and Muriel Smitt of Evansville, Ind.; 10 grandchildren; 15 great-grandchildren; and five step-grandchildren.

She was preceded in death by her husband, Claude R. Williams II; daughter, Edith Rose Wells; three sisters; and a brother.

Services were Sunday, Jan. 17 at Gilbert Funeral Home in Marion. Burial was at Freedom Cemetery.

Dunbar

Betty Sue Dunbar, 77, of Fredonia died Friday, Jan. 15, 2016 at her home after a long illness. She was a homemaker, a farmer with Dunbar Farms and a 1957 graduate of Caldwell County High School.

She was of the Baptist faith.

Surviving are her husband, David Dunbar; a son, Charles Ray Dunbar (Robin) of Fredonia; a daughter, Laura Ann Brandon (Lester) of Princeton; five grandchildren: Joni Dowell, Bethany Edwards (Matthew), Amy Mullins (Cory), Jonathan Dunbar and Kristen Dunbar; five great-grandchildren, Jacob Tabor, Elijah Tabor, Annaleigh Edwards and Easton Edwards; and a sister, Sylvia Spurlock Thurman (Jim) of Marion.

She was preceded in death by her parents Regional Ray and Mary Florence Cotton Spurlock.

Services were Monday, Jan. 18 at Morgan's Funeral Home in Princeton with Rev. Jeff Boone officiating, assisted by Rev. Dean Ray. Burial was at Cedar Hill Cemetery.

Memorials may be made to Gideon's International, c/o David Mitchell, 9275 Cadiz Road, Princeton, KY 42445; Pennyroyal Hospice, 220 Burley Avenue, Hopkinsville, KY 42240; or Caldwell County Home Health, 1310 Hwy. 62W, Princeton, KY 42445.

Loveless

Jordan Tyrae Loveless, 16, of Hampton died Friday, Jan. 16, 2016.

He was a sophomore at Livingston Central High School and enjoyed hunting and fishing.

Surviving are his parents, Deitra Loveless and Larry Sims of Hampton; sister, Jacie Loveless of Hampton; brothers, Jaydon Loveless and Jackson Loveless, both of Hampton; uncle, Derek Loveless of Cadiz; paternal grandmother, Pam Sims of Madisonville; maternal grandparents, Larry Loveless of Sturgis, and Shelia Lawson of Cadiz; great-grandmothers, Janetta Jackson of Burna and Edna Grace Loveless of Mexico, Ky.; and several aunts, uncles and cousins.

He was preceded in by death by great-grandfathers, D.C. Loveless and Floyd Jackson.

Services are a 2 p.m., Thursday, January 21 in the chapel of Boyd Funeral Directors and Cremation Services in Salem with Bro. Timothy Sprouse officiating. Burial will be at Loveless Chapel Cemetery.

Visitation was scheduled to begin at 5 p.m., Wednesday, Jan. 20, 2016 at Boyd Funeral Directors and Cremation Services.

Hearrell

Stuart L. Hearrell, 59, died Dec. 25, 2015 in Scottsville, Ky.

Surviving are his step-father, Gene Lundstrom of Salem; and several cousins.

He was preceded in death by his parents, Paul Randolph Hearrell and Jean L. Tucker Hearrell Lundstrom; paternal grandparents, Earnest and Katie Willis Hearrell; and maternal surrogate grandparents, Holava and Sylvia Shuecraft.

Graveside services were Saturday, Jan. 16 at Lola Pentecostal Church Cemetery with Rev. John East officiating. Cremains will be interred at the cemetery.

Boyd Funeral Directors and Cremation Services in Salem was in charge of arrangements.

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News, Sports and More

Armstrong

Tony Armstrong, 56, of Marion died Friday, Jan. 15, 2016 at his home.

Surviving are his son, Shane Armstrong of Marion; and parents, Charlene and Gary Armstrong of Marion.

He was preceded in death by his daughter, Leslie Don Armstrong; and brother, Troy Armstrong.

Services were Monday Jan. 18 at Gilbert Funeral Home in Marion. Burial was at Love Cemetery.

Harrison

Juanita Frank Alvis Harrison, 97, of Marion died Monday, Jan. 18, 2016 at Crittenden County Health and Rehabilitation Center.

She was a homemaker and prior to retirement had been an Avon representative and manager at Dairy Queen.

Harrison was a member of Marion Baptist Church and

Crooked Creek Extension Homemakers Club.

Surviving are daughters, Glenda Lee Chandler of Marion and Margaret Jane Trout of Clarksville, Tenn.; four grandchildren; 10 great-grandchildren; and two great-great-grandchildren.

She was preceded in death by her first husband, Frank Alvis; a second husband, William Henry Harrison; a son, John Richard Alvis; parents, Frank and Ella Utley Higgins; three sisters; and two grandchildren.

Services are at 2:30 p.m., Saturday, Jan. 23 at Myers Funeral Home in Marion with burial to follow at Maplevue Cemetery. Visitation will be from 11 a.m., until the service hour Saturday at the funeral home.

Memorials may be made to Crittenden County Health & Rehab Center, Resident's Activity Fund 201 Watson Street, Marion, KY 42064.

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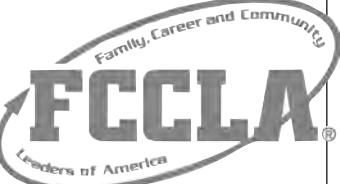
Calendar items for coming days

- Evening Belles Home-makers will meet at 12:30 p.m. today (Thursday) at the Crittenden County Extension Service office. Extension Homemakers is a part of the state organization. New members are always welcome.

- Quilt Club will meet at 9:30 a.m. Monday at the Crittenden County Extension Service office. New members are always welcome from beginners to advanced. There are different lessons every month. Call the Extension office at (270) 965-5236 for more information.

- Homemaker Leader Lesson will be at 5:30 p.m. Monday at the Crittenden County Extension Service office. Call the office at (270) 965-5236 for more information.

- 4-H Homeschool Club will meet at 2 p.m. next Wednesday at the Crittenden County Extension Service office. Call the office at (270) 965-5236 for more information.



CCHS to host FCCLA STAR event Jan. 30

Crittenden County High School will be hosting this year's Students Taking Action with Recognition, or STAR, events competition for FCCLA. The competition, to be held on Jan. 30, is to recognize students in various events that allow them to explore careers, develop innovative new ideas and explore options in their family sciences studies.

STAR events help develop public speaking skills, allow students to interact with new people and give them a sense of responsibility. Each event and activity is designed to help members develop specific lifetime skills in character development, creative and critical thinking, interpersonal communication, practical knowledge and career preparation.

Anyone in the community who may be interested in getting involved with the event may contact the school at (270) 965-2248.

Senior calendar for coming days

Crittenden County Senior Citizens Center is open weekdays 8 a.m. to 4 p.m. Lunch is served at 11:30 a.m. each day and is \$3 for those 60 and older or \$5 for those under 60. Milk, coffee or tea are available each day. Reservations are requested by 9 a.m. Upcoming activities and menu include:

- Today: Menu is oven-fried chicken, baked sweet potato, buttered broccoli, whole wheat roll and pears.

- Friday: Bingo begins at 10:30 a.m. Menu is baked spaghetti, broccoli salad, whole wheat garlic breadstick and Mandarin oranges.

- Monday: Ladies' exercises will be led at 9:45 a.m. by Full Body Fitness Studio. Menu is baked potato soup, chicken drumstick, seasoned peas, cornbread and fruit cobbler.

- Tuesday: Craft Day starts at 10 a.m. Menu is pulled pork with gravy, mashed potatoes, carrots, cornbread and brownie.

- Wednesday: Menu is sweet and sour chicken, rice, spring roll, green beans, dreamside gelatin and fortune cookie.

- Next Thursday: Menu is beef pot roast with gravy, mashed potatoes, squash casserole, whole wheat roll and fruit cobbler.

All menu items are subject to change based on availability. Every day, the center at 210 N. Walker St. in Marion offers billiards, card games, Wii games and the use of exercise equipment. Call the center at (270) 965-5229 for further information. The center is a service of Pennyryle Allied Community Services. Aging Coordinator Jenny Sosh is the director of the center.

Images in news can disturb children

From the recent events in Paris, France, San Bernardino, Calif., and even in our own Crittenden County schools, talk of terrorism and violence is there every time you turn on the news. As hard as it is for us as adults to make sense of these senseless acts, it's even harder for children to do so. Talking to your children about terrorism, violence and war is not easy, but it can go a long way in making them feel safe, secure and loved.

Ways you can help your child will be different based on your child's age, knowl-



edge of the situation and unique personality.

Try to limit news footage of disturbing images, as these can cause increased anxiety and sadness, especially in younger children. If you find your child in

front of the television when disturbing footage is being aired, remain calm and try to take their attention elsewhere. Possible diversions include offering to play with them, asking them about their day or reading a book together.

Always be willing to listen to and answer your child's questions but realize not every child will want to talk about the subject. Allow them to bring it up in their own time. Don't force children to talk about the events until they are ready.

When the subject is brought up, try your best to

correctly and honestly answer your child's questions. Talk about the subject in terms of "harmful acts" rather than "evil people," as this can help minimize stereotypes of a particular group of people. Remind children that most people are good and do not believe acts of violence solve problems. Ask your child to remember a specific moment when someone was kind to them or to your family.

While you can't promise your children that these events will never happen in their community or affect people they know, you can

reassure them that there are people who are doing their best to ensure their safety – people like police officers, firemen and government officials who work to keep everyone safe.

For more information on family-related topics, visit the Crittenden County Cooperative Extension Service office.

(Editor's note: Thays Flores is the agent for Family and Consumer Sciences with the University of Kentucky Crittenden County Cooperative Extension Service. She can be reached at (270) 965-5236.)



PHOTO BY DARYL K. TABOR, THE PRESS

Volunteer effort

Carol Harrison sat down with Kurt Lowe of Crittenden County last Thursday at Crittenden County Public Library for a training session on computer and Internet use. Lowe wants to get better versed on technology so he can engage in social media. Now retired from the school system, Harrison spent 17 years at Crittenden County Elementary School as technology instructor, teaching students a curriculum that covered the basics of keyboarding to focusing on how to use both a computer and the Internet responsibly. To stay active, she volunteers at the library to offer free sessions on computer use. To schedule a session, contact the library at (270) 965-3354.

‘Mad Men’ among new library DVDs

STAFF REPORT

Crittenden County Public Library has numerous new DVDs available for check-out, including some of 2015's blockbuster Hollywood movies and popular television series like "The Walking Dead" and "Mad Men." Library Director Regina Merrick said the following DVDs are new to the shelves:

- Rated PG**
- "Inside Out."
 - "Home."
 - "The Second Best Exotic Marigold Hotel."
 - "Tomorrowland."
 - "Cinderella," live action.

- Rated PG-13**
- "Insidious" trilogy.
 - "Avengers: Age of Ultron."
 - "Pixels."
 - "Furious 7."
 - "The Visit."
 - "San Andreas."

- "Fantastic 4."
- "Age of Adeline."
- "Maze Runner: The Scorch Trials."
- "Paper Towns."
- "Mission Impossible: Rogue Nation."
- "Ant-Man."
- "Pitch Perfect 2."
- "The Man from U.N.C.L.E."
- "Poltergeist," 2015 remake.

- Rated R**
- "Mad Max: Fury Road."
 - "Trainwreck."
 - "Spy."
 - "The Gallows."
 - "Vacation," 2015.
 - "Ted 2."
 - "Southpaw."

- TV Series**
- "The Walking Dead," seasons 1-5.
 - "Mad Men," seasons 1-5.
 - "Breaking Bad," seasons 1-6.

New materials are regularly added to the shelves at the library, including the ever-popular adult fiction books and New York Times Best Sellers. A list of new books can be found in The Crittenden Press periodically. You may also browse the card catalog online any time at Crittenden Library.org.

The library offers periodicals, a reference section that includes local genealogy information, back issues of The Crittenden Press, a variety of children's programming, e-books, e-magazines, adult computer classes, free WiFi and public computer use and more.

The library is open from 9 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday and from 9 a.m. to 1 p.m. on Wednesday and Saturday. For more information, visit the library online or call (270) 965-3354.

NEWS BRIEFS

Gilbert named to Capital dean's list

A local teen was recognized for academic achievement at Capital University in Columbus, Ohio.

Travis Gilbert of Marion, a sophomore, was named to the dean's list for the fall 2015 semester. In order to be named to the dean's list, full-time, degree-seeking students must have achieved a GPA of at least 3.5.

Capital University is a private four-year undergraduate institution and graduate school.

McDowell named to president's list

A local teen was recognized for academic achievement at Kentucky Wesleyan College in Owensboro.

RaKara McDowell of Crittenden County was named to the president's list for the fall 2015 semester. In order to be named to the president's list for superior academic achievement, students must attain a 4.0 GPA while carrying a minimum of 12 semester hours.

President Rhoads to retire from MCC

Madisonville Community College President Judith L. Rhoads is retiring March 18. She has served as president and CEO of MCC since 1998.

Her first significant challenge as president of MCC was to preside over the consolidation of Madisonville Community College and Madisonville Technical College. MCC was the first community college in the Kentucky Community and Technical College System to undertake such a merger.

Under Dr. Rhoads' leadership, MCC has placed itself among the highest performing public community colleges in Kentucky and the nation. Since 1998, MCC's enrollment has increased by 70 percent. The college has awarded over 6,500 associate degrees since 1998 and over 15,000 total credentials to students.

Dr. Rhoads is a graduate

of Murray State University, earning her master's degree in psychology from Austin Peay University and her doctorate in human resource development from Peabody College of Vanderbilt University.

She resides in Madisonville with her husband, former state Sen. Jerry Rhoads.

Murray professor named to Ky. Board

Dr. Susan Edington, assistant professor and early childhood and elementary education program coordinator at Murray State University's Madisonville Regional Campus, has been named to the Kentucky Board of Education. She represents the First Supreme District and replaces Dr. Jay Parrent.

Edington will serve for the remainder of the unexpired term ending April 14, 2018.

She holds a Bachelor of Arts in English from Kentucky State University, a Master of Arts in Education in Secondary English Education from the State University of New York, a Master of Science in School Administration from Murray State University and her Doctorate of Education in Educational Policy Studies and Evaluation in Higher Education from the University of Kentucky.

She resides in Madisonville with her husband Dan.

Fund set up to help Lyon County family

An account has been set up for the family of Robby and Ashley Brown Stewart and their son, 3, at First Southern Bank on West Washington Street in Princeton. The Lyon County family was recently involved in an auto accident.

Robby remains hospitalized and will require rehabilitation for several months.

Donations may be made by phone (270) 365-3545 or (270) 365-5151 or mailed to: P. O. Box 379, Princeton, KY 42445. You may also stop by the main or branch bank.

Woman's Club of Marion hosts homeschooling presentation

By NANCY HUNT
WOMAN'S CLUB OF MARION

Homeschooling is not unique in today's world, but not everyone understands it, according to Becky Combs of Marion. Combs presented an overview of home-schooling and how it has impacted her family at the January meeting of the Marion Woman's Club.

Combs and her husband David made the decision to homeschool so their children would receive a strong religious education. Other reasons parents decide to home-school include being able to customize or individualize the curriculum and learning environment for each child, bullying issues, special needs, academics, socialization or a combination of these.

Homeschooling was defined by Combs as "parent-led, home-based education." It began in the 1960s and

today, more than 2.2 million children are homeschooled in the U.S. Each state sets its own laws concerning it.

Kentucky requires the local school district be notified by letter during the first two weeks of the district's school year of the names of the students who will be homeschooled. Also, attendance records must be kept and they are required to have the same number of instructional days as public schools.

Home schools are required to teach a variety of subjects which include reading, writing, spelling, grammar, history, mathematics and civics. Kentucky does not require homeschooled students to take any standardized test, but Combs said, "I test my children so I can tell if they are falling behind in a subject plus it helps them to prepare for college entrance exams."

With David being a

Methodist preacher, the family has lived in several cities and has always taken part in home-school support groups. There are approximately 54 of these support groups in Kentucky. The current group Combs and her children participate in is based in Princeton and has nearly 50 families from Caldwell and surrounding counties.

"One of the biggest benefits for homeschooling in our family is the time I get to spend with my children," Becky said. "School work is done around the dining table where the different ages interact and support each other."

She says she never worries about her children developing social skills with others due to the many opportunities in the community. Her children participate in 4-H, field trips, volunteer activities and church activities.

Becky Zahrte presided over the business session of the Woman's Club of Marion meeting. A nominating committee consisting of Carolyn Belt, Kathy Bechler and Zahrte was appointed. The bylaws committee requested input on changes needed. The bylaws committee members are Ginger Boone, Sandra Belt and Nancy Hunt.

Hostess committee for the meeting was Hunt, Bechler, Judith Ann Manley and Susan Alexander. Winner of the door prize was Linda Schumann.

The next event for the club is their annual meeting and membership lunch on March 5. General Federation of Women's Clubs Kentucky President Alexander will be the keynote speaker. Guests are invited to attend and reservations can be made by contacting Zahrte at (270) 978-3328.

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R

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PG-13

Jennifer Lawrence in Joy

Fri. 6:45 • Sat. 4, 9:20
Sun. 1, 6:45 • Tues. & Thurs. 6:30

PG-13

Ride Along 2

Fri. 3:30, 6:45, 9:15 • Sat. 1, 4, 6:45, 9:15
Sun. 1, 3:45, 6:45 • Mon.-Thurs. 6:30

R

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Livingston teens killed in wreck

STAFF REPORT

Two Livingston County teens were killed early Saturday morning in a single-vehicle accident in Smithland.

According to Kentucky State Police, Jordan Loveless, 16, of Hampton and Katie McFarland, 18, of Ledbetter were killed when a 2002 Hyundai Elantra driven by McFarland exited the right side of the roadway, overturned as it went down an embankment and struck a tree, catching fire. Both were pronounced dead at the scene by the Livingston County Coroner.

The wreck occurred around 12:30 a.m. Saturday about three miles south of Smithland on Ky. 453.

According to Livingston Central High School's Facebook page, McFarland had just graduated in December through the school's open campus. Loveless was a sophomore.

Visitation for McFarland is today (Thursday). Loveless will be buried today. (See obituary, Page 7A.)



Loveless



McFarland

Blue Knights host regionals, close in on state

STAFF REPORT

On Saturday, Crittenden County's Blue Knights chess team competed in the Quad A Regional Chess Tournament held in Marion. Each section had to place in the top four to advance to state. Crittenden once again proved their dominance in the region.

The K3 section trailed Murray Elementary all the way until the fourth and final round. They were able to come out on top, though, beating Murray for the first time this year by one point to claim the championship.

Individually, Hayden Hildebrand placed second; Wyatt Russell, third; Zak Smith, sixth; and NaiZayah Bell, eighth.

The K5 section tied for first against Lone Oak Intermediate School. Individually, Evan McDowell placed third; Marley Phelps, eighth; Abbey Swinford, 10th; Mya Moore, 17th; and Koby Williams, 20th.

The K8 held on to a first place lead during most of the tournament, but was unable to hold off a last round charge from Murray Middle



Winters

School. However, the Blue Knights were able to come away with their second, second-place finish in a row. Murray Middle edge them out by one point.

Individually the Blue Knights had everyone place in the top 10. Cole Swinford placed second; Gage Russell, third; Skyler James, fourth; Dominic Rorer, seventh; and Chase Stevens, ninth.

The K12 team had their hands full with five teams competing for the top four slots and a chance to advance to the state team tournament this spring. Crittenden County was able to hold on to the third place slot and secure a place in the state championship.

Individually Benny Tucker placed sixth; Clay Stevens, ninth; Gage Moore, 11th; and Brandon Wilson, 15th.

The Blue Knights will compete in the state team championship tournament on March 26 in Shepherdsville.

The team is coached by Don Winters, a systems engineer with the local school district.



PHOTOS BY CHRIS EVANS, THE PRESS



Above, Koby Williams, a member of Crittenden County's Blue Knights chess team, compete Saturday in the Quad A Regional Chess Tournament held at the multi-purpose room of Crittenden County High and Middle schools. At left, Clay Stevens makes his move against an opponent. Williams placed 20th in the K5 division and Stevens finished ninth in K12. During the tournament, the K3 section took first, K5 earned a tie for first, K8 placed second and K12 came away with third place.

VOICE

Continued from Page 1

grandmother was in a bluegrass gospel band for years, and his parents, Bruce and Christy, are musically inclined. In fact, his father is music leader at Main Street Baptist Church in Marion.

"When I was a kid in the car with my mom, there was always music on the radio, and we were always singing," he recalls. "My sister is a singer, too."

His mother has a soprano voice and dad is a deep bass.

"I got the best of both of them," says Guess. "I am right in the middle."

He started singing at church at age 12 with the encouragement of youth ministers Wayne and Kanley Hadfield.

"It was kind of a surprise to everyone because I was a very shy kid back then," said the aspiring minister. "When I started singing, it broke me out of my shell and made me more outgoing."

After teaching himself to play the bass and guitar, Guess started teaching others. A bachelor, he gives most free time to the Lord, working as a volunteer youth worship leader and for Celebrate Recovery at a couple of area churches.

He sings to glorify God and believes he will one day be a minister. The calling is there, it's just a matter of timing, he



SUBMITTED PHOTO

Adam Guess of Marion will be auditioning Saturday in Memphis, Tenn., for NBC's popular talent show "The Voice." Also trying out will be Stephanie Allen of Crittenden County.

says.

After his 2 p.m. audition at Memphis this weekend, it will be a few days before he learns if "The Voice" will come calling, too. He will be prepared to sing "Hallelujah" by Leonard Cohen and "The River" by Jordan Feliz. And as all other performers in the series, he must do it a cappella – without any instrumental accompaniment.

An experienced 'Voice'

Stephanie Allen knows what to expect when she shows up Saturday for an open audition on "The Voice." The mother of two who relocated to Crittenden County as a result of her husband's em-

ployment with Siemens, auditioned last summer for "The Voice" and previously in 2012.

"I thought I did very well last year, I sang 'Hanging On' by Elle Goulding," said Allen, 32, who sings regularly in the Marion Baptist Church choir. "I just don't think they were looking for someone like myself."

Allen took voice lessons through high school and has been singing in church choirs and praise teams her whole life.

"I was on point with my song, and I did my best, so I was much happier with my



Allen

audition last year than the first time," she said.

The a cappella audition takes place in front of one producer who announces right away if singers are invited for a follow-up audition a couple of days later.

"If you get a call-back, you sing in front of a larger group of people with a track, and if they like you, you're on the show for the blind auditions," explained Allen.

She hasn't decided whether she will sing "Rolling in the Deep" by Adele or "Burning House" by country artist Cam.

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presents....

A Fireside Chat

led by Kathleen Guess

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Jan. 26, 7 p.m., Fohs Hall

Partial funding has been provided by The Kentucky Arts Council a state agency in the Education, Arts and Humanities Cabinet with support from the National Endowment for the Arts

NWTF

Continued from Page 1

mas. He said a formal announcement about the land deal will likely be made during the NWTF National Convention next month in Nashville, Tenn.

"I anticipate an intensive management plan for the property for turkey, whitetail deer, quail and ducks," the biologist said.

Lupardus explained that the NWTF has an ongoing initiative to acquire lands like this across the United States to promote hunting and conservation. He said NWTF has been aggressively purchasing such lands over the past two years. In fact, the organization also received title to more than 4,500 acres of Alabama land from the same Atlanta-based investment group that offered the Dycusburg property for a nominal price.

Deed to the land had passed through a couple of corporate hands over the past six or eight months, mostly as merger transfers. It appears NWTF received title to the land for about \$50. It had sold only a few years ago for more than \$1 million by owners of a former ATV park that was operated at the site.

Paddy's Bluff is named for a legendary Irish settler and frontiersman who is said to have ridden a mule off the bluff, plummeting into the

river below.

Crittenden County Judge-Executive Perry Newcom isn't too excited about the deal. He says it derailed a quarry and port that could have brought jobs and great economic benefit to the community.

"It was done for tax credit purposes, the way I understand it," Newcom said about the transferring of ownership to NWTF. "Lost are jobs and revenue for our citizens and those in the surrounding area."

He said those potential jobs could have gone a long way toward easing some of the economic strains in coal mining. He said tax loopholes appear to have had a detrimental effect upon this planned project.

The proposed quarry site and its previous owner had been the last couple of years under federal inquiry by the Corps for allegedly violating terms of use by removing graves from a frontier cemetery located on the property. The original application for a permit to create a rock quarry and loading facility on the river's shore was made in 2011. Progress on development of the quarry hit a snag in 2014 when a formal complaint was filed by local residents concerned with removal of the graves from the Bunton Cemetery. The Corps of Engi-



Newcom

neers held a public hearing on the matter and spent almost two years investigating it. As of last week, the Corps was still considering the mining and port permit.

Lee Roberts, a public affairs specialist for the Corps, said Friday that the permit application is still active. The Corps was unaware that the property had been transferred to a conservation trust.

About 200 acres of the larger Paddy's Bluff site had been targeted for permitting. However, all indications are that the entire property – including the target area – was part of the deal with the NWTF.

"Currently, we have an action pending on the application. We are working with the applicant and the Kentucky State Heritage Council to resolve the loss of potential historic information that occurred when the Bunton Cemetery was removed," Roberts said. "We are unaware of any property transfer involving the National Wild Turkey Federation that would affect the pending application."

Roberts did say, also, that there is "no affirmative requirement" for an applicant to withdraw an application to the Corps once an applicant's stated purpose has been abandoned. Yet, most do, he said.

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EMMUS HILL...3 BR, 2 BA home situated on approx. 12.25 acres of woods, in Crittenden County, KY. Features: large den w/views of wildlife most anytime you look out the window, new water heater, carpet, resealed driveway, seamless gutter, new vent less gas heater, roof replaced in 2012, new entry & screen doors, septic tank pumped, gutter and drains installed in 2013, new fring in 2014, sidewalk installed, gas range 2015. cc

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SALE PENDING

MARSHALL COUNTY

KENTUCKY LAKE ...2 BR, 2 BA home on 2.1 acres. Features eat in kitchen, hardwood floors, gas heat & air, 2100 SF shop building wired 220, 1 car detached garage, upper & lower deck overlooking the lake. Covered dock slip with power / water. jd

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BASKETBALL

Upcoming Schedule

CCHS Basketball
THURSDAY
Boys host Hardin County, Ill.
Girls at All A Classic, Eddyville
FRIDAY
Boys at Tri-River Tourn., Eddyville
TUESDAY
Girls at Union County
Boys host Union County

2nd REGION All A Classic
Girls Basketball Tournament
OPENING ROUND
Crittenden 47, UHA 30
Livingston 70, Dawson 47
THURSDAY, Jan. 21 at Lyon
Livingston vs. Caldwell, 6 p.m.
Crittenden vs. Lyon, 7:30 p.m.
SATURDAY, Jan. 23 at Lyon
Championship, 7 p.m.

Tri-River Tournament
Boys Basketball Tournament
at Lyon County High School
TUESDAY
Crittenden 58, Livingston 33
Lyon 85, Christian Fellowship 41
FRIDAY, JAN. 22
Consolation game, 6pm
Championship, 7:30pm

Rocket schedule change
A high school basketball game scheduled for February has been moved to tonight (Thursday) at Rocket Arena. The game is between Crittenden County's boys' team and Hardin County, Ill.

OUTDOORS

Hunting seasons

Rabbit, Quail	Nov. 16 - Feb. 10
Squirrel	Nov. 16 - Feb. 29
Western Goose	Nov. 26 - Jan. 31
Pennyrile Goose	Nov. 26 - Jan. 31
White-front Goose	Nov. 26 - Jan. 31
Snow Goose	Nov. 26 - Jan. 31
Wilson Snipe	Nov. 26 - Jan. 31
Duck	Dec. 7 to Jan. 31
Snow Conservation	Feb. 1-5
Snow Conservation	Feb. 8 - March 31
Youth Waterfowl	Feb. 6-7
Coyote Nighttime	Feb. 1 - May 31
Coyote Daytime	Year Round

Record deer harvest here
This year's whitetail deer season came to an end early this week with Crittenden County hunters taking a record number of animals. The total harvest for 2015-16 was 3,358 deer. That eclipses the previous record set last year at 3,324. Statewide, the 155,705 deer harvest also set a new record. Of those deer taken this season in Crittenden County, 1,683 were male. Only six times in the history of modern, regulated deer hunting has this county given up more than 3,000 whitetails, including the last four years. Livingston County also set a new harvest mark this season as hunters there bagged 1,997 deer. The previous high mark was 1,840 in 2004.

Coyote contest coming
The annual coyote contest sponsored by Hodge's and Marion Tourism will be held during a 24-hour period starting at sundown Friday, Feb. 19 and ending at 5 p.m., Saturday, Feb. 20. This includes opportunities to hunt coyotes during nighttime hours. This contest is for two-man teams and cost is \$20 per team. Teams must register at Hodge's by Feb. 19 by 5 p.m.

LBL turkey quota hunt
Turkey quota hunt applications for Land Between the Lakes will be available Feb. 1 through Feb. 29. Hunters may apply online at [lblquotahunt.hometracker.com](#) or by phone at 270-924-2065. There is a fee to apply, \$5 online and \$7 by phone. Quota hunts are: Youth April 9-10, Adult April 12-13 and Adult April 16-17. The non-quota turkey season at LBL is April 18 through May 1.

BASEBALL

Dugout Club meeting

Crittenden County Dugout Club will meet at 5:30 p.m., Thursday, Feb. 11 in the basement at Marion United Methodist Church. The club will be discussing plans for the upcoming recreational baseball and softball seasons hosted at Marion-Crittenden County Park. There will be some discussion about whether to keep the youngest division as a kickball league or to go back to T-ball. There will also be discussion of new rules for girls' softball's hybrid 10-under league. The meeting is open to the public and anyone who wishes to have more information may call 270-704-0435. The club is looking for new members to help organize and operate the league.



Junior forward Kiana Nesbitt battles for a rebound during Friday's Fifth District win at Trigg County.

Rockets blast Livingston with pesky defense, patient offense

STAFF REPORT
Better in 2016.
That is how Rocket coach Denis Hodge describes his basketball team.
Indeed, Crittenden County continues to improve and already it has two wins in the new year after going oh-fer in December.
The Rockets bombed Livingston Central 58-33 Tuesday at Eddyville in a game that was never close. Crittenden ran out to an early 22-5 lead and never looked back.
“Our defense was the difference tonight,” Hodge said. “We’re getting better, gradually learning our offensive options.”

The team’s offense was patient and methodical against Livingston’s zone defense. Four Rockets were in double figures, led by guard Will Tolley with 18.

This game supplants what would have been the All A Classic. Instead, Crittenden, Livingston and Lyon are boycotting the small-school tournament hoping to get private schools that offer scholarships out of the All A Classic. The Rockets are scheduled to play Lyon County Friday in the Tri-River Tournament championship.

Trigg gets upper hand in 2nd half
Crittenden played the Wildcats to a stalemate for about 12 minutes Friday at Cadiz. The Rockets even led twice, once in the first period on a layup in transition by Dylan Hicks, and again on a foul shot by Logan Belt to start the second period.

Trigg managed to pull ahead late in the first half when their guards started contributing to scoring. Damaría Nance and Devron Triplett hit a couple of threes to light the fire.

Big Wildcat center Detaveon Day was virtually unstoppable around the basket. He scored 13 of his 23 points in the first half. Day finished with 14 rebounds.

Rocket bigman Dakota Watson also had a stellar game, matching Day in points and grabbing eight rebounds.

Much of the difference in the contest can be attributed to Trigg’s pressing defense. When the Wildcats deployed heavy pressure in the third period, it created a number of scoring opportunities for the hosts, who went on a 11-0 run to seal the deal.

Trigg remains undefeated in league play, capturing their 11th

Fifth District Standings		
BOYS		
Team	Overall	District
Trigg County	12-5	6-0
Lyon County	8-9	4-2
Livingston Central	4-12	1-4
Crittenden County	2-16	0-5

ROCKET STATISTICAL LEADERS		
Player	Pt. Avg.	Reb. Avg.
D.Watson	9.9	5.0
D.Hollis	8.8	3.6
G.Dickerson	7.3	2.9
D.Hicks	5.1	2.0
W.Tolley	4.9	2.4
L.Belt	4.5	1.5

win in 16 outings.
Rockets at Marshall
The Rockets were no match for First Region Goliath Marshall County. The Marshals buried the Rockets under a barrage of good shooting, sprinting out to a 36-15 lead by halftime. Dylan Hollis scored a team-high 18 for Crittenden.

Tri-River Tournament
Crittenden 58, Livingston 33
Crittenden County 16 13 16 13
Livingston Central 5 5 6 17
CRITTENDEN – Hicks 10, Hollis 6, Watson 11, Dickerson 10, Tolley 18, Stephens, James, Coleman 1, Belt, Myers, Towery 2, Nesbitt. FG 22. 3-pointers 3 (Tolley 2, Hicks). FT 11-24. Fouls 16.
LIVINGS TON – Head, Dean 1, Hosick 11, Ringstaff 2, Kitchens 3, Mayhugh 2, Rittenberry 1, Bebout 5, Vaughn, Stafford 2, Wood 3, Ecker, Sherer. FG 11. 3-pointers 2 (Wood, Ecker). FT 9-21. Fouls 17.

Marshall 67, Crittenden 33
Crittenden County 11 4 11 7
Marshall County 21 15 13 18
CRITTENDEN – Hicks 5, Hollis 18, Watson 6, Dickerson, Tolley, Stephens 2, James, Coleman, Belt 2, Myers, Boone, Towery, Nesbitt. FG 13. 3-pointers 3 (Hollis 2, Hicks). FT 2-8. Fouls 9.
MARSHALL – Riley, Cavitt 3, Pigg 14, Nichols, Smith 5, Morgan 2, Jally 2, Walters 18, French 8, Reed 6, Thurmand 5, Harvey 4. FG 27. 3-pointers 6 (Pigg 4, French, Smith). FT 7-11. Fouls 10.

Trigg 67, Crittenden 54
Crittenden County 14 14 5 21
Trigg County 14 24 15 14
CRITTENDEN – Hicks 2, Hollis 12, Watson 23, Dickerson 6, Tolley 4, Stephens 3, James 1, Coleman, Belt 3, Myers. FG 18. 3-pointers 4 (Hollis 2, Dickerson, Tolley). FT 14-21. Fouls 12.
TRIGG – Nance 16, Bingham 5, Triplett 11, Day 23, Acree 7, Daniel 3, Ladd, Bush, Barnes, Shermwell, Ahart, Deason 2, Grubbs, Cortner, Brown. FG 28. 3-pointers 5 (Nance 2, Bingham, Triplett, Daniel). FT 6-10. Fouls 17.

LADY ROCKETS ALL-IN

Crittenden’s second half grabs first-class ticket to All A semis

STAFF REPORT
It was the worst of times; it was the best times. Snatching a phrase from Dickens’ novel accurately illustrates the Lady Rockets’ opening-round win in the All A Classic Monday night at Marion.
It was a Tale of Two Halves.
Crittenden County (9-10) struggled in the opening 16 minutes, just hanging on by a thread as University Height’s center-turned-guard Anshanique Leavell threw up 17 points. Indeed, Leavell had matched the Lady Rockets’ first-half offensive output. But after trailing 25-17 at the break, CCHS unleashed perhaps its best half of basketball, balancing offense with defense and winning 47-30.

The victory pits Crittenden against a familiar foe, Lyon County. The CCHS girls have faced Lyon 13 times over the past five years – the most of any opponent – and have lost a dozen. Crittenden has been painfully close in both games this season and coach Shannon Hodge is quick to point out that her team hasn’t been at its best in both outings.

Hodge wasn’t pleased with the way things started against UHA, but she said it turned on a dime.
“I was not pleased with defense in the first half and we did not execute offensively,” she said. “We made some adjustments defensively and put Cassidy on (Leavell). And Kiana (Nesbitt) did a great job on (Jordon Hornbuckle).”

The coach knew her team was getting good looks at the basket against UHA, but the shots were not falling early. Crittenden made just 1-of-12 fielders in the second period, missing six straight at one point while the Lady Blazers forged ahead by eight.

On fire offensively in the second half, Crittenden missed just once from the floor in the fourth period and shot 11-for-16 the last half.

Cassidy Moss led CCHS with 19 points and the girls got balanced scoring from the rest of the lineup. At Trigg County on Friday, Crit-

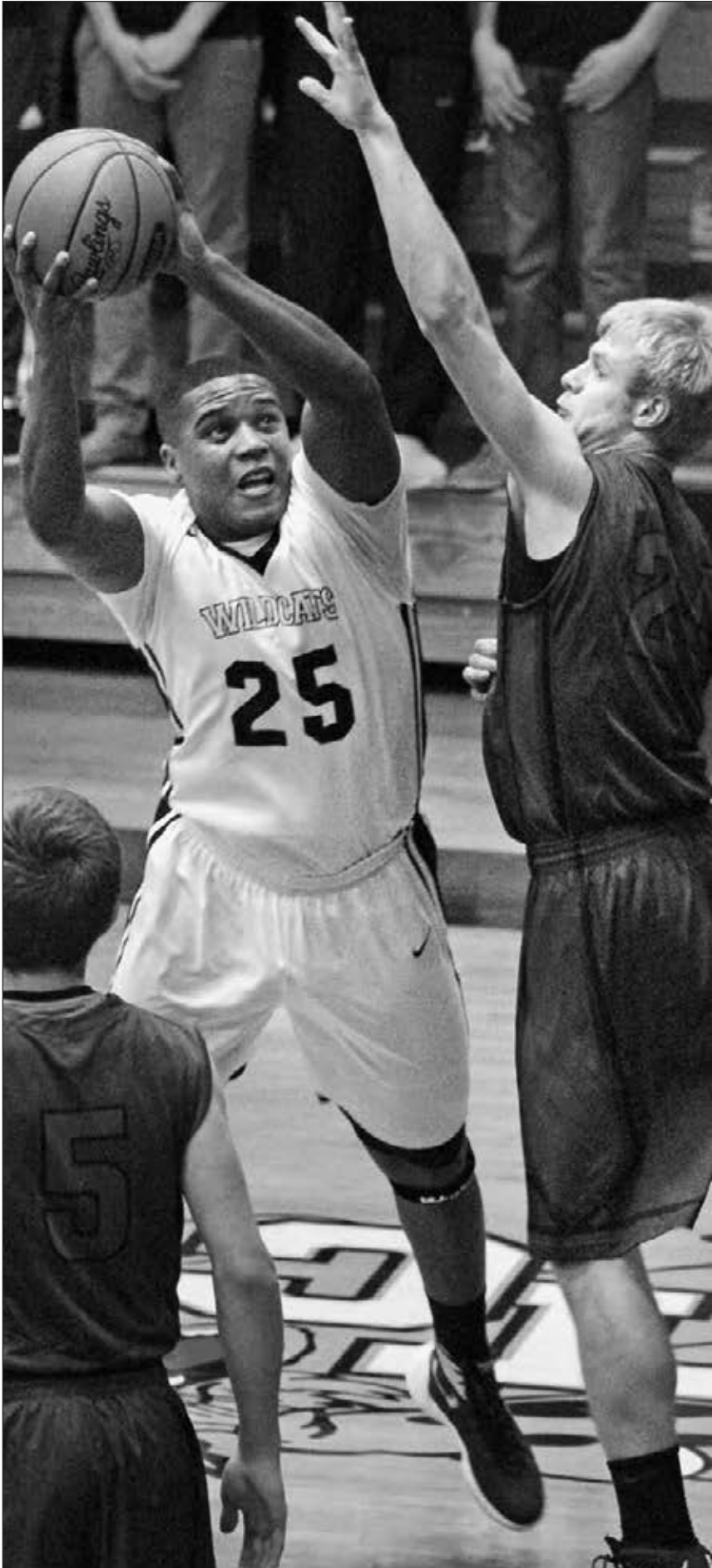
Fifth District Standings		
GIRLS		
Team	Overall	District
Lyon County	12-2	6-0
Crittenden County	9-10	3-2
Livingston Central	4-10	2-3
Trigg County	7-10	0-6

tenden won a key Fifth District victory, setting up a final league showdown against Livingston Central next week. Trigg held tight for a half, but Crittenden went on a 12-2 run in the third period to pull away. Crittenden has a one-game lead in the standings over the Lady Cardinals.

Crittenden 47, UHA 30
University Heights 13 12 2 3
Crittenden County 13 4 13 17
UHA – Pantiere, A.Day, Leavell 18, Cansler, Hendricks 2, Hornbuckle 8, Allen, Covington, Alm, Hamby 2, Hall. FT 12. 3-pointers none. FT 6-8. Fouls 18.
CRITTENDEN – Moss 19, Lynch 8, Champion 5, Pierce, Evans 6, Nesbitt 7, Collins, Summers, Perryman 2, Woodward. FG 17. 3-pointers 1 (Champion). FT 12-18. Fouls 12.

Webster 57, Crittenden 33
Webster County 11 13 18 17
Crittenden County 2 15 9 12
WEBSTER - Austin, Keeney 2, Braden, McDyer, Payne, Hinton 2, Winstead 2, Duncan 7, M.Austin, Warford, Harris, Winters 10, Hartman, Gibson. FG 20. 3-pointers 3 (Keeney 2, Gibson). FT 12-15. Fouls 11.
CRITTENDEN - Moss 10, Champion 2, Pierce 3, Evans, Nesbitt, Collins 6, Lynch 6, Summers, Perryman 4, Woodward 2. FG 15. 3-pointers 1 (Pierce). FT 2-3. Fouls 18.

Crittenden 54, Trigg 37
Crittenden County 18 15 8 12
Trigg County 12 8 6 11
CRITTENDEN - Moss 15, Champion 9, Pierce 13, Evans 2, Nesbitt 2, Lynch 4, Collins 1, Summers 2, Perryman 5, Woodward 1. FG 19. 3-pointers 3 (Moss, Pierce, Perryman). FT 13-18. Fouls 9.
TRIGG - Slone 2, Martin 21, Gray 6, Oliver 8, Noffsinger, Bush, Redd, Rhone Shelton, Sunakawa, Hughes, Grubbs. FG 17. 3-pointers 1 (Martin). FT 2-4. Fouls 15.



Trigg County senior Detaveon Day drives to the basket against Crittenden County’s Dakota Watson in Friday’s game at Cadiz. The two big guys scored 23 points apiece. Day averages 16 points and 10 rebounds.

Classifieds

The Crittenden Press

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DUI

Continued from Page 1

phoned in a complaint of a driver suspected of operating under the influence. The other three since Jan. 9 were from traffic stops made by city officers. In one case, the suspect tried to elude the policeman.

The county has also seen an unexplained spike in DUIs. Crittenden County deputies have made a half-dozen arrests over the past four weeks. Several of the drivers were cited following wrecks. Half were females, the sheriff's office reports.

First-offense DUI is a misdemeanor punishable by up

to 30 days in jail, a mandatory substance abuse program, 30 to 120 days license suspension and possible community service. Penalties increase on subsequent offenses. A fourth-offense within a five-year period is a Class D felony with minimum jail time of 120 days.

Kentucky legislators are currently considering changing that five-year period to 10 years, thus strengthening DUI laws in the state.

Coincidentally, Marion residents are set to go to the polls March 22 to decide whether to allow liquor by the drink in restaurants seating 50 or more people. The date of the special election was finalized Tuesday.

Jurors recommend pay increase for jail staff

STAFF REPORT

The Crittenden County Grand Jury toured the Crittenden County Detention Center last week as part of its semiannual responsibility to the community.

Grand jurors found the jail to be in order, but officially recommended a pay increase for staff.

It is not the first time a grand jury has made this recommendation. While a grand jury's job is primarily to hand down felony indictments in criminal cases under investigation, the state also gives it vast investigative powers, with the county jail's general well-being part of its regular

focus.

Jailer Robbie Kirk agrees that deputies working at the facility are in need of a pay increase. The jailer's salary is set by the state, but deputy jailers are paid almost exclusively based upon the means of the facility's budget.

While the jail is a stand-alone entity within the county with its own budget, state law requires the county to supplement it – or at least provide for its adequate operations – through local tax dollars.

Starting pay for deputy jailers is \$9 per hour. Kirk said nearby state prisons offer \$13 an hour starting pay, which makes recruit-

ment and retention difficult for the corrections business in Crittenden County.

Kirk said deputies have demanding and sometimes risky responsibilities. He would like to pay more and says he has been discussing some options with the county for increasing pay in the coming year.

"I agree that they do need to be paid more as do all our county employees," said Crittenden County Judge-Executive Perry Newcom. "However, there is only a limited amount of money from which to operate all our departments and since we already subsidize the detention center with

U.S. 641

Continued from Page 1

has had construction in limbo since crews effectively mothballed the project and left the Phase 1 area of Crittenden County in 2014.

A group of leaders and interested individuals from three counties met last week in Frankfort with state legislators and other bureaucratic chiefs, then sat down again Tuesday in Marion at the Ed-Tech Center.

Millions of dollars have already been spent and millions more have been proposed, but those numbers are meaningless until leaders from the communities through which the road will transverse can agree on one thing – where to put the middle section of the road.

Job 1 is to finish U.S. 641 in Crittenden County.

— Transportation Secretary Mike Hancock

Lyon and Crittenden counties are on the same page, but there is still question as to what route Caldwell County leaders will support. After Tuesday's discussions, there appear to be two routes that are chiefly preferred. Both run east of Fredonia. One is farther from town and goes in a straighter line toward Lyon County. The other is closer to Fredonia yet has two sweeping curves.

Mike McGregor, chief engineer for District 1 of the Kentucky Transportation Cabinet, said straight roads are easier to design, build and maintain.

The project's history is well known. In a nutshell, it was originally to be a four-lane highway from Marion to the interstate. Billed as an economic development pipeline, the road plans somewhere morphed into what's being called a hybrid, or Super 2 lane with extra wide shoulders and access limited at no less than every 1,200 feet.

At first, construction was to be completed in two phases: from Marion to Fredonia and from Fredonia to near Eddyville. That started evolving about two or three years ago when the Transportation Cabinet revealed that it began looking at breaking up the second phase into two smaller projects. The proposed highway has been in the commonwealth's Six-Year Road Plan since the late 1990s. Money to back the plan has floated in and out of reality like a mirage of water in the desert.

Translating all of the rhetoric and dollar figures has been equally confusing. The latest numbers revealed this week are that \$54 million is needed to complete the roughly nine-mile stretch through Caldwell and Lyon counties and \$18 million is needed to finish what's been started in Crittenden County.

Meantime, weeds have overtaken the multi-million-dollar roadbed in Crittenden County built in 2013 and 2014 that spans 5.2 miles from Marion to the northern outskirts of Fredonia. There will need to be some corrective measures taken before paving can begin on that section, McGregor said.

Over the past week or so, supporters of the project have pressed the state for answers and a renewed effort to complete the highway that industrial leaders say is necessary to their logistics.

"We need this road, and if we don't get it, it will severely impact economic development."

— Par 4 Plastics President Tim Capps

Tim Capps, president of Par 4 Plastics that employees 230 workers in Marion, was among a group that went to

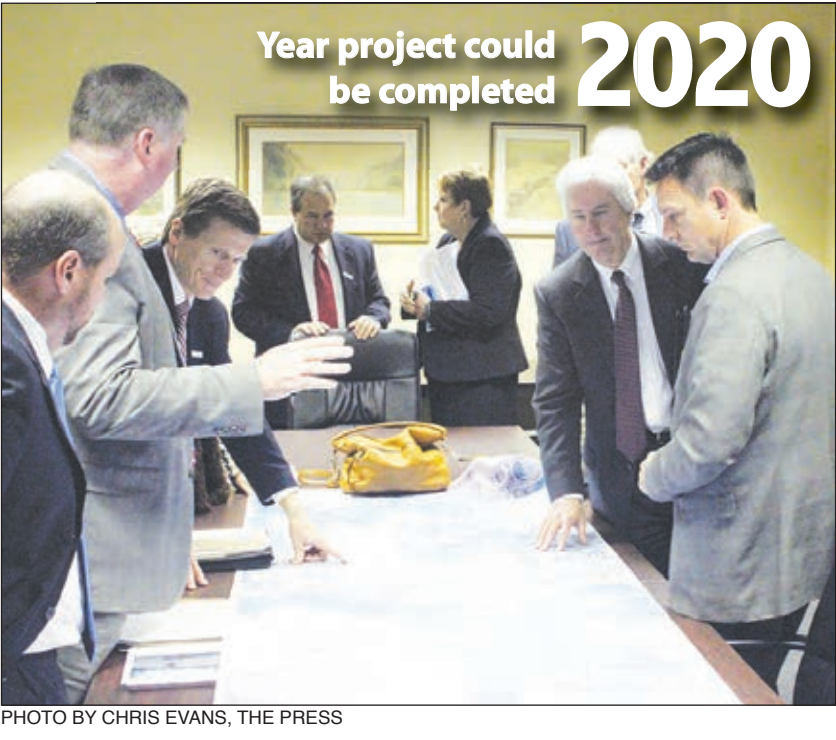


PHOTO BY CHRIS EVANS, THE PRESS



FILE PHOTO



FILE PHOTO BY MARK BEDUHN

Frankfort last week to implore Transportation Secretary Mike Hancock and legislative leaders to move forward with the road-building plan. He was also at this week's meeting in Marion.

"It's already affecting our business," Capps said.

"We are here to plead with you. We need this road, and if we do not get it, it will severely impact economic development," he told Secretary Hancock.

Capps said Marion and his company are committed to growth, but without a suitable highway to the interstate, that appears unlikely. He said Par 4 plans on expanding, but it will probably have to do so elsewhere.

Terry Bunnell, chairman of the Crittenden County Economic Development Corp. and president of The Peoples Bank in Marion, told the secretary that this project is not merely motivated by dreams of economic development.

"We're not asking for a road and saying, 'If you build it, we will attract jobs,'" Bunnell said. "We have the jobs, and we want to retain them."

Bunnell and Capps both suggest that Siemens' officials from Marion and corporate leaders are also watching closely whether this project proceeds. Representatives from Siemens, the county's largest employer, were not at either meeting, but local leaders say that is not an indication of their interest in this project.

Hancock knows the landscape well. He grew up in Princeton and his father worked in the now-idle fluorspar mines in Crittenden County.

"I'm embarrassed about what is going on," Hancock told the room packed with

about 20 leaders from the various communities.

"I'm embarrassd about what is going on."

— Transportation Secretary Mike Hancock

Hancock said the Transportation Cabinet is aiming at May for returning to work on Phase I in Crittenden County. Most of the litigation involving right-of-way purchase is settled or will be by March 1 be to a point that construction may continue. If work starts back this summer, it would be late 2017 or early 2018 before the section of highway in Crittenden County would be open to traffic.

"Job 1 is to get that part of it finished," Hancock said.

The secretary admitted that it is unfortunate, but smaller transportation projects like this – as compared to much larger ones across the state – "get down in the weeds" and are overlooked. He said that has caused some of the delays, but state officials continue to be unassertive when it comes to what will happen at Fredonia.

McGregor said the state used to use the constitutional right of imminent domain like a father.

"It used to be Decide, Announce and Defend," he said about the old theory of road-building.

Now, McGregor said state officials take a much more inclusive approach that weighs public input before deciding where to put a new highway.

The secretary urges leaders to solve the issue around Fredonia.

"We need a solid line on a map," Hancock said, referring to the part near Fredonia.

Crittenden County Judge-Executive Perry Newcom argues that one already exists, and that it was approved three years ago by the Transportation Cabinet.

Lyon County Judge-Executive Wade White is among the contingent working to move forward with construction. He has visited with landowners in hsi county who would be affected by the new highway. He suggested that a route east of Fredonia appears the most plausible and less invasive to farmers and homeowners in his area.

"Lyon County is ready to go," White said.

It appears Caldwell Countians will need to decide where the road should go.

It appears that Caldwell Countians will need to decide where the road should go in their county, but so far, that has been an uncomfortable situation. Caldwell County Judge-Executive Ellen Dunning says she isn't ready to make that decision and wants more input from her magistrates and stakeholders.

What's almost certain, is that the road will go east of Fredonia.

The easterly route is, in fact, a relatively new concept. Originally, the road was aimed at going west of Fredonia, but that idea was sidetracked when it was determined that a farm belonging to the wife and daughter of Caldwell County Magistrate Elbert Bennett was a historic site and protected. The state isn't inclined to build the highway through that particular area at this point, because there appears to be alternatives.

Chris Kuntz, an engineer with the Cabinet, said Kentucky doesn't want to breach a potential historic site, but it's not completely out of the question. As long as there are "reasonable or prudent alternatives," he said, the state tends to avoid them.

Magistrate Bennett is a supporter of the road going east of Fredonia. He said the eastern route would go

through another farm owned by his wife and daughter, so his family will be called upon to sacrifice property in either corridor.

Hancock also made a comment that reflected his belief that the scope of the project somehow grew beyond practicality, perhaps derailing it to some degree.

"We got off track when we started talking about this as a four-lane," he said.

About three years ago, the state used traffic flow figures to justify downgrading the project from a proposed four-lane highway to a Super 2; although it had already built a roadbed for four lanes from Marion to Fredonia.

Crittenden County is one of the only counties – perhaps the only one – in Kentucky that does not have what's known as a "certified" 102-inch highway designed to safely accommodate wider, modern tractor-trailers.

"We do not have a mile of certified road in our county."

— Crittenden County Judge-Executive Perry Newcom

"We do not have a mile of certified road in our county," Newcom told the group gathered last week at the state Capitol Annex.

Also representing Crittenden County at last week's meeting in Frankfort were magistrates Danny Fowler and Donnetta Travis, through whose district the highway would run. Marion Mayor Mickey Alexander and City Attorney Bart Frazer also at-

tended. Most of them also attended this week's meeting, too.

The Caldwell County judge-executive is pressing for consideration of the last segment of the highway going from Fredonia along a corridor dictated by the current state highway Ky. 91. She said heavy truck traffic has left Ky. 91 in ill repair and suggested taking the new construction that way would kill two birds with one stone.

Leaders from Crittenden and Lyon counties are generally opposed to that idea; however, that is not a new concept. Former state Rep. Mike Cherry of Princeton made a similar suggestion years ago, but it met equal opposition at the time.

A major impetus for building the road has come from those with lakes' area interest. Creating a better route for tourists coming from the Evansville, Ind., area has been chief among the reasons many want the highway built.

Hancock stressed to the group in Frankfort that having a concerted effort is key to getting this project moving ahead. He recognizes that Fredonia is "factionalized," as he called it, but urged everyone involved from Point A to Point B to develop a plan. He said projects were groups cannot come to a consensus are the "easiest to ignore."

Hancock said it would be at least 2020 before the road would be completed, "if we started buying right-of-way today."

Right-of-way acquisition began on the Crittenden County section more than 10 years ago.

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Healthy Living

The Crittenden Press
January 21, 2016

Exercise

You've made time, now make it fun

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Cancer

Cancer preying on rural America

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Diabetes

Temptations on Valentine's Day many

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Alzheimer's

Researchers hopeful for treatment

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Recipe

Protein key to healthy breakfast

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Dental

Children should visit dentist by 1

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Breast cancer, obesity linked

THE COURIER-JOURNAL

Can a high-fat diet lead to breast cancer in obese women? University of Kentucky researchers hope to help answer that question by studying the mechanisms behind the link between obesity and breast cancer. One of those researchers, Fredrick Onono, recently received a \$750,000 grant from the National Cancer Institute for the work. "The concept is obesity clearly promotes disease. And there's no unifying explanation for that," said researcher Andrew Morris, director of UK's Biomedical Mass Spectrometry Core Laboratory, who is working with Onono. Both obesity and breast cancer are big problems in this region. Kentucky has the nation's fifth-highest rate of obesity, according to the latest federal survey, with 33.2 percent of adults considered obese. (Indiana's rate is 31.8 percent.) Kentucky also ties with

Arkansas for the nation's fifth-highest rate of breast cancer deaths, according to the latest NCI figures, with 23.2 per 100,000, or about 646 deaths a year. Indiana's rate is 21.7 per 100,000, or 876 deaths a year. The connection between obesity and breast cancer has been a focus of study not just for UK researchers, but for scientists at the University of Louisville and throughout the nation. And the consensus is — it's complicated. Many studies have shown being overweight and obesity are associated with an increased risk of breast cancer in post-menopausal women, NCI says, but some studies have shown a reduced risk among overweight and obese women before menopause. The type of breast cancer matters, too. Obese women are four times more likely to develop a treatment-resistant form, researchers say, although no

See **CANCER**/Page 4B

Dietary Guidelines

MORE seafood • non-fat dairy • fruits • veggies • whole grains
LESS sugar • red meat • processed meat • refined grains

KENTUCKY HEALTH NEWS

Last year, the U.S. Department of Agriculture and U.S. Department of Health and Human Services released the proposed 2015 Dietary Guidelines for Americans. The guidelines, released every five years, "provide authoritative advice about consuming fewer calories, making informed food choices and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease and promote overall health," says USDA. It shouldn't come as a surprise that the 2015 guidelines recommend eating healthier foods, while cutting back on less healthy alternatives. "The committee basically recommended Americans take up a diet that is higher in vegetables, fruits, whole grains, low- or non-fat dairy products, seafood, legumes and nuts," Chris Clayton reports for DTN The Progressive Farmer. "We should cut back on red and processed meats and sugar-sweetened foods, drinks and refined grains. And we should be moderate in our alcohol."

Recommended cutbacks of cer-

tain foods have not gone over well with those food producers, who met this week to give feedback on the Dietary Guidelines Advisory Committee's recommendations, Clayton writes. The North American Meat Institute argued that "lean meat, poultry, red and processed meats should all be part of a healthy dietary pattern because they are nutrient-dense protein." Shalene McNeill, a nutritionist for the National Cattlemen's Beef Association, "told the committee that its recommendation to exclude lean meat ignores decades of nutrition science," Clayton writes. McNeill said Americans should be encouraged to eat more lean meat, along with fruits, vegetables and whole grains. Grain, sugar and milk producers also expressed displeasure with the proposed rules. Most nutritionists have embraced the proposed rules but say the key is getting people to adopt them, Andrea McDaniels reports for The Baltimore Sun. Among those rules is limiting sugar intake to 200 or less calories — or 10 percent of total calories — per day. Currently, Americans get about

13 percent of their calories — or 268 calories — from added sugar. "On the flip side, some foods once shunned are now accepted," McDaniels writes. "Research has found that cholesterol-high foods are no longer believed to contribute to high blood cholesterol, so people can now indulge in shrimp, eggs and other foods that were once off limits, the panel said. Rather than focus on cholesterol, people should curb saturated fat to about 8 percent of the diet." The panel also said "up to five cups of coffee a day are fine so long they are not flavored with lots of milk and sugar," McDaniels writes. "The panel also singled out the Mediterranean diet — rich in fish and chicken, fruits and vegetables, nuts, whole grains, olive oil and legumes — for its nutritional value." (Editor's note: Kentucky Health News is an independent news service of the Institute for Rural Journalism and Community Issues, which is based in the School of Journalism and Telecommunications at the University of Kentucky, with support from the Foundation for a Healthy Kentucky.)

Making time for exercise attainable goal

METRO SERVICES

Diet and exercise are essential components of a healthy lifestyle. While even the busiest men and women can find ways to eat healthy, finding time to exercise can be more difficult. According to the President's Council on Fitness, Sports & Nutrition, regular physical activity can prevent chronic diseases like heart disease, cancer and stroke, which are the three leading causes of health-related death in the United States. In addition, men and women who are not physically active are at greater risk for developing type 2 diabetes. Regular exercise helps people control their weight while promoting bone, muscle and joint health. While the benefits of regular exercise are substantial, finding the time for daily exercise is not always so easy. The fol-

lowing are a handful of strategies men and women can employ as they attempt to make more time in their days to exercise. - Reexamine your free time. Few adults, and especially those juggling families and careers, have an abundance of free time. But reexamining the ways you are spending your free time may help you uncover some moments for daily exercise. The Council on Fitness, Sports & Nutrition notes that adults between the ages of 18 and 64 need at least two and a half hours each week of moderate-intensity aerobic activity. While that may seem like a lot, it's only slightly more than 20 minutes per day. It helps to supplement such aerobic activity with some strength-training activities at least two days per week. Try waking up 20 to 30 minutes earlier each day, using that time to hit the treadmill or jog around the neighborhood. You likely won't be affected by waking

up earlier, and you won't need to alter your existing schedule for the rest of the day, either. If mornings aren't your thing, make better use of your lunch hour, going for a jog or visiting your company's exercise facilities if that option is available to you. - Work while you exercise. Technology has made it easier than ever before to stay connected to the office even when you are nowhere near your desk. Men and women who can't seem to find time to exercise often cite the demands of their job as the primary reason behind their inactivity, but those same individuals can use the technology at their disposal, be it smartphones that allow them keep track of work emails or tablets that make it possible to connect remotely to office servers, to work while they exercise. Bring your smartphone or tablet with you when you



METRO SERVICES

Taking the dog for a walk rather than spending time on the couch is one creative way to find more time for exercise.

See **EXERCISE**/Page 4B

Change of ingredients turns baking healthy

METRO SERVICES

Baking can be a relaxing and rewarding pastime that parents can share with their children. Baking promotes a variety of skills, including the ability to follow instructions and make measurements. Baking also employs mathematics, making baking a rather delicious science experiment. Perhaps one of the few pitfalls of baking is indulging in too many sweet treats when taste testing and then enjoying the fruits of your labors.

But bakers concerned about their health can substitute healthy ingredients when recipes call for foods bakers would prefer to avoid. The following ingredients can make healthy additions to baked-good recipes without sacrificing flavor.

- Whole wheat flour: Flour is at the heart of many baking recipes, including those for cakes, cookies and pies. Refined white flour may not be the healthiest ingredient, so try whole wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole wheat flour for regular flour as a swap if a recipe

calls for one cup of flour.

- Fruit puree: When a recipe calls for oil, margarine, butter or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Apple sauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well.

- Greek yogurt: Greek yogurt is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk or even cream cheese.

- Applesauce: Believe it or not, unsweetened applesauce also can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap, reduce the amount of liquid in the recipe by 1/4 cup.

- Marshmallow or meringue: Ever check the nutritional information for many store-bought cake frostings? They pack a considerable amount of calories, sugar and fat. Some also are made with hydrogenated oils. Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cook-

ies.

- Stevia: Stevia is an herbal plant that grows primarily in South America. Stevia has a long history as a sweetener in that area, and now has become a popular sugar substitute elsewhere. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The FDA approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

- Egg whites: Replace a whole egg in a recipe with two egg whites or 1/4 cup of egg substitute.

- Chocolate nibs: Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.

- Evaporated skim milk: Try evaporated skim milk in place of heavy cream to make whipped cream for a low-fat option.

Baking brings family together, and the treats prepare can make an enjoyable finale to a great meal. With healthy substitutions, any recipe can be altered for the better.

Protein key to breakfast

FAMILY FEATURES

Everyone knows breakfast is the most important meal of the day, but the chaos of trying to get the whole family ready in the morning can sometimes make it fall by the wayside. That's why it's important to have quick, easy and nutritious breakfast ideas and recipes on hand, especially ones even picky eaters will enjoy.

Eating a breakfast with enough protein can help start the day off right with energy and focus. Many experts now recommend getting 25-30 grams at every meal, including breakfast. However, a typical breakfast only contains an average of 13 grams of protein. One easy way to increase the protein content of your morning meal is to add an 8-ounce glass of milk – whether organic, flavored or white – provides nine essential nutrients, including eight grams of high-quality protein to help start the day on the right foot.

So, power up with protein in the morning with recipes like this herbed cream cheese and egg sandwich. When paired with a glass of milk, it provides 27 grams of protein – a perfect start to those busy days. For even more easy breakfasts powered with protein, visit MilkLife.com.



FAMILY FEATURES
Eating a breakfast with enough protein can help start the day off right with energy and focus.

Herbed Cream Cheese and Egg Sandwich

Ingredients

- 2 slices whole wheat bread
- 2 tablespoons light cream cheese
- 1/2 teaspoon herbs de Provence
- 1 teaspoon butter
- 1 egg

Instructions

- Put two slices of bread into toaster.
- Allow cream cheese to soften and mix in herbs.
- Heat skillet to medium and add butter.
- When butter melts, crack in egg and cook for 3-4 min-

utes, flip and cook for 1-2 minutes more, until yolk is cooked through.

- Spread herby cream cheese on toast and top with egg.
- Serve with 8-ounce glass of milk.

Nutrition information

510 calories; 14 g fat; 7 g saturated fat; 215 mg cholesterol; 27 g protein; 64 g carbohydrates; 8 g fiber; 900 mg sodium; 370 mg calcium (35% of daily value). Nutrition figures based on using fat free milk and Great Harvest Honey Wheat bread, and include an 8-ounce glass of milk.

(Recipe courtesy of Kath Eats Real Food Blog.)

Balanced Meal Choices from McDonald's®

McDonald's offers a variety of balanced food and beverage choices. Try mixing and matching to make a meal while staying within daily recommended calorie needs. In general, guidelines recommend 1,600 to 2,400 calories per day for women and 2,000 to 3,200 calories per day for men. Here are examples of combinations at McDonald's that fit within the range of daily calories needs.

Breakfast Fruit & Maple Oatmeal Apple Slices (2 bags) Black coffee, unsweetened (or another zero-calorie beverage) 320 calories	Lunch Grilled Chicken Ranch Snack Wrap® Apple Slices Minute Maid Orange Juice (small) 450 calories	Dinner Southwest Salad without Chicken with Newman's Own Creamy Southwest Dressing Fruit 'n Yogurt Parfait with Granola Diet Soda (or another zero-calorie beverage) 430 calories
Egg McMuffin® Apple Slices Minute Maid Orange Juice (small) 460 calories	McChicken Sandwich (without mayonnaise) Side Salad (without salad dressing) Apple Slices Dasani® Water (or another zero-calorie beverage) 350 calories	Filet-O-Fish® (without tartar sauce) Apple Slices (2 bags) Dasani® Water 450 calories

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Tri-Rivers Healthcare physicians Dr. William Barnes and Dr. Demetrius Patton perform a surgical procedure known as Radiofrequency ablation (RFA) to remove diseased tissue caused by GERD.

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Dr. Demetrius Patton (left) and Dr. William Barnes

Watch what you eat...69% of Americans are overweight

Research: Laughter can be beneficial to health

METRO SERVICES

Research indicates that people who laugh a lot are much healthier and may live longer than those who don't find time to chuckle. A good, deep belly laugh can provide your body and mind with a great workout. Dr. Lee Berk at the Loma Linda School of Public

Health in California found that laughing lowers levels of stress hormones and strengthens the immune system. The organization Laughter Works, which teaches people how and why to laugh, says laughter can cause blood pressure to drop, blood to become oxygenated and endorphins to kick in, which can

improve mood. And that's just the beginning. Laughing can help reduce stress and promote stronger relationships between people who laugh together. Data indicates children around the age of 6 laugh the most, laughing roughly 300 times per day, while adults average only 15 to 100 laughs per day.

Tri-Rivers a Shared Savings Program ACO participant

STAFF REPORT

Kentucky Primary Care Alliance has been selected as one of 100 new Medicare Shared Savings Program Accountable Care Organizations (ACOs), providing Medicare beneficiaries with access to high-quality, coordinated care across the United States, the Centers for Medicare & Medicaid Services (CMS) announced last week. That brings the total to 434 Shared Savings Program ACOs serving over 7.7 million beneficiaries. Tri-Rivers Healthcare, with offices in Marion, Salem and Smithland, is one of 11 Kentucky providers that will take part in this initiative. Tri-Rivers is composed of Drs. William Barnes, Michael Gavin, Demetrius Patton and Ghassan Yazigi and nurse practitioners Elizabeth Geiger, Stephanie Mundy, Kara Phillips and Robert Wilkinson and physician assistant Terry Boone. Pennyroyal Healthcare Services in Hopkinsville is also participating. Doctors, hospitals and health care providers establish ACOs in order to work together to provide higher-quality coordinated care to their patients, while helping to slow health care cost growth. Beneficiaries seeing health care providers in ACOs always have the freedom to choose doctors inside or outside of the ACO. ACOs receive a portion of the Medicare savings generated from lowering the growth in health care costs as long as they also meet standards for high quality care.

“People across America are going to be better cared for when they go to their health care providers, because these hospitals and providers have made a commitment to innovation, a commitment to change how they do business and care for patients,” HHS Secretary Sylvia Matthews Burwell said. “Medicare, and the health care system as a whole, is moving toward paying providers based on the quality, rather than just the quantity of care they give patients. The three new ACO initiatives that are being launched today mark an important step forward in this effort.” Since ACOs first began participating in the program in early 2012, thousands of health care providers have signed on to participate in the program, working together to provide better care to Medicare’s seniors and people with disabilities. The new and renewing ACOs brought approximately 15,000 additional physicians into the ACO program starting Jan. 1.

ACOs are delivering better care, and they continue to show promising results on cost savings. In 2014, they had a combined total net program savings of \$411 million for 333 Medicare Shared Savings Program ACOs and 20 Pioneer ACOs. Based on 2014 quality and financial performance results for Shared Savings Program ACOs who started the program in 2012, 2013, and 2014, ACOs that reported in both 2013 and 2014 improved on 27 of the 33 quality measures, including patients’ ratings of clinicians’ communication, beneficiaries’ rating of their doctors, screening for tobacco use and cessation, screening for high blood pressure, and Electronic Health Record use. Shared Savings Program ACOs also outperformed group practices reporting quality on 18 out of 22 measures. Ultimately, last week's announcement is about delivering better care, spending dollars more wisely, and having healthier people and communities. ACOs drive progress in the way care is provided by improving the coordination and integration of health care, and improving the health of patients with a priority placed on prevention and wellness.

Diabetics tempted on Valentine’s Day

METRO SERVICES

Celebrating a holiday can be challenging for those with diabetes, as sweet treats are a part of many holiday celebrations. Come Valentine’s Day, chocolates, candy and rich desserts can often be found on the menu, which can prove problematic for those who have to watch their blood-glucose levels. Diabetics may be tempted to indulge in too many sugary foods on Valentine’s Day. Fortunately individuals do not have to put their health in jeopardy in the name of Valentine’s Day, as there are many healthy ways to celebrate with some minor tweaks.

- Focus on fun, not food. Rather than making food the focus of the day, shift your attention to all the fun things you can do with your valentine. Fill the day with activities such as ice skating or sightseeing. Even though the weather may be cold, it’s possible to enjoy the great outdoors. Dress appropriately and enjoy a walk in the park, or do something out of the ordinary, like sledding. If you must retreat indoors, watch a romantic movie.
- Plan ahead when changing your diet. It’s often possible to work small amounts of a particular dessert or food into your normal meal plan by adjusting what you eat for the rest of the day. If you plan ahead for a bite of chocolate, you can balance out sugar levels by eliminating something



METRO SERVICES

Sweet treats pose a challenge to those with diabetes come Valentine’s Day.

- else. Keep tabs on your sugar levels throughout the day, and always weigh the benefits and drawbacks of the foods you eat.
- Include smart substitutions. Many favorite foods are available in low-sugar or sugarless varieties that are diabetic-friendly. Lean toward low-carb offerings and foods that are relatively low in fat. Baking your own treats or cooking your own meals will give you greater control over the ingredients used in your recipes, and that can pay big dividends in terms of health.
- Send nonfood items into the classroom. Diabetes affects people of all ages. When sending valentines into the class for children, do not accompany the cards with chocolate kisses or other candies. Instead, choose toys or keepsakes, such as heart-shaped erasers or scented stickers. Moderation is key when managing diabetes around Valentine’s Day. Place a greater emphasis on time spent together, entertainment and socialization rather than potentially unhealthy treats.

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METRO SERVICES

According to the National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention, both men and women are engaging in physical activity a lot less frequently than in years past. The survey, which examined

- Find activities you like.

Physical activity is not lim-

- Get a workout buddy. Another way to make exercise more enjoyable is to enlist a friend to workout with you. Friends can supply motivation on those days when

- Set specific goals. Exercise also becomes more enjoyable when you establish specific goals that give you something tangible to work toward. You are more likely to enjoy what you're doing if you reach your goals along the way than if you don't set any goals and simply go through the motions. You also can reward yourself for

- Involve other interests in your exercise routine. If exercise truly bores you, find ways to incorporate your other interests into your workout routine. Rather than spending 30 to 60 minutes simply running on a treadmill, take your tablet along with you and stream your favorite television shows. If possible, catch up on reading while you ride the exercise bike. Combining your workout routine with other passions can make your exercise routines more enjoyable,

Exercise need not be dull, and men and women looking to be less sedentary can look for ways to make working out more fun in an effort to reach their fitness goals.

Continued from Page 1B

Onono will initially work with mice, putting some on a normal diet and some on a high-fat diet, then measuring lipid levels in both groups. The next step would be to inject cancer cells into the mice and see what happens in the

Besides looking at the role of certain fats, Baumgartner said researchers are looking at two other factors that may raise the risk of breast cancer in obese, post-menopausal

"Exercise is highly protective against breast cancer," he said. "Changes in behavior will go a long way, especially when it comes to prevention."

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Children should visit dentist by 1

METRO SERVICES

Routine dental examinations and cleanings are an important component of oral health care for both children and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave – especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to dental visits to make them more comfortable during their appointments now and down the road.

- Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process and become familiar with the type of equipment used.
- Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead



METRO SERVICES

Kids' dental visits can be more pleasant for all involved with a few simple techniques, paving the way for a lifetime of healthy teeth.

to more complex dental issues.

- Read books about the dentist and role play. Information can allay kids' fears about the dentist. Read books together about dental visits and act out possible scenarios with your kids. Give kids toy dental health tools and have them practice exams on you and vice-versa.
- Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be supportive and offer a hand to squeeze or a hug if your child needs you.
- Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be

necessary. Many family practices cater to patients of all ages, and the familiarity of the office may help make children feel more comfortable. Speak with your dentist about the ages they see.

- Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like "clean, strong, healthy teeth" to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won't seem too frightening.

By employing these techniques, kids' dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth.reach their fitness goals.

Alzheimer's rsearch promising

METRO SERVICES

Alzheimer's disease has no cure, and its progression cannot be radically slowed. The Alzheimer's Association reports that every 67 seconds someone in the United States develops Alzheimer's, and around 5 million people in the country currently have the disease.

While there is no cure for Alzheimer's disease, researchers are continuing to work on both drug and non-drug treatments to combat both cognitive and behavioral symptoms. According to information from the 2015

Alzheimer's Association International Conference, there is reason for optimism regarding Alzheimer's treatments.

Researchers now have a better understanding of how the brain changes with Alzheimer's and can fine tune medications to react with certain areas of the brain responsible for certain symptoms. For example, drug companies Eli Lilly and Biogen have been testing drugs that block beta amyloid, a protein that can cause toxic brain plaques in people, which are often associated with progressive brain disease.

Another abnormality associated with Alzheimer's is caused when a protein called tau twists into microscopic tangles, says the Mayo Clinic. Tangles collapse vital brain cell transport systems. Researchers are looking into medicines that may prevent tau from forming tangles.

In addition, researchers continue to look at anti-inflammatory drugs to help delay the progress of Alzheimer's disease, as well as how other conditions and diseases, including high blood pressure or diabetes, may impact the risk of developing Alzheimer's.

Another Success Story

Case Study:

Bart Johnson lived at home with care from his family. Bart was active around his house and enjoyed visiting with friends and family. During late fall Bart began to not feel well and began to get weak. After the increased weakness caused him to fall, Bart had a short stay in the hospital. Upon discharge Bart knew that he was too weak to return home; that is when he turned to Crittenden County Health and Rehabilitation Center for extended therapy services.



Comprehensive Team Treatment Plan:

An interdisciplinary team developed a care map specific to Bart's situation, which provided a guide for his smooth and successful recovery. Bart received Physical, Speech, and Occupational Therapy five times a week throughout his stay at CCHRC. Bart also enjoyed getting to visit with fellow patients and staff members.

Case Outcome:

During his stay at CCHRC, Bart was able to regain his strength and endurance. Bart also worked on his transfers and ADLs such as dressing and bathing, so that he and his grandson could manage Bart's daily care once he was discharged from the facilitiy. Speech therapy also worked with Bart on household management and short term memory tasks. After a short stay Bart was able to return home, with his grandson, stronger and better able to care for himself.

Congratulations Bart Johnson

Comments on Care

"Everyone here was really nice and good to me. I enjoyed my stay, and I am thankful the rehab department helped me get stronger so I can go home."



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THE COURIER-JOURNAL

While the Affordable Care Act has brought insurance cov-

Huffman curls on a couch in the house she shares with her husband Wayne, located off a miles-long gravel road running

People also may not know they should get a colonoscopy every 10 years starting at age 50 or have a Pap smear at least every three years as a young woman. "Health literacy" goes hand-in-hand with poverty and education levels. In Kentucky,

Wealthier states tend to be much further ahead in cancer screening and treatment – and

Susan Tannenbaum, an associate professor of medicine at the University of Connecticut Health, said "we're a very proactive state" in raising awareness about screenings, and they follow through with innovative efforts such as a UConn program offering breast

If disparities are allowed to fester, however, experts say America's groundbreaking research, technological advances and new treatments will only go so far toward defeating cancer.



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A photograph showing the exterior of a brick building with a large blue sign that reads "Glenn's PHARMACY", "Burkhart Rural Health Clinic", and "Crittenden Health System". In front of the building is a blue delivery van with "Glenn's Rx Delivery" and a logo on its side.

A photograph of the interior of a pharmacy. It shows a service counter with a staff member behind it, several rows of black chairs for customers, and tall shelves stocked with various medications and health products.