

Snow day alters school calendar

Last week's snow day for Crittenden County Schools won't do much to alter the calendar for the academic year, provided there aren't any additional snow days taken.

According to the school district's website, last Thursday's snow day will be made up on April 6. The Nov. 17 snow day will be made up Feb. 16. Both make-up days were originally scheduled as teacher planning days on the school calendar.

Sheriff's office to cut Saturday hours

Starting in February, Crittenden County Sheriff's Department will be open only two hours on Saturdays, serving customers from 9 to 11 a.m. The hours of operation coincide with those of the only other courthouse office open on Saturdays, Crittenden County Circuit Clerk. Earlier this year, the Crittenden County Clerk's office began closing on Saturdays.

Ky. grocery prices continue climbing

Retail food prices across Kentucky continued their pattern of growth in the fourth quarter of 2014, according to the Kentucky Farm Bureau Federation's latest Marketbasket Survey. The December 2014 survey results identified the total cost of 40 basic grocery items as \$129.14, up 1.7 percent over the previous quarter. This is the seventh consecutive quarter that the survey total resulted in an increase and is also a new all-time high.

Since 2007, the Marketbasket Survey total has reported Kentucky's retail food prices increasing by an average of 3.2 percent each year.

kynect enrollment ends next month

Tens of thousands of Kentuckians have newly enrolled for health care coverage or renewed their current plans through kynect since open enrollment began on Nov. 15. This total includes individuals who have newly enrolled in a private insurance plan, qualified for Medicaid or renewed the private insurance plans they purchased last year through kynect.

Open enrollment continues through Feb. 15. Those who need health insurance can log on to kynect.ky.gov or call (855) 459-6328 to learn more about affordable health care options.

Public meetings

- Crittenden County Public Library Board of Trustees will meet at 5 p.m. today (Thursday) in the library meeting room.
- Crittenden County Extension Service District Board of Directors will meet at 5:30 p.m. today (Thursday) at the Extension office in Marion.
- Crittenden-Livingston Water District will meet at 7 p.m. Monday at the district office on East Main Street in Salem.
- Crittenden Health Systems Board of Directors will meet at 6 p.m. Tuesday at the hospital administrative annex.
- Crittenden County Board of Education will meet for its regular monthly meeting at 6 p.m. Tuesday in the Rocket Arena conference room.



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Italian Grill switching ownership

STAFF REPORT

A popular Marion eatery will soon be under new ownership, but little else about Main Street Italian Grill is expected to change.

Bill and Kory Wheeler of Marion will soon be taking over the downtown restaurant from George and Joan Manganaro and business partner Lauren DeBoe, who are focusing their attention on a new Italian restaurant to open soon in Paducah.

Kory Wheeler said the target date for the transfer of ownership is Feb. 1. Since that date is a Sunday and the

restaurant is closed on Sundays and Mondays, the Wheelers' first day of serving customers will be Tuesday, Feb. 3.

"We are so very excited about the opportunity," said Wheeler. "They have a great restaurant and started a tradition that we hope to carry on."

The Manganaros, who own a farm on the Ohio River in Livingston County, started their restaurant across from the courthouse earlier this decade. The Manganaros and DeBoe first discussed selling the restaurant to their friends, the Wheelers, just over a

week ago as plans for the new Paducah eatery progressed, Joan explained.

"I'm so happy Bill and Kory are taking this over, because they obviously know the restaurant business," said Joan. "It really happened on a whim, but this ended up being a great opportunity for both of us."

The Wheelers have been operating restaurants for about 16 years. They run The Front Porch on the south end of town and previously owned The Coffee Shop, which later became Main Street Grill. It was about four years ago when the Manganaros stepped in at

the same location to start Main Street Italian Grill. The Wheelers also ran Sycamore Hills at Marion Country Club a few years ago.

Wheeler said customers who have gotten used to the Italian cuisine on Main Street will see minimal changes. The cooks, the decor, the hours, the food supplier, the computer system and the menu will remain the same. In fact, the Manganaros will even be leaving their recipe book with the Wheelers, and are training the couple on

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PHOTO BY CHRIS EVANS, THE PRESS

Life in Christ Church pastor Chris McDonald (left) hands the microphone to Crittenden County High School senior Noah Hadfield during Sunday night's Basketball Fellowship at the church. It drew more than 200 people.

Teen, coach use basketball to spread message of faith

STAFF REPORT

Crittenden County High School senior Noah Hadfield is perhaps best known around the community for being one of the first guys off the bench on Crittenden County's basketball team that got off to its best start in more than 60 years.

Hadfield is a good long-range shooter and brings a blue-collar work ethic to the floor. While he's a spark of light for the Rocket ball team, it's his off-the-court determination that's perhaps more inspiring. Sunday night, Hadfield was the student-keynote speaker at Life in Christ Church's annual Basketball Fellowship. His presentation had more than 200 people on the edge of their seats like a three-point buzzer-beater.

Hadfield is a unique young man, squared away by faith and tempered by a resolve to help children. He works with the youngsters at his church and plans on opening an orphanage in El Salvador. It's a mission he's dreamed of for years.

"I've known this was my calling since I was 9 years old," Hadfield said, quoting scripture from Jeremiah that says God's plan for every life is predetermined, from the womb forward.

"That plan will be revealed to you if you pray, if you serve God and if you have a relationship with Him," Hadfield said. "If you don't have a relationship with God, you're probably not going to hear from Him."

There is no question that Hadfield's motives for helping children are based in his strong faith. He's a member of Life in Christ Church and plays guitar in its praise band.

He urged classmates and everyone else at the event to work 100 percent toward God's plan, even when pitfalls and setbacks seem to guard the path.

"His plan will happen," he said, pointing to Proverbs 3:6, which says, "Trust in the Lord with all your

heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Hadfield's speech warmed up the crowd for longtime basketball coach Curtis Turley's featured presentation. Turley played basketball at Crittenden County in the early 1970s. He graduated from here and from Western Kentucky University. Turley has coached at many high schools in Kentucky and has taken four teams to the Sweet 16. He's been the Kentucky Coach of the Year and a national coach of the year.

"Curtis Turley is one of the most respected basketball coaches in the state," said Rocket head coach Denis Hodge.

Turley had a couple of catchy poems he used to drive across his points of coaching, character and



Turley

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ACA offers new twist to tax season

FROM AP AND STAFF REPORTS

This year's tax season, for which the Internal Revenue Service began accepting and processing all returns on Tuesday, is going to be a mess, according to local tax preparers.

Larry A. Orr, a longtime Marion certified public accountant, said 2014 tax laws tied to the Affordable Care Act (ACA) will make things more complicated for filers and preparers this year. Notably, tax preparers will be getting personal with questions about your health insurance.

For the first time, you'll have to state whether you had health insurance through an employer, one of the exchanges like Kentucky's kynect or purchased privately. And if you didn't, you could face a penalty.

Also, if you got advance payments of the premium tax credit under the ACA, even for only part of the year, there's a new form to file. You'll have to file it even

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Fundraiser set to help Salem fire victims

STAFF REPORT

A fundraiser to help a Salem couple who lost their home to a fire in November is scheduled for later this month.

While many were planning their Thanksgiving meal, Neil and Arlene Luster were at the Livingston County Food Bank in Smithland on Nov. 26 – Thanksgiving Eve – handing out food to the needy. While there, they received the phone call no one wants to hear.

Their house 20 minutes away in Salem was on fire.

The couple rushed home to find firefighters from Salem, Burna, Smithland and Grand Rivers battling a blaze that destroyed both their house and trailer, as well as all their possessions within the Mill Street residence.

"They need our help," said Faye Gibson of American Legion Post 217 Auxiliary in Burna, which along with friends of the family is sponsoring the Jan. 30 fundraiser for the couple. "Friends and

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Family Dollar shareholders set to decide on merger offers today

FROM STAFF AND WIRE REPORTS

Three big-name dollar stores, two which have locations in Marion, are likely nearing the end of merger negotiations that could result in hundreds or thousands of stores closing nationwide.

Dollar Tree and Dollar General have been negotiating to acquire Family Dollar since August. A vote on the proposed mergers by Family Dollar shareholders is scheduled for today (Thursday).

Dollar Tree and Family Dollar reached a merger

agreement in July in which Dollar Tree would acquire Family Dollar in a cash and stock transaction. But less than a month later, Dollar General made a proposal to acquire Family Dollar.

Cathy Carey, head of the economics department at Western Kentucky University, predicts shareholders will vote in favor of the Family Dollar/Dollar Tree merger. Though it wouldn't be as good of a deal as a merger with Dollar General, a Family Dollar/Dollar Tree merger is

more likely to go through and be settled quickly and fewer overlapping stores would be closed.

If Dollar Tree and Family Dollar merge, the Federal Trade Commission estimates about 310 stores would close, though Dollar Tree estimates the number could be less and has found buyers for potential closing locations, according to a release from Dollar Tree.

If Dollar General and Family Dollar merge, Family Dollar estimates 3,500 to 4,000

stores would close. Because about 1,000 new Dollar General stores are scheduled to open in the coming year, even more Family Dollar stores might have to be closed.

There is no indication at present as to how either of the two potential mergers might affect the Family Dollar store in Marion.

Dollar Tree does not want to extend its offer past today's proposed vote by Family Dollar shareholders because the delay would hurt Family Dollar's business and finance

costs would be higher. A deal with Dollar General would take longer because of the number of stores involved in the planning.

A Family Dollar/Dollar Tree merger would mean Dollar Tree can expand into more markets and continue to compete with Dollar General, Carey said. A Family Dollar/Dollar General merger also would mean Dollar General would knock out a competitor, making the market

See **MERGER**/Page 5

The next Crittenden County Food Bank distribution day is Friday

Distribution is from 8 a.m. until supplies are exhausted • 402 N. Walker St., Marion



Courthouse dedication highly celebrated

Crittenden County's present courthouse is the fourth one built. The landmark old brick courthouse that was razed in 1961, for the present building, had served the county since 1871. Through the later years of its life, it had evidently become an eyesore for the town of Marion and was in constant need of repairs and updating.

In 1953, the Woman's Club spearheaded a project to repair and beautify the appearance of the old building. They worked to get all citizens interested in having something done about the appearance of the town's most important building. Needed repairs on the roof and windows was accomplished and interested businessmen of the community were helpful in purchasing paint for the much needed project. The bandstand was also painted and new benches were purchased for it.

When the project was finished, downtown Marion had a progressive new look and merchants also joined the parade of progress by adding new storefronts and painting buildings. Everyone was proud of its new, clean appearance.

In a few years, the paint had once again become aged in appearance and the people were complaining of its appearance, and the need had gotten greater for a newer, more modern building. In November 1959, an article indicated that a new courthouse, a modern structure, would be built in Marion. They called our old courthouse an antiquated and dilapidated building.

Voters in the Nov. 3, 1959, election approved by an overwhelming margin of 2,437 to 624 a \$175,000 bond issue for the building of a new courthouse.

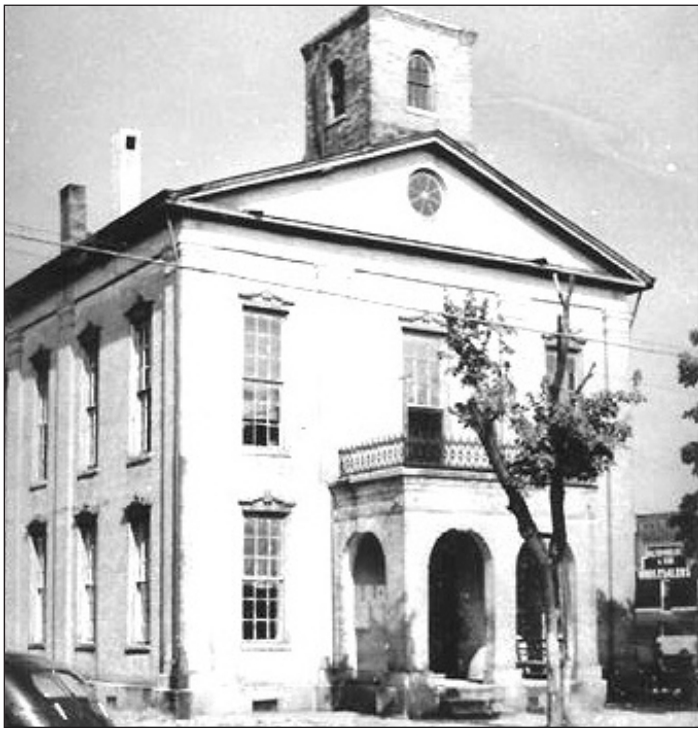
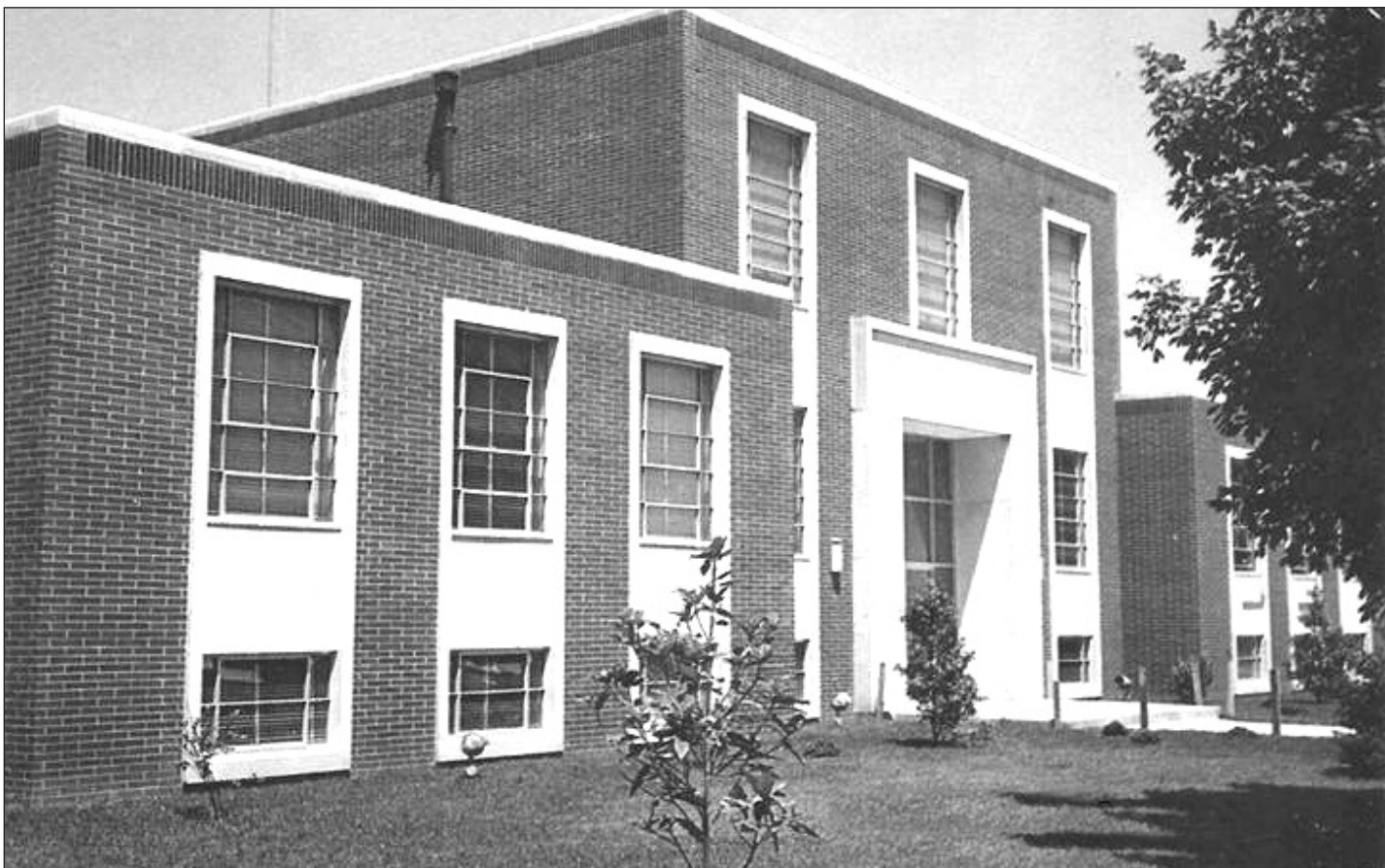
May 11, 1961
Courthouse ground broken
County Judge Earl McChesney broke ground Wednesday, May 3, 1961, for the new Crittenden County Courthouse. Other county officials attending the ceremony were County Clerk R.P. Davidson, County Attorney B.M. Westberry and magistrates comprising the fiscal court, consisting of Watson Flanary, Clemens Crawford, Ernest Nelson, G.B. Kirk, Cruce McDonald, Truman Highfil, Frank H. Hill and Joe Robertson.

June 23, 1961
Courthouse cornerstone contained many articles
County Judge Earl McChesney announced a list of articles placed in the box to be sealed in the cornerstone of the new Crittenden County Courthouse.
Following is the list of items placed in the box:
- Copies of The Crittenden Press from April 27, May 11



- and June 15, 1961.
- A copy of The (Louisville) Courier-Journal from June 15, 1961.
 - Financial statement of The Peoples Bank as of Dec. 31, 1960.
 - Financial statement of Farmers Bank & Trust Co. as of Dec. 31, 1960.
 - The Holy Bible presented by Nelda Phelps.
 - A box of plastic products presented by Mi-Marker Co. of Marion.
 - History and roster of Company D, Medium Tank Battalion, 123rd Armor of Marion and the Ellis B. Ordway Post 111.
 - Histories of Crittenden County Hospital, Crittenden County Library, Marion Kiwanis Club, Woman's Club of Marion, Rotary Club, ASC office, Fidelity Finance and Moore Business Forms and the Ben Franklin Store.
 - Official roster of Henderson-Union Rural Electrification Administration and a copy of Rural Kentuckian from June 1961.
 - Personnel roster and other items from Kentucky Utilities Co. of Marion from 1961.
 - Sealed envelopes from Marion Baptist Church, First Baptist Church, Union Baptist Church and Crayne Cumberland Presbyterian Church.
 - Histories of Mexico Baptist Church, Marion Second Baptist Church, Crooked Creek Missionary Baptist Church, First Presbyterian Church USA, Piney Fork Cumberland Presbyterian Church, Sugar Grove Presbyterian Church and Blackburn Church.

- Notes on quarterly conference of Tolu Methodist Church.
- A bulletin from Marion Methodist Church from June 4, 1961.
- A sealed envelope from Crittenden County Schools.
- Earth Science from March-April 1955 presented by Ben E. Clement.
- Leaflets from the American Legion welfare department.
- A pamphlet from the 10th anniversary of Price-Thomson LP Presbyterian Church USA.
- A postcard featuring Ben E. Clement's collection.
- A brochure on fluorspar presented by Ben E. Clement.
- Two fluorspar samples from Ben E. Clement.
- A photograph of the groundbreaking of the new



- courthouse from May 1961.
- Gem and mineral products from Maurice N. Boston of Marion.
 - Summary of operation of Patmor's Seed Plant.
 - A letterhead from Crittenden County Soil Conservation District.
 - A thumbnail sketch of Farmers Home Administration.
 - Billings from the Kentucky Theater.
 - Menus from Marion Cafe, Sunrise Cafeteria and Rohrer's Drive-In.
 - Letterheads of various business houses in Marion.
 - A list showing the city police force.
 - A list of Dam 50 personnel.
 - A list of Boy Scouts and Charter of America from Scoutmaster Denver E. Tabor.
 - A list of Girls in Action girls and leaders.

- A letter from the Tourist & Travel Division of the Department of Public Information in Frankfort dated June 15, 1961.
 - A Highway Magazine from June 1961.
- Completing the list of articles put into the cornerstone for the new Crittenden County Courthouse was a 74-year-old newspaper printed and published in Dy-cusburg on April 30, 1867. George T. Harris was the editor and publisher of the four-page tabloid that hit the streets every week. The paper was named The Crittenden

Above is a postcard image of the new Crittenden County Courthouse dedicated Dec. 9, 1961. After 90 years, Marion had a new, modern building to house the county's offices. Below is a 1940s photo showing the third courthouse, which served the county since 1871.

Courier. The subscription rate was 50 cents per year and contributions were solicited from the public.

Dec. 14, 1961
Courthouse dedication
In spite of driving cold rain and sleet, approximately 200 people showed up for the dedication ceremonies for the new Crittenden County Courthouse, which were held in the circuit courtroom of the new building Dec. 9.

It was apparent to everyone there that the long, red brick building of contemporary architecture was both beautiful and functional and would serve the county as its seat of government and repository of records for many years to come.
The new building contains a full basement. It houses portions of the activities of the county school board and the county clerk's office. The remainder of the space in the basement will be available for renting to various governmental agencies. The windows protrude above the ground and furnish a great amount of light in that area.
The county offices are on the main, or first, floor. The circuit courtroom is located on the second floor. That floor also contains chambers

for the judge and a jury room.

The main hallway is designed in a beautiful mosaic terrazzo that is both attractive and long-lasting. It was felt that this latter feature would better preserve a clean, neat appearance for the area.

The main entrance, made of tall and stately glass doors, is located on the east side of the building and fronts Main Street. The entire building is brilliantly lit by fluorescent lighting fixtures. It has been observed that the building is virtually fireproof. There isn't any wood in it except for some doors.

It is believed that the people of Crittenden County will long remember this historic day in their lives and are very proud of their new modern courthouse.

Time surely moves on, as that historic day was now 54 years ago this past December.

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

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Growing buzz about beekeeping in community; classes scheduled

By JASON TRAVIS
STAFF WRITER

In January, the thought of bees pollinating flowers is a warm reminder that winter will soon relent and spring will eventually come to Crittenden County.

The occupation of beekeeping, or owning and breeding bees for their honey, has recently intrigued many local residents. University of Kentucky Crittenden County Co-operative Extension Service Agent for Agriculture and Natural Resources Meredith Hall has heard the growing buzz about beekeeping and has received many inquiries about the subject. Hall stresses that now is the time to plan ahead for acquiring the proper materials for individuals interested in beekeeping.

Since October, Hall has held a monthly beekeeping class for residents interested in the subject, either as a hobby or for local growers interested in crop pollination. The next scheduled beekeeping meeting will be held at 7 p.m. Tuesday at the Ed-Tech Center in Marion. Hall encourages the public to attend the meetings to learn more about various factors and benefits involved in beekeeping.

"Many people think of honey bees as a summertime nuisance. But honey bees are essential for crop production, especially horticulture crops. More than \$15 billion a year in U.S. crops are pollinated by bees," Hall said. "A honey bee hive working a plot of cucumber plants can yield three times more cucumbers than plots without bees. For horticulture crop producers, adding several hives to your farm is a small price to pay for yield increases."

John Benham of central Kentucky was a guest speaker at one of the beekeeping meetings at the Ed-Tech Center last fall. Benham is the president of the Kentucky State Beekeeper Association. A retired pilot, Benham has flown professionally across the globe but said the flight of bees is even more interesting than his own aviation career. Benham became interested in beekeeping after helping his father-in-law with his own beekeeping operation.

"It's a buzz that bites you," he said. "It's really interesting, intriguing and a lot of fun."

Benham said individuals can purchase bees and beekeeping equipment either from a manufacturer like Kelley Beekeeping in Grayson County or through individuals that sell bees. He said the latter may not be as easy to find unless one knows a private seller.

Benham suggests it's best to have at least two hives to compare and chart their progress. He stressed many people give up on beekeeping too soon because one hive will fail and they don't know why because they don't have anything to compare it to. For those really interested in beekeeping, he emphasized the



SUBMITTED PHOTO

Now is the time to invest in beekeeping equipment. Shown above, is John Benham's beekeeping operation in central Kentucky.

value in speaking with an experienced beekeeper to eliminate a lot of potential errors for the beginner.

"I've never met a beekeeper who wouldn't help somebody get started," he said, adding that experienced beekeepers can help those new to sceince recognize problems early.

He said the steepest part of the learning curve in beekeeping is the first two years.

"I would say the majority of people who fail do it in the first two years. Generally, the reason is because they don't have help. They are trying to recognize things on their own," he said. "It's difficult to do. There are so many aspects to beekeeping."

Benham suggested a good, healthy hive is going to average about 50,000 bees. But don't expect to begin collecting honey during the first year of beekeeping.

"It takes time," he cautioned. "The harvesting of the honey is another ballgame as far as beekeeping goes."

He said not to expect honey the first year because, as a beekeeper, the goal is to get the hive developed and strong. While the second year could see a little production of honey, individuals can expect to move toward a full operation in the third year of beekeeping.

Hives should be placed strategically. Many experts suggest placing them in a sunny location with the front facing the morning sun in the eastern sky. It's also a good idea to consider keeping them away from where children play and from pets and livestock.

Cold weather doesn't really bother bees. Berham said they can survive temperatures down to 0 degrees. They keep the interior of the hive at about 60 degrees in the winter by vibrating their wing muscles to create heat.

Aside from the production of honey, Benham attributes the success of his farm's fruit tree crop to honey bees. In addition to helping crop production, Benham said bees are beneficial in other ways. Since honey contains pollen, children who eat honey after the age of 2 may get acclimated to the pollen in their area and won't have as many allergies.

MESSAGE

Continued from Page 1

faith. He said one of his first talks to a team always included a question of whether players were in it for fun or in it to win. Winning requires character, conviction and commitment, he said. It's not for everyone.

"When you're playing to

win, you have to understand that I, as the coach, will be putting some heat on you," he said. "Life is the same way, and it's the same in the church. Our pastors need to put a little heat on us from time to time."

Turley said that through his journey as a coach and educator he has learned one thing for certain, that during your darkest hours or greatest

moments, it's the people around you – your supporters – who you remember most. He also said that having your name "inscribed up there" in heaven is more important than anything you can do on the court or on this earth.

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

The Crittenden Press Inc. management and staff

Publisher.....	Chris Evans
Editor.....	Daryl K. Tabor
Reporter.....	Jason Travis
Advertising manager.....	Allison Evans
Graphic design.....	Brian R. Hunt
Operations manager.....	Alaina Barnes

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

Crittenden Fiscal Court convenes in regular session at the courthouse at 8:30 a.m. on the third Thursday of each month.



Dan
Wood (D)
602 Providence Road
Providence, KY 42450
270.667.5235
dan_wood@hughes.net

Is the courthouse open on Saturday? Yes. Most offices are open a half-day Saturday except during holiday weekends. The PVA and judge-executive's office, however, are closed on Saturday.

When is the solid waste convenience center (trash repository) on U.S. 60 East open? Monday, Tuesday, Thursday, Friday and Saturday from 8 a.m. to 4 p.m. It is closed on Wednesday and Sunday.

Do I have to have a dog license? Yes. Licenses are available for \$5 through county Animal Control Officer Denise Peck (969-1054) at the animal shelter on U.S. 60 East.

"According to the IRS, it's going to be the worst tax year in 30 years," said Bonnie Pugh, yet another local tax preparer.

“Getting health insurance is a big decision for some folks,” Adam said. “When it comes to reporting your health insurance on your taxes, it’s going to be very straightforward.”

Some pointers for consumers related to Form 1095-A include:

- You may get more than

For those who didn't have health insurance, there's yet another form – Form 8965 – which lists the possible exemptions and lets you claim the one that might apply. It's also where you figure out your penalty if you didn't have cov-

“So please be aware there

"Our ability to meet this demand may be strained due to ongoing budget constraints and the possibility of an additional increase in call volume related to the impact of tax extender legislation that may be passed later this year," he said.

Call (270) 704-0167

Saturday Night Date Night!

Have Valentine's Day plans, but no babysitter?

Bring your kids to Marion United Methodist Church and enjoy a night out.

The middle and senior high youth group will be providing a babysitting service from 5-9 p.m., on Valentines Day, Feb. 14 for children ages 2-11.

A spaghetti dinner will be provided for the kids as well as movies (with popcorn) and fun games!



Cost per family:

- Sign up through Jan. 18 - \$20
- Sign up between Jan. 19 - Jan. 25, \$25
- Sign up between Jan. 26 - Feb. 14 - \$30

Proceeds from the babysitting service will be used to send the youth group on a mission trip this summer.

OBITUARIES

Taylor

James Donald "Don" Taylor, 86, of Marion died Jan. 13, 2015, at Crittenden Health Systems.

He graduated from Marion High School in 1945, attended the University of Kentucky and graduated from Western Kentucky University, where he lettered in both track and football. Prior to entering the U.S. Air Force, he taught briefly at Marion High School. He retired from the Air Force in 1973 as a senior master sergeant after 21 years of service. Upon returning to Marion after his retirement, Taylor had his own electrical contracting business and retired from Koppers Inc. During the 1970s, he served the community as a member of the Crittenden County School Board.

Taylor is survived by his sons, Mike Taylor (Debbie) of Sugar Land, Texas, and Patrick Taylor (Sue Corey) of Delray Beach, Fla.; a daughter, Laurie Daiken (Steve) of Duluth, Minn.; a sister, Nona Akridge (Dean) of Fredonia; six grandchildren; and three great-grandchildren.

He was preceded in death by his wife, Doris Clark Taylor; a brother, Thomas Franklin Taylor; and his parents, Marcella Matthews Taylor and Emmett Taylor.

Funeral services were Saturday at Gilbert Funeral Home in Marion. Burial was in Mapleview Cemetery with military rites.

Orenduff

Melissa "Missy" Jane Nesbitt Orenduff of Louisville, formerly of Marion, died Jan. 10, 2015.

She was born on March 31, 1974.

Orenduff is survived by her fiancé, Timothy Holmes of Louisville; her mother, Catherine Nesbitt of Jackson, Tenn.; and a sister, Donna Lilly of Jackson.

She was preceded in death by a son, Matthew Seth Orenduff; a daughter, Brianna Louise Mills; and a brother, Charles Ray Nesbitt.

At her request, a private ceremony was held in her memory.

Donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Obituary policy

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

Rice

Bobbie Jean Rice, 63, of Marion died Jan. 17, 2015, at Crittenden Health Systems in Marion.

She was a registered nurse and worked at Crittenden Health Systems.

Rice is survived by her husband, Bob Rice of Marion; a daughter, Stephanie Day of Marion; two sons, Leon Rice of Evansville, Ind., and Justin Rice of Nashville, Tenn.; six grandchildren; a great-grandchild; three sisters, Winona Wilson of Russellville, Ala.; Janice Johnson of Marion and Mollie Asbridge of Marion; and a brother, Bobby Singleton of Marion.

She was preceded in death by her parents, Bobby Hunt and Mary Louise Conger Singleton; a brother; and a sister.

Funeral services were Wednesday at Myers Funeral Home in Marion.

Gass

Frankie N. Gass, 87, of Marion died Jan. 12, 2015, at Salem Springlake Health and Rehabilitation Center.

She was born Jan. 27, 1927, the daughter of John and Elva Martin.

Gas is survived by her husband, Harry Gass; two sons, Monty C. Gass and Trent Gass; a daughter, Debra Gass Knight; five grandchildren; and one great-grandchild.

Private graveside services were held Jan. 13, 2015, at Mapleview Cemetery.

Arrangements were under the direction of Boyd Funeral Directors in Salem.

McGregor

Johnny McGregor, 66, of Marion, formerly of Princeton, died Jan. 15, 2015, at his home following a short illness.

He was a retired truck driver.

McGregor is survived by a son, Shawn Allsbrooks of Marion; two daughters, Mary McGregor of Marion and Jackie Evans of Princeton; his life partner, Tonya Moodie of Marion; four brothers, Ronald Pavey of Princeton, Bobby McGregor of Caldwell County, Jackie McGregor of Caldwell County and Billy McGregor of Marion; four sisters, Mary Felker of Henderson, Carolyn Martin of Dawson Springs, Penny Frallex of Caldwell County and Lena Ritter of Dawson Springs; and several nieces and nephews.

He was preceded in death by his wife, Kathy Slaton McGregor; his parents, Louard McGregor and Lena Jarrett McGregor; a son, Jason McGregor; two brothers, Archie McGregor and Charles McGregor; a sister, Barbara Tyrie; and a niece, Penny McGregor.

There was no visitation or service.

Morgan's Funeral Home in Princeton was in charge of arrangements.

NEWS BRIEFS

Drug sting nets 3 arrests last week

A Marion man, along with two out-of-town subjects, were arrested last week on various charges as part of a drug sting.

According to a news release issued last Wednesday by Pennyrile Narcotics Task Force, Barkley T. Belt, 20, of Marion was arrested after allegedly selling 9.2 grams of "Molly" to a police officer on Jan. 13 as part of a controlled purchase. The Molly, also known as Ecstasy, was valued at \$1,700.

Marion Police Department and Crittenden County Sheriff's Department assisted in the arrest of Belt along with two accomplices, Kamiah Timpe, 35, of Benton and Angela M. Orr, 36, of Louisville.

All three suspects were charged with first-degree trafficking in a controlled substance. Timpe faces an additional charge of operating on a suspended or revoked license, while Orr faces an additional charge of possession of marijuana. All of the subjects were lodged in Crittenden County Detention Center.

According to the task force, Molly is a synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline.

To report drug activity to the task force, call (800) 624-4596.

Kirk: Jail operating at near-capacity

Crittenden County Detention Center was reported at near capacity by Jailer Robbie Kirk at last week's meeting of Crittenden Fiscal Court. For last Thursday, Kirk reported 106 state inmates, four federal prisoners and one from another county, all of whom earn the jail housing income. Twenty inmates were from Crittenden County, bringing the jail census to 131 for the day. However, Kirk said additional beds are filled by those serving weekend sentences or those transported here for local court proceedings

The jail was built as a 133-bed facility.

Kirk reported housing income from the month of December at \$107,277, with the bulk, or \$100,727, from housing state inmates. Another, \$5,775 was from holding federal prisoners and \$775 was generated by housing inmates from other counties.

Kirk said there are currently 33 full-time employees at the jail.

Wood named judge pro-tem for county

Longtime Magistrate Dan Wood was chosen by Judge-Executive Perry Newcom at last Thursday's meeting of Crittenden Fiscal Court to head the government body in his absence.

Wood was chosen as judge-executive pro-tem, replacing Percy Cook who retired from the fiscal court after 21 years. Should Newcom be out of pocket, Wood would conduct court meetings and various other capacities of the judge-executive.

Planning for your funeral, the smart thing to do...

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New eFiling to ‘transform way Kentucky courts do business’

STAFF REPORT

Local courts should now be accepting court cases electronically with Wednesday's scheduled launch of eFiling in the 5th Judicial Circuit of Crittenden, Union and Webster counties and four other western Kentucky circuits. The Administrative Office of the Courts is moving to implement eFiling in all 120 counties by the end of 2015 as part of the judicial branch's plan to better serve those who depend on the state court system.

The new system is designed to allow attorneys to file a new case or file a document into an existing case and streamline the judicial process. The goal is to update Kentucky's aging court technology to meet the demands on the court system and enable the courts to stay current with the mainstream of law and commerce.

"Moving from a paper-based environment to one that is primarily electronic will transform the way Kentucky courts do business," Chief Justice John D. Minton Jr. said. "The cost savings to the court system and to practitioners will be substantial and the state's entire legal system will become more efficient when we process court cases electronically."

The eCourt program will also upgrade the court system's technology infrastructure, replace its case management systems for the trial and appellate courts and

acquire a document management system that will electronically store and index court documents.

But there will be limitations early on, said Crittenden County Circuit Court Clerk Melissa Guill.

"We will be very limited in the types of filings we can accept electronically in the beginning," she said. "We will only be able to accept filings in circuit court civil and criminal cases and district court civil and criminal cases. We will not be able to accept filings in family court cases which includes domestic and confidential cases."

Guill said her office will maintain a paper copy of every document and/or case filed through the new system.

less competitive.

"When markets become less competitive, consumers lose if firms exercise their ability to raise prices," Carey said.

Dollar Tree believes it "will be in a position to complete the financing for the pending merger in January 2015 and to complete the pending merger as early as February 2015," according to a news release.

(Editor's note: The Bowling Green Daily News contributed to this story.)

MERGER

Continued from Page 1

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Studies indicate many factors cause loss of sleep

We all want a good night's sleep, but for some of us, sleep is hard to come by. If you experience trouble falling asleep or staying asleep, awakening too early or never feeling rested, you are not alone. Many adults experience sleep disturbances at some point. The National Institutes of Health estimates that nearly 30 per-



cent of the general adult population complains of sleep disruption, and about

10 percent has functional impairment in the daytime that is a telltale sign of insomnia. Stresses, anxieties, depression, poor sleep habits and certain medical conditions are common underlying causes of insomnia. Insomnia is also caused by changes in a person's environment or work schedule, some medications and con-

sumption of caffeine, nicotine, alcohol and food too late in the evening. The risk of experiencing insomnia increases if you are a woman, over 60, have a mental disorder, under stress, work nights or swing shifts or frequently travel long distances over multiple time zones. According to the National Sleep Foundation

and Mayo Clinic sometimes you can make behavior changes to have a more restful night. These changes include following a regular sleep schedule, creating a comfortable sleep environment, avoiding stimulating activities before bedtime and decreasing or avoiding the consumption of alcohol, caffeine and nicotine close to bedtime.

If you consistently have trouble with unsettled sleeping patterns, you may want to see your doctor. *(Nancy Hunt is the Family and Consumer Sciences Agent at the University of Kentucky Cooperative Extension Service for Crittenden County. For more information on programming, contact the Extension Service at (270) 965-5236.)*



SUBMITTED PHOTO

CCES names Rocket Role Models

Crittenden County Elementary School announced its Rocket Role Models for the month of December. They include (front row, from left) Shelbi Belt, Macibelle Hardesty, Maeson Martin, Morgan Stewart, Layken Gilchrist, Trae Taylor, Madison Stiles, Elliot Evans, Georgia Holeman and Jacob Carder; (second row) Riley Kirby, Hannah Mott, Frannie Guess, Rachel Mundy, Justus Coleman, Carly Travis, Laycee Lynn, Jessenia Medina-Mandujano, Katie Perryman and Tanner Crawford; (back row) Hannah Fisher, Jack Reddick, Carly Towery, Lyli Wesmolan, Jacey Frederick, Erica Darnell, Katie Willan and Courtney Fulkerson. Not pictured: Lane West.

Evening Belles hold meeting

STAFF REPORT
Evening Belles Homemaker Club recently met at the Crittenden County Extension Service with six members present. Nancy Hunt was the guest at the club meeting. Pat Carter began the meeting with the Pledge of Allegiance to the flag. The inspirational on thoughts of gratitude was read by Martha Fletcher. Myrle Dunning conducted roll call, and each member answered with a New Year's resolution.

Dunning also provided the treasurer's report and read a thank you note from Hunt for the Christmas gift. Potluck refreshments were enjoyed by all present.

The international meeting will be held Feb. 25. Algie Richards and Martha Fletcher will help with registration.

A total of 17 people agreed to have their barn quilts placed in a brochure that will be available to tourists.

The Homemaker Club will provide Valentine's tray favors for patients at Crittenden Health Systems.

In Bernadine Travis' absence, Hunt provided a lesson on cooking when the electricity is not working.

Richards provided a game of scrambled words dealing with kitchen spices. Rebecca Zahrt won the prize.

The Evening Belles Homemakers will hold its next meeting at 11:30 a.m., Feb. 12 at the Extension Service. Visitors are welcome.

Millikan earns UC diploma

STAFF REPORT
Julie Millikan of Marion was among 561 students who completed their studies and graduated in December from University of the Cumberland in Williamsburg, Ky.

A combination of undergraduate as well as graduate degrees were awarded based on completion of requirements.

COMMUNITY CALENDAR

Thursday, Jan. 22

■ A meeting of the Pennyrile Chapter of Kentucky Retirees will begin with lunch at 11:30 a.m., at the County Cupboard, located at 581 McCoy Ave. in Madisonville and proceed with the noon program.

■ A community crisis management meeting will begin at 1:30 p.m., in the Rocket Arena Conference Room.

■ Crittenden Hospital Auxiliary will meet at 4 p.m., at the hospital's education building.

■ Crittenden County Elementary School will host Family Fitness Night from 6 p.m. to 7:30 p.m.

Monday, Jan. 26

■ Extension Homemaker Quilt Club will meet at 9:30 a.m., at the Extension Serv-

ice. Pat Fuller will present a program on hand embroidery techniques she uses for her quilts. Meetings are open to the public. For further information call (270) 965-5236.

■ Livingston County Middle School Efficiency Committee will meet at 3:30 p.m., in the Cardinal Room Annex. All parents, interested community members and staff are invited to attend.

■ Crittenden County Extension Service ANR Agent Meredith Hall will conduct a Farm Bill informational program at 6:30 p.m., at the Ed-Tech Center in Marion.

Tuesday, Jan. 27

■ Crittenden County Extension Service ANR Agent Meredith Hall will conduct a

Beekeeping class at 7 p.m., at the Ed-Tech Center. The public is invited to attend to learn more on the subject.

Monday, Feb. 2

■ West Kentucky Regional Blood Center and Crittenden Health Systems will sponsor a blood drive from 11 a.m. to 6 p.m., in the hospital's education building. Each donor will receive a T-shirt.

Monday, Feb. 9

■ Crittenden County Elementary School SBDM Council meets at 4 p.m.

On-going events

■ Relay for Life of Crittenden County will hold meetings at 5:30 p.m., the third Monday of each month at the Crittenden County Courthouse. This year's theme is "Every Hero has a Story."

Salem resident 1 of 69 to receive new KSP diplomas

STAFF REPORT

The Kentucky State Police Academy presented diplomas to 69 new troopers, including one from Livingston County, at ceremonies held Friday in Frankfort. Their addition to the force brings the agency's strength to a total of 910 troopers serving the citizens of the Commonwealth.

"During tough budgetary times, Gov. (Steve) Beshear's continuing support for the public safety mission of the Kentucky State Police has allowed us to continue cadet classes on a regular basis," said KSP Commissioner Rodney Brewer. "These new troopers will help replace those who have retired during the past year. Maintaining strength levels are a challenge, however, with our ranks about 100 troopers below fully authorized levels. Nonetheless, our service and commitment to the citizens of the Commonwealth remains strong and effective."

Two new troopers were added to Post 2 in Madisonville, which services Crittenden County. Twelve were added to the ranks of Post 1 in Mayfield, which services Livingston County. One of those was Johnson Gordon of Salem.

The new troopers are part of the agency's 92nd cadet



Gordon

class. They started a 23-week training cycle on Aug. 3, 2014, in a class that consisted of 110 cadets. Forty-one resigned during the weeks of mental and physical challenges that followed.

The training included more than 1,000 hours of classroom and field study in subjects such as constitutional law, juvenile and traffic law, use of force, weapons training, defensive tactics, first aid, high speed vehicle pursuit, criminal investigation, computer literacy, hostage negotiations, evidence collection, radio procedures, search and seizure, crash investigation, drug identification, traffic control, crowd control, armed robbery response, land navigation, electronic crimes, sex crimes, hate crimes, domestic violence, bomb threats and hazardous materials.

Each new trooper will be supervised by a field training officer for eight weeks. At the completion of their field training program they will be released to their respective assignments.

SENIOR CENTER CALENDAR

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

Upcoming activities and menu include:

- Today: Senior Health Fair begins at 9 a.m. Menu is barbecue pork on wheat bun, twice-baked potato, baked pork and beans and an oatmeal cookie.

- Friday: Bingo begins at 10:30 a.m. Menu is spaghetti

and meat sauce, California blend vegetables, wheat garlic bread and peach crisp.

- Monday: Ladies exercise by Full Body Fitness Studio begins at 9:45 a.m. Menu is beef stroganoff on noodles, seasoned peas, baby carrots, whole wheat roll and fruit salad pudding.

- Tuesday: Menu is baked Italian chicken, broccoli soup, stewed potatoes, whole wheat roll and glazed pears.

- Wednesday: Game Day with Barb begins at 10:30 a.m. Menu is pork chop and onions, hash brown casserole, mixed vegetables, coleslaw, whole wheat roll and snickerdoodle.

- Next Thursday: Menu is meat balls with gravy, mashed potatoes, lima beans, wheat bread slice and dreamsicle gelatin.



PHOTO BY CHRIS EVANS. THE PRESS

January Business of Month

Crittenden County Chamber of Commerce recognized CPA Larry Orr as Business of the Month for January. Orr offers a variety of accounting, book keeping and financial planning services at his downtown office. Pictured with Orr (seated) are Chamber officials (from left) Holly White, Susan Alexander, Robin Curnel, Wendy Lucas, Randa Berry, Elizabeth Floyd, Elliot West, Scott Belt, Todd Perryman and Brad Gilbert.



Wearable sensors gather lots of health data

THE ASSOCIATED PRESS

It's not just about how many steps you've taken or how many calories you've burned in a day. Wearable fitness trackers and health monitors are becoming more commonplace and diverse, but just what do you do with all of that data?

"We have a lot of people buy wearables and then stop using them," said Paul Landau, president of Fitbug, a British maker of fitness trackers. Landau attended the International CES gadget show in Las Vegas last week, promoting a series of 12-week fitness coaching programs that offer detailed and custom recommendations for getting in shape. "If you want to help people," said Landau, "they've got to have more than just self-tracking."

Health monitors aren't just for fitness buffs. Startups and big tech companies at the gadget show promoted all kinds of uses for the data generated by wearable sensors – from mindfulness exercises to figuring out the best time to get pregnant. Other companies aim to offer value by aggregating data

from different sources, so it can be viewed and interpreted together. That could be useful, but it also raises a host of privacy concerns.

TURNING DATA INTO AN EXPERIENCE

"A lot of wearables today are just throwing numbers at people. We're looking to synthesize that data and turn it into an experience," says Jason Fass of Zepp Labs, a Silicon Valley startup that makes a tiny, wearable motion sensor for tennis, baseball and golf enthusiasts.

Zepp has been selling sensors for a year, Fass said in an interview at CES, but he's hoping weekend athletes will see more value in Zepp's new smartphone app. It shows users an animated analysis of their swing, and lets them compare their moves with videos of pro athletes.

The trend goes beyond sports. A Canadian startup called Interaxon displayed a headset that can measure brain activity, by tracking electrical impulses. It connects to an app that provides mental exer-

cises to relax or focus the mind, but founder Ariel Garten predicts the technology might be integrated with other services in the future – to automatically adjust a wearer's iTunes playlist, for example.

Other exhibitors showed wearable motion sensors designed for the elderly person who lives alone, keeping a record of daily activity and sending an alert to family members if, for example, the wearer falls, or isn't following his or her usual pattern of moving around the house.

Colorado-based Prima-Temp introduced a cervical ring containing an electronic sensor that's designed to track a woman's internal body temperature. It can send a smartphone alert to the woman – and her partner – when it's her optimum time to conceive a child.

Tiny sensors that can track activity and health data have been a fixture at CES in recent years. One in 10 Americans owns a fitness activity tracker – typically a wristband that measures things like heart rate, breathing and movement, according to the Consumer Electron-

ics Association, which organizes the annual show. The Gartner research firm estimates more than 70 million such devices were sold worldwide last year. And that doesn't count more sophisticated wearables that can measure body temperature, glucose levels or other health indicators.

But as the novelty of these devices wears off, said CES chief economist Shawn DuBravac, consumers will become less interested in "what technologically can be done" and more focused on "what's technologically meaningful."

GATHERING THE DATA IN ONE PLACE

Apple and Google have developed mobile device software that can gather health and fitness data from wearables and other sources, displaying it in ways that are easy for consumers and their doctors to interpret. Samsung and BlackBerry are also working on software to collect medical data.

Silicon Valley startup Bellabeat makes several devices aimed at women, including a wearable ac-

tivity tracker that looks like jewelry, a weight scale and a fetal heartbeat monitor for pregnancy. Instead of showing readings on each device, they're designed to send information to a single smartphone app, "where you can see how your data is connected," said co-founder Urska Srsen.

"The future is going to be one where all your information is going to be in one place," said WebMD CEO David Schlanger.

Scientists from a South African company, LifeQ, were making the rounds at CES to promote their notion of using sophisticated algorithms to analyze data from a variety of wearable devices. LifeQ founder Riaan Conradie says his company can use "bio-mathematical modeling" to make meaningful health predictions, such as whether a person is at risk for a heart attack.

BUT WHO GETS TO SEE ALL THAT DATA?

The prospect of collecting and analyzing so much personal data – especially sensitive medical

records – raises a host of privacy concerns. Consumer advocates worry the information could be used by insurance companies to deny coverage or raise rates. Speaking at CES recently, Federal Trade Commission chief Edith Ramirez warned tech companies against selling health information to data brokers, and urged them to guard against hackers.

Prima-Temp's Costantini said the information her company gathers on body temperatures and fertility might someday be analyzed for broader medical insights. But she said identities will always be shielded and all data is stored in compliance with federal confidentiality rules for health records.

Companies that collect health information can't operate in the same way as, say, online retailers who tell advertisers what kind of shoes you like to buy, said Samsung Electronics president Young Sohn.

"We can't just share that information like the marketing data you might get out of some e-commerce application," said Sohn.

Medicare aims to improve coordinating seniors' care

THE ASSOCIATED PRESS

Adjusting medications before someone gets sick enough to visit the doctor. Updating outside specialists so one doctor's prescription doesn't interfere with another's.

Starting this month, Medicare will pay primary care doctors a monthly fee to better coordinate care for the most vulnerable seniors – those with multiple chronic illnesses – even if they don't have a face-to-face exam.

The goal is to help patients stay healthier between doctor visits, and avoid pricey hospitals and nursing homes.

"We all need care coordination. Medicare patients need it more than ever," said Sean Cavanaugh, deputy administrator at the Centers for Medicare and Medicaid Services.

About two-thirds of Medicare beneficiaries have two or more chronic conditions, such as diabetes, heart disease or kidney disease. Their care is infamously fragmented. They tend to visit numerous doctors for different illnesses.

Too often, no one oversees their overall health – making sure multiple treatments don't mix badly, that X-rays and other tests aren't repeated just because one doctor didn't know another already had ordered them, and that nothing falls between the cracks.

Medicare's new fee, which is about \$40 a month per qualified

patient, marks a big policy shift. Usually, the program pays for services in the doctor's office.

"We're hoping to spur change, getting physicians to be much more willing to spend time working on the needs of these patients without necessitating the patient to come into the office," Cavanaugh told The Associated Press.

To earn the new fee, doctors must come up with a care plan for qualified patients, and spend time each month on such activities as coordinating their care with other health providers and monitoring their medications. Also, patients must have a way to reach someone with the care team who can access their health records 24 hours a day, for proper evaluation of an after-hours complaint.

Many primary care physicians already do some of that.

"Quite honestly, I just didn't get paid for it," said Dr. Robert Wergin, president of the American Academy of Family Physicians.

Wergin estimates he spends about two hours a day doing such things as calling elderly patients who have a hard time visiting his office in rural Milford, Neb.

Say someone with heart failure reports a little weight gain, a possible sign of fluid buildup but not enough to make the patient call for an appointment. Wergin might adjust the medication dose over the phone, and urge an in-person exam in a few days if that doesn't

solve the problem.

The new fee could enable physicians to hire extra nurses or care managers to do more of that preventive work, Wergin said. Patients must agree to care coordination; the fee is subject to Medicare's standard deductible and coinsurance. Wergin plans to explain it as, "This is how we're going to hopefully manage your illnesses better at home."

But for some patients, care coordination can require a lot more work.

It's like being a quarterback, Dr. Matthew Press wrote in the New England Journal of Medicine last summer in describing the 80 days between diagnosing a man's liver cancer and his surgery. The internist, while at Weill Cornell Medical College, sent 32 emails and had eight phone calls with the patient's 11 other physicians. That's something CMS' Cavanaugh said a doctor in private practice would find hard to squeeze in.

The chronic care management fee is one of multiple projects Medicare has underway in hopes of strengthening primary care, and in turn save money. For example, about 500 practices in a demonstration project involving Medicare and private insurers are receiving monthly payments, averaging \$20 a patient, to improve care management and coordination for everyone, not just those at high risk.



METRO SERVICES

Cholesterol levels may not have the same relationship to heart disease as once believed.

Medicine rethinking cholesterol's relationship with heart disease

METRO SERVICES

High cholesterol levels have long been directly linked to heart disease. But as more research into cholesterol and its relation to heart disease is conducted, some doctors are shifting their views on the relationship between the two.

Statistics from the American Heart Association indicate that 75 million Americans currently suffer from heart disease. And even though one-quarter of the population takes cholesterol-lowering

medication and have reduced the fat content of their diets, the AHA estimates that more Americans will die of heart disease than ever before.

More revelations are coming to the forefront regarding cholesterol and heart disease. New research has shown that statin drugs are ineffective at reducing mortality rates in most populations. Furthermore, according to the Framingham Heart Study, which is the longest-running and most compre-

hensive study on heart disease to date, it was demonstrated that cholesterol intake in the diet had no correlation with heart disease. The study found that men and women with above average cholesterol levels had nearly identical rates of heart disease compared to those with below average cholesterol rates.

Another potential eye opener is that, in addition to cholesterol not

See **HEART**/Page 9

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METRO SERVICES
Myths and misconceptions about vision have prevailed through generations, but many of these myths are to be taken with a grain of salt.

Vision myths cleared up

METRO SERVICES

Vision can easily be taken for granted, but when a person's sense of sight is compromised, the results can present a number of challenges and affect quality of life in some profound ways.

Millions of people rely on corrective lenses to see clearly. The National Eye Institute says more than 150 million Americans use corrective eyewear, spending more than \$15 billion annually on contact lenses and glasses.

Those who must rely on glasses and contact lenses may wonder if there was something they could have done to protect their vision. Myths and misconceptions about vision have prevailed through generations, but many of these myths are to be taken with a grain of salt.

Myth: Sitting too close to the television will hurt your eyes.

Fact: Being too close to the screen will not harm your vision. In fact, it could be a coping mechanism for nearsightedness and a

symptom of existing vision problems. If you find yourself sitting close to the television, speak with an eye doctor.

Myth: Reading in dim light will be harmful to your vision.

Fact: Good lighting can prevent eye fatigue and headaches. However, working in dim light will not harm your eyes.

Myth: Eating carrots improves your vision.

Fact: A healthy diet helps the body maintain its eyes. But eating an abundance of carrots will not give your eyes superpowers. Vitamin A deficiency may lead to poor vision, but eating a lot of the vitamin by way of carrots will not enhance your vision.

Myth: Using corrective lenses will make your eyes dependent on them.

Fact: Eyesight naturally deteriorates as we age. Corrective lenses do not change the physiology of the eye; they just make it easier to see. Similarly, not wearing glasses

if you need them will not make vision deteriorate faster.

Myth: Wearing someone else's glasses will hurt your eyes.

Fact: Wearing someone else's glasses forces your eyes to work harder, which can cause fatigue or headache. But once the glasses are taken off, your eyes will automatically readjust, leaving no permanent damage.

Myth: Crossing your eyes will make them get stuck like that.

Fact: Telling a joke and crossing your eyes for a few laughs will not result in them getting stuck. They will return to their normal place after you tell your latest knee-slapper.

Myth: Foods and medicines will not affect vision.

Fact: Using artificial sweeteners can make your eyes more sensitive to light. Also, certain medicines, like antibiotics, high blood pressure drugs, contraceptives, and diabetic medications, can make the eyes more sensitive to light.

Flu shot doing crummy job

THE ASSOCIATED PRESS

This year's flu vaccine is doing a pretty crummy job. It's only 23 percent effective, which is one of the worst performances in the last decade, according to a government study released Thursday.

The poor showing is primarily because the vaccine doesn't include the bug that is making most people sick, health officials say. In the last decade, flu vaccines at their best were 50 to 60 percent effective.

"This is an uncommon year," said Dr. Alicia Fry, a flu vaccine expert at the Atlanta-based Centers for Disease Control and Prevention, who was involved in the study.

The findings are not surprising, though. In early December, CDC officials warned the vaccine probably wouldn't work very well because it isn't well matched to a strain that's been spreading widely.

Each year, the flu vaccine is reformulated, based on experts' best guess at which three or four strains will be the biggest problem. Those decisions are usually made in February, months before the flu sea-

son, to give companies that make flu shots and nasal spray vaccine enough time to make enough doses.

But this year's formula didn't include the strain of H3N2 virus that ended up causing about two-thirds of the illnesses this winter. And that strain tends to cause more hospitalizations and deaths, particularly in the elderly, making this a particularly bad winter to have a problem with the flu vaccine.

Indeed, the flu season is shaping up to a bad one. Health officials are comparing it to the nasty flu season two winters ago, and this one may prove to be worse. Hospitalization rates in people 65 and older are higher than they were at the same point in the 2012-2013 season, according to CDC data.

The results from the preliminary study weren't large enough to show how the vaccine is working in each age group, although flu vaccines traditionally don't work as well in elderly people.

The study involved 2,321 people in five states – Michigan, Penn-

sylvania, Texas, Wisconsin and Washington – who had respiratory illnesses from November to early January. The researchers said vaccinated people had a 23 percent lower chance of winding up at the doctor with the flu.

The CDC began regularly tracking the effectiveness of the flu vaccine during the 2004-2005 season, but the results for the first few years were from smaller studies and are considered less reliable. Effectiveness has ranged from 47 percent to 60 percent in the last half-dozen years, when studies involved larger numbers of patients.

It's only in those last several years that "we really understand what's really going on" with the flu vaccines, said Dr. Arnold Monto, a University of Michigan flu expert and another author of the study.

CDC officials say people should still get a flu shot this year. Recently, the flu season in the U.S. has peaked in January or February, but people can continue to get sick for months. And they could get infected by the flu strains that were included in this year's version.

Overweight preschoolers may slim down with Head Start, study says

THE ASSOCIATED PRESS

Head Start programs have been shown to help poor children do better in school, but they may also help them fight obesity, a study suggests.

During a year of Head Start preschool, obese and overweight children were much more likely to slim down than comparison groups of kids.

The study involved almost 44,000 preschool-aged children in Michigan and the researchers, from the University of Michigan, acknowledge it has weaknesses. But they say the potential benefits are important because obesity is so hard to treat and affects low-income children disproportionately.

Five things to know about the research, published online last week in Pediatrics:

HEAD START

Head Start is a federal pre-kindergarten program offered free in every state to low-income families. It often involves full-day preschool, focusing on school readiness, healthy eating and physical activity. Many programs provide children two daily meals, and give families health and nutrition advice. More than 1 million U.S. children participate.

THE CHILDREN

Almost 44,000 children participated, including about 19,000 Head Start kids. They were compared with children from Medicaid families and with those from wealthier, privately insured families. Health records and Head Start data provided height and weight measurements between the ages of age 2 and 6.

THE RESULTS

About 16 percent of kids entering Head Start were obese, versus 12 percent of Medicaid kids and 7 percent of the others. After a year, almost 11 percent of initially obese Head Start kids became normal weight, compared with none of the Medicaid kids and less than 2 percent of the others. The improvements lasted through the end of the study, or when the kids entered kindergarten.

Similar trends were seen in kids who started out overweight but not obese.

Nationwide, about 8 percent of preschoolers are obese, but the rate was mostly higher during the 2005-13 study.

THE SKINNY

The study found a reverse benefit for underweight children.

Those in Head Start were more likely to gain weight and achieve a healthy weight after a year than other underweight kids.

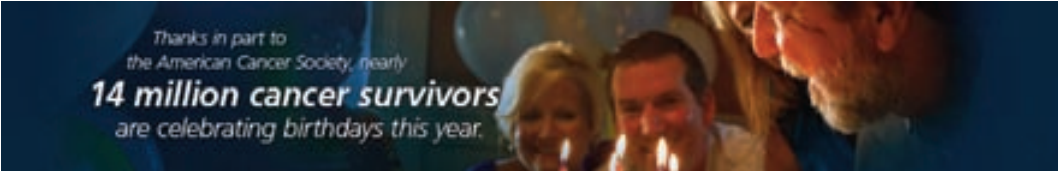
THE LIMITATIONS

The Head Start group had fewer blacks and more whites than the Medicaid group; the non-Medicaid group had the fewest number of minority kids.

A more rigorous test would have compared more similar groups, randomly assigning only some children to attend Head Start. That would be unethical because of Head Start's educational benefits, said lead researcher Dr. Julie Lumeng. It's likely that many kids in the comparison groups attended some kind preschool, perhaps including Head Start. That means it's not certain that participation in Head Start explains the weight improvements, she said.

But Dr. David Ludwig, a Harvard Medical School pediatrics professor and director of an obesity prevention center at Children's Hospital Boston, called the results are impressive and encouraging despite the limitations.

He said the researchers chose a "very reasonable" alternative study design, and that the results make sense, given the services Head Start programs provide.



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Ethel Tucker is well into her 90s, and she says Crittenden Hospital is always her first choice. Doctors have sent her elsewhere from time to time, but she prefers to stay at home for her medical care.

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-Ethel Tucker

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Case Outcome:

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Comments on Care

"My care here has been wonderful. The food is good too. I am thankful for the great therapy, it has gotten me back on my feet. After all, for a guy that couldn't walk, I am now running all over the building." -David Rudd

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Following tips can make morning workouts work

METRO SERVICES

Many men and women struggle to find time to exercise. If hectic schedules dominated by professional and personal commitments have made it difficult to make exercise part of your daily routine, you might want to consider skipping the snooze button so you can work out in the early morning hours.

Early morning workouts have their ups and downs. Glucose levels in the body tend to be low in the morning, when many people wake up with a relatively empty stomach. Low blood glucose levels can cause feelings of nausea and weakness and possibly make you feel faint. In addition, since you likely aren't moving much while you're asleep, your joints and muscles are likely less mobile early in the morning than they are in the evening, which can make morning workouts difficult and, if you don't allow yourself more time to warm up, put your body at greater risk of injury. But morning workouts also can energize you throughout the day, and many people find it easier to consistently exercise in the early mornings than at night, when distractions or long days at the office can affect your motivation to workout.

Early morning exercise routines can be difficult to adjust to, but there are some ways to make the adjustment to such regimens go more smoothly.

- Make sleep a priority. Prioritizing sleep makes it easier to get out of bed in the morning, when you will face the daily temptation to hit the snooze button and roll over. But if you aren't sleep deprived, you will find it easier to skip the snooze phase of your morning routine and get right out of bed. Skip the late night talk shows and call it a night earlier, making sure you get between seven and eight hours of sleep each night. Once you establish a new sleep schedule, you will find it easier and easier to get up and hit the gym in the morning.
- Designate more time to warm up. Early morning workout routines require athletes to warm up more than they would when exercising at other times of the day. As previously noted, your body is perhaps at its least mobile right when you get out of bed, so set aside more time to warm up when you workout in the mornings. Five to 10 minutes of light cardiovascular exercise before you begin your workout can be enough to increase your body temperature and loosen your body up so it's ready for exercise.
- Don't go it alone. The buddy system is effective for many people regardless of when they exercise, but it can be especially beneficial for men and women who want to start working out in the morning. If someone is waiting for you at the gym or if your significant other is up and ready to go, you're far less likely

to skip a morning workout than you would be if you are going it alone.

- Eat at your own discretion. Some people simply cannot eat before a workout, while others find working out on an empty stomach makes them faint and weak. The problem many people who work out in the early morning encounter with regard to eating before their workouts is they simply don't have the time to eat and afford their body enough time to turn that meal or snack into fuel that will benefit their workout. A study published in the Journal of Applied Physiology found that eating a meal 45 minutes before a moderate-intensity workout enhances exercise capability. But morning exercise enthusiasts typically find they do not have that spare 45 minutes to wait around while their bodies absorb a meal. Eating healthy before exercise, and giving your body adequate time to absorb that meal, can definitely fuel your workout. But if that 45 minutes ultimately compromises your ability to workout, you may want to have a glass of orange juice or a drink that contains carbohydrates so your body has some fuel as you exercise.

Many adults find that mornings are the only times they can consistently exercise. Adjusting to such a routine can be difficult, but there are some ways to make that adjustment easier.



Severity of overcrowding as well as bite issues will dictate when a child should get braces.

What is right age for braces?

METRO SERVICES

Dental braces have been used for decades to correct various alignment and spacing issues in the teeth. Braces can be crucial to the future of one's oral health and prevent serious issues down the line.

Roughly 25 percent of the people in North America who get braces are adults. But braces still are geared toward young people and getting them on the road to straight and properly aligned teeth early on.

Braces correct a number of problems, including realigning the jaw and alleviating overcrowding of teeth. Crooked teeth can trap food and debris between them, making it harder to floss and brush. Wearing braces also corrects the bite. If teeth or jaws are not aligned correctly, it can lead to difficulty chewing food or create jaw muscle pain. Braces also may boost self-confidence because they can remedy appearance issues that may prove embarrassing.

Parents eager to get their children on the road to straighter teeth may wonder when is the right time

to get their kids braces. Many kids are getting braces earlier and earlier, but when to get braces typically depends on the child and the shape of his or her teeth.

The American Association of Orthodontics recommends that children see an orthodontist for an evaluation by age seven. The best time for braces will be when the orthodontist and parents collectively decide it's time to correct the misalignment of a child's teeth.

Some orthodontists prefer a two-stage approach to orthodontic treatment. They may use a dental appliance or a preliminary amount of braces to begin moving the teeth while a child still has most of his primary teeth. The second stage begins when all the permanent teeth are in. The thought is to shorten the overall duration of treatment.

Other orthodontists follow the traditional approach of putting on braces once all the primary teeth have fallen out. This occurs between ages 9 and 14. This is often a less expensive approach because braces

need only be applied and removed once.

A number of studies have shown that, for common problems alleviated with orthodontic work, youngsters are better off waiting until all of their permanent teeth have come in. Antonio Secchi, a professor of orthodontics at the University of Pennsylvania, notes that if parents choose to treat crooked teeth too early, the child may need another phase of intervention a few years down the road.

Some problems, like crossbites, overbites or severe overcrowding, warrant early intervention. Scheduling an orthodontic visit early on means children can get the care they need when they need it. The orthodontist will be able to monitor how teeth are growing in and map out the best treatment plan for all.

Braces can help fix an imperfect smile and alleviate oral health concerns. Parents should speak to a dentist or make an appointment with an orthodontist to evaluate their children's treatment needs.

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HEART

Continued from Page 7

affecting heart disease risk, eating high-cholesterol foods does not elevate blood-cholesterol levels as doctors once thought. Ancel Keys, who is considered the "father" of the theory that cholesterol contributes to heart disease, now says that there's no connection between cholesterol in food and cholesterol in the blood.

If not cholesterol levels and the foods one eats, what, then is responsible for heart disease? Many medical professionals and researchers now believe the primary causes of heart disease are inflammation and oxidative stress.

According to Dr. Dwight Lundell, a heart surgeon and author of the book, "The Great Cholesterol Lie," foods like refined sugars and vegetable oils used to preserve processed foods may lead to the inflammation that ultimately causes heart disease. Inflammation is the body's immune response to a foreign invader. Foods high in sugar and saturated fat can exacerbate inflammation. Bacteria and other

unwanted substances in the body also contribute to inflammation.

To combat inflammation, people can adopt a healthy eating style. Fatty fish, whole grains, leafy greens, fiber, and nuts can help reduce inflammation.

Exercise also can reduce inflammation. Research from Mark Hamer, PhD, an epidemiologist at University College London, found that, regardless of BMI or weight, study participants who completed 2.5 hours of moderate exercise each week – about 20 minutes a day – lowered their markers of inflammation by at least 12 percent.

When a person exercises, muscle tissue releases a protein molecule called cytokine, which likely prompts an inflammation drop. Just about any type of workout that raises heart rate is effective in helping with inflammation.

The public may have been misinformed about just how vital it is to reduce cholesterol levels. Contrary to popular belief, high cholesterol may not have the same connection to heart disease as doctors once thought. In fact, inflammation may be the bigger component in heart disease risk.

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Cold prevention can be increased

METRO SERVICES

The stuffy nose, aches and pains that often accompany the common cold can leave sufferers feeling miserable for a week or more. Cold season seems to kick into high gear when the temperatures drop, but this can be the year you don't come down with a case of the sniffles. The following cold prevention tips can increase your chances of making it to spring without losing any days or sleep to the common cold.

- Keep kids clean. School-aged kids tend to carry home lots of germs, so when kids get home after a long day at school, make sure they wash their hands thoroughly and change into fresh outfits. Such precautionary measures can keep colds and other illnesses from running rampant through your house.
- Go outdoors and get some fresh air. It's a myth that cold air will bring on a cold. In reality, being outside instead of congregating indoors with other sick people may decrease your risk of getting a cold. Don't be afraid to go outside when the temperatures drop for fear of getting sick. Fresh air and exercise can be good for you.
- Drink plenty of fluids. Keeping your body hydrated will help flush toxins out of your body, strengthening your immune system and making it more capable of fending off colds.
- Keep your distance. Did you know the cold virus can be shot up to three feet away when someone sneezes? The virus travels on the small droplets of saliva and mucus that get propelled from the nose and mouth of a sick individual. If you know someone is sick, stay as far away as possible and wash your hands frequently, paying special attention to your fingertips.
- Wipe down surfaces. The cold virus can live on surfaces for up to 24 hours. That means a sick person can easily transfer a virus by touching a computer keyboard or remote control he or she shares with others. Use disinfecting wipes or warm, soapy water to clean off doorknobs, telephones, light switches, cabinet handles, and anything that is frequently touched around a home or business.
- Let it out gently. Blowing your nose forcefully or pinching your nose to hold back sneezes can irritate nasal passageways and make them more vulnerable to infection.




Several strategies can help reduce your risk of succumbing to the cold virus.

METRO SERVICES

- Avoid touching your eyes, nose and mouth. If you are well, keep your hands away from your mouth, nose and eyes. Viruses are especially good at entering the body through the mucus membranes located in these areas of the body. A combination of frequent handwashing and avoiding touching your face can keep colds at bay.
- Maintain your exercise routine. Regular exercise can boost the body's immune system and help it to fend off foreign invaders, including the cold virus. A recent study found that taking vitamin C in addition to daily exercise can reduce your risk of cold and cut the duration of the cold should you get one. Before taking any supplements, speak with your doctor to make sure they

won't interact negatively with other medications.

- Recognize that antibiotics are not the answer. Antibiotics are only effective at treating bacterial infections, not viruses, which means they are ineffective at fighting the cold virus.
- If you do get sick, play it smart. Should you succumb to a cold in spite of your best efforts, steer clear of others so you are not spreading the virus. Rest and fuel your body with healthy foods and beverages. There's no need to visit a doctor for a cold unless you have a fever after several days of being sick. Colds normally last between seven and 10 days. If your symptoms do not improve or if they seem to be worsening, visit your doctor.



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Healthy diet, exercise help to maintain mental acuity

METRO SERVICES

Many people know that a combination of a healthy diet and routine exercise is the best way to maintain their physical health. But what about mental well-being? Memory lapses are often assumed to be an accepted side effect of aging, but such an assumption is incorrect, as there are many steps men and women can take to maintain their mental acuity well into their golden years.

- Find time for cardiovascular exercise. Cardiovascular exercise can help men and women maintain healthy weights and reduce their risk for potentially deadly ailments like diabetes and heart disease. But cardiovascular exercise also can boost brain power. Cardiovascular exercise pumps oxygen-rich blood to the brain, and that blood contains glucose that can fuel brain cells. Cardiovascular exercise also strengthens blood vessels, which can help prevent potentially devastating diseases, such as stroke, that can have a lasting and negative impact on cognitive function.
- Find time for friends and family. Many people need no reason to socialize, but those that do can now cite boosting brain function as a great reason to get together with family and friends. Routine socialization can keep a brain sharp by reducing its levels of cortisol, a potentially destructive hormone brought on by stress. Researchers also believe that routine interaction with other people stimulates structures in the brain's frontal lobe that are likely responsible for planning, decision making and response control.
- Squeeze in a nap every so often. Naps can have a reenergizing effect on men and women, but a study from German researchers also found that naps also can improve memory. In the study, researchers divided participants into three groups: people who would stay awake for 60 minutes; people who would sleep for six minutes; and people who would sleep for 30 to 45 minutes. After the hour was up, participants were given a word recall test, and those who slept performed better on the test than those who hadn't. But the development was that perhaps most interesting was that those who slept for just six minutes performed just as well on the test as those who slept for far longer, leading researchers to suggest that men and women need not take long naps to improve their memories.
- Include fish in your diet. A study from researchers at Chicago's Rush University Medical Center found that people who eat fish once per week have a 60 percent lower risk of developing Alzheimer's disease than those who do not include fish in their weekly diets. Researchers credit this lower risk to DHA, an omega-3 fatty acid that is found in both the brain and in fish such as salmon and tuna.

Injuries can be avoided during popular workouts

METRO SERVICES

The risk of suffering an injury while exercising will never disappear entirely. Even the most seasoned athletes suffer setbacks from time to time, and even the most popular exercises are not completely risk-averse. With that in mind, the following are some favorite exercises and how to avoid injury when performing them.

- Jogging: Joggers should get adequate rest between running sessions and wear comfortable, well-fitting shoes when jogging. Avoid loose shoes so your feet don't develop blisters, and ice your knees after each workout to facilitate their recovery. Knee and foot problems tend to plague many joggers, so it's important that joggers take steps to reduce injury rather than telling themselves to push through the pain.
- Circuit training: Circuit training is popular because it allows time-pressed men and women to workout several areas of their bodies in relatively little time. When done correctly, circuit training is an efficient way to enhance cardiovascular fitness and muscle endurance. Circuit training participants do not typically do as many repetitions when working their muscles as they might when working out one muscle group at a time, and that leads many to lift extra weight. That can cause damage to the shoulders

or other areas of the body that are engaged as part of strength training. Such injuries can be avoided by adding rest to a circuit training routine and taking more time between exercises. This may run counter to the point of such a routine, but it's well worth avoiding injury.

- Yoga: Yoga is an increasingly popular exercise that can improve flexibility and overall strength. But some yoga participants have suffered wrist injuries, pulled muscles and hip problems as a result of their yoga routines. Such injuries can be easily avoided by reinforcing your wrists with supports and not overdoing it when you feel your muscles are tight before or during a workout. If your instructor tries to push your body into a position you're uncomfortable in, speak up and say you want to avoid that position.
- Weightlifting: Weightlifting injuries are often the result of overdoing it with weights or not adhering to proper form when lifting. When strength training, don't go overboard with how much weight you are lifting. Start out with light weights and then gradually increase the weight until you reach a figure you are comfortable with. Before beginning a weightlifting regimen, consult with a trainer at the gym or read your equipment owner's manual at home to ensure you are following the proper form for each exercise.



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Business volunteers sought for CCES literacy program

By JASON TRAVIS
STAFF WRITER

A new initiative at Crittenden County Elementary School will allow local businesses to become a community partner in education. Operation: Rocket Reads is a plan for local businesses to adopt a first grade classroom and commit personnel to volunteering one hour in the classroom for three days a week.

Program coordinator Phyllis O'Neal said the early literacy volunteer program

will focus on first grade students and their study of sight words, or words that appear in most of the text students read but cannot easily be sounded out. Learning the words helps students become more confident in their reading as fluency and comprehension are improved. O'Neal said the school would like to have the program implemented sometime in February and hopes to have all five first grade classrooms adopted.

All materials will be provided to volunteers. After a short training session, volunteers will schedule times to visit the classrooms based on times determined by the business and the adopted classroom's teacher. After passing a background check, volunteers will work at a designated location inside the classrooms, meeting with each student as they

study a list of words. Students will be monitored to see how they are progressing in their vocabulary.

While O'Neal stressed the elementary school has several dedicated volunteers working with students, this program is different because it brings members of the business community into the classroom to contribute to the education of the county's future leaders.



O'Neal

Since the school system is an integral part of the community, O'Neal believes the program will help both students and the volunteers.

"They get to see how much impact one person can really make," she said. "I think that just pulls a community even closer together."

The school hopes the program will have both immediate and long-term benefits for students and community business leaders.

Educators know the im-

portance of a child attaining good literacy skills early in school. According to one report, 74 percent of children who perform poorly in reading in third grade continue to do so into high school. Identifying and targeting literacy problems early can help strengthen and reinforce a child's self-esteem.

For more information on becoming an Operation: Rocket Reads volunteer, contact Crittenden County Elementary School at (270) 965-2243.



SUBMITTED PHOTO

CCHS Students of the Month

Crittenden County High School recently named its Students of the Month for January. Pictured are (front row, from left) Mason Ryan, Molly Hopkins, Jessica McConnell, Cassidy Moss, Emma Atchison and Michaela West; (second row) Dylan Smith, Kylee Beard, Kevin Tinsley, Erica Hardin and Ashley Croft; (back row) Braden Locke, Lane Wallace, Ben Brown, Destiny Hatt, Gwen Hudson and Dakota Little. Not pictured are Stephanie Sitar, Tyler Coleman, Casey Freeman, Wesley Grimes, Alex Yates, Enrique Adkins and Landry McKinney.

2015 Distinguished Alumni sought

STAFF REPORT

Local education leaders are looking for nominees for the 2015 class of Crittenden County Schools Distinguished Alumni Awards, which will be presented before graduation in the spring. Both living and posthumous awards can be given.

Nominations may be made through Jan. 31, and selections will be deter-

mined by educational, professional and community service accomplishments. The five-member selection panel will announce the honorees later this winter.

Anyone may nominate an individual. Recipients of the award must have graduated high school from a Crittenden County school. Applications are available online at [www.thecrittendenpress.com/Distin-](http://www.thecrittendenpress.com/DistinguishedAlumni.pdf)

[guishedAlumni.pdf](http://www.thecrittendenpress.com/DistinguishedAlumni.pdf).

Past honorees have included authors, statesmen, educators, research specialists, historians, geologists and scientists.

Any nominee not inducted will be considered by the committee for three years after the initial nomination is submitted. They will not need to be renominated until after that three-year period has expired.

Phillips named to dean's list

STAFF REPORT

Brescia University in Owensboro has released its Fall 2014 dean's list, which includes the name of one local student. Marion's Brenden Phillips, a freshman history major, was named to the list for completing at least 12 credit hours with a grade-point average of 3.5 or above.



SUBMITTED PHOTO

Foster places second

Cole Foster, a senior member of the Crittenden County High School Speech Team, finished second place in Broadcast Announcing at Paducah Tilghman's Tornado Alley Speech Tournament on Jan. 17. Foster is now qualified for state-level competition to be held March 13-14 at the University of Kentucky.



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BASKETBALL

Oliver honored at game
Crittenden County senior basketball player Chelsea Oliver (pictured above with coach Shannon Hodge at center court) was honored last Friday for reaching a career milestone back in December. Oliver scored her 1,000th career point during a road game in the Russellville Christmas tournament. The team took the opportunity Friday in front of a large Rocket Arena home crowd to present her with the game ball from her 1,000th point. Oliver currently ranks fifth on the Lady Rocket all-time scoring list, which is shown below:

Lady Rockets All Time Scoring			
1,628	Jeanne Hinchee	1973-1978	
1,534	Shannon Collins	1979-1985	
1,502	Jessi Hodge	2006-2011	
1,333	Morgan Doods	2000-2004	
1,141	Chelsea Oliver	Active	

PREP CALENDAR

Upcoming Games
Crittenden County Basketball
Tuesday
Varsity DH at Union County
GIRLS ALL A CLASSIC
MONDAY’S GAMES
Lyon County 55, Crittenden Co. 48
THURSDAY’S GAMES
Semis and Finals at Livingston
Lyon Co. vs. Dawson Springs, 6pm
UHA vs. Livingston - 7:30pm
SATURDAY’S GAME
Championship, 6pm

BOYS ALL A CLASSIC
TUESDAY’S RESULTS
University Heights at Lyon Co., 7pm
(results not available at press time)
FRIDAY’S GAMES
Semis and Finals at Livingston
Lyon/UHA vs. Dawson, 6pm
Crittenden vs. Livingston, 7:30pm
SATURDAY’S GAME
Championship, 8pm

OUTDOORS

Hunting seasons		
Raccoon, Opossum	Oct. 1 - Feb. 28	
Squirrel	Nov. 10 - Feb. 28	
Rabbit	Nov. 10 - Feb. 10	
Quail	Nov. 10 - Feb. 10	
Bobcat	Nov. 22 - Feb. 28	
Duck	Nov. 27 - Jan. 25	
West Goose Zone	Nov. 27 - Jan. 31	
Pennyrile Goose	Nov. 27 - Jan. 31	
White-Front Goose	Nov. 27 - Jan. 31	
Snow Goose	Nov. 27 - Jan. 31	
Crow	Jan. 4 - Feb. 28	
Snow Goose	Feb. 1-6	
West Youth Waterfowl	Feb. 7-8	
Snow Goose	Feb. 9 - March 31	
Groundhog	Year Round	
Coyote Daytime	Year Round	

Deer season record
Deer season ended Monday across Kentucky with the closing of archery hunting. Crittenden County finished third in the state in harvest behind Owen and Pendleton counties and set a modern-day harvest record. Crittenden hunters took 3,224 deer, the most since records have been kept. Of those 1,606 were male.

Coyotes at nighttime
Coyotes may be hunted at night starting Feb. 1 and ending May 31. These limitations apply: Artificial lights and night-vision equipment shall not be connected to or cast from a mechanized vehicle and only shotguns may be used to hunt coyotes after daylight hours. Slugs are prohibited.

Coyote contest Feb. 6
The annual coyote contest sponsored by Hodge’s and Marion Tourism will be held during a 24-hour period starting at sundown Friday, Feb. 6 and ending at 5 p.m., Saturday, Feb. 7. 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. 6.

Archery starts in Salem
An Indoor Archery League is underway at Salem Baptist Church Christian Life Center. Register any Tuesday from 6-8 p.m. Archers will need to bring their own gear.

SOCCKER

Goalie club meeting
The Crittenden County High School goalie club will meet at 6 p.m., Monday at the school library.

Crittenden County guard Dylan Hicks holds his ground on the top of the circle while Trigg County’s Demaria Nance goes around and looks to pass the ball. Rocket teammates Landon Young (3) and Dakota Watson (24) provide a second tier of defense between Nance and the basket. Crittenden County’s loss to Trigg means CCHS will likely be a No. 2 seed heading into the playoffs and will probably play Lyon in the opening round. The tournament will be at Livingston Central.



Trigg’s little guy hurts Rockets in fourth

STAFF REPORT
It’s usually the big guys who make a difference, but last Friday the smallest man on the floor nailed two three-pointers in the fourth period to help Trigg County separate from Crittenden County and win the Fifth District tilt 49-41. Freshman guard KiRome Bingham, who neither started nor scored the last time the two teams met when Crittenden won at Cadiz, was a difference maker, draining the long-range shots at the 2:48 and 2:22 marks of the final period and giving his Wildcats a 12-point cushion. Bingham is about 5-foot-4, but he defended the Rocket point well and scored all eight of his points in the final stretch.

Crittenden closed the gap a bit in the final seconds, but Bingham had provided enough leverage to seal the win and perhaps capture at least a share of the league’s regular-season title. Crittenden’s chances of winning the district’s regular season were dashed with this loss, but the boys can capture the No. 2 seed with a win at Livingston Central next week. Crittenden senior guard Landon Young kept the game close almost single-handedly in the first half. He scored 18 of Crittenden’s first 21 points, but a gimmick defense designed to stop him the second half made all the difference. Trigg put its top defender senior Debo Mayes in Young’s face and every time he

touched the ball another defender added the double-team. “I couldn’t get the ball,” Young said after the game. He finished with 22. The Rockets played Marshall County pretty close for three periods at Draffenville Saturday before the deeper Marshals pulled ahead by outscoring CCHS by 10 in over the last eight minutes. The Rockets open All A Classic play Friday at Livingston Central. The Rockets have beaten the Cardinals once on their own floor. This game does not affect the district standings, but the two play again next Friday with league implications.

Marshall 64, Crittenden 37			
Crittenden County	5	10	8 14
Marshall County	10	15	15 24
CRITTENDEN – Young 6, Dickerson 2, Hicks 5, C.Watson 8, D.Watson 4, Driver 4, Hadfield 2, Hollis 3. FG 16-39. 3-pointers 2 (Hollis, Hicks). FT 1-6. Fouls 16.			
MARSHALL – Solomon 6, Pig 17, Roberts 10, Reco, Travis 20, Morgan 3, Walters 2, Riley 2, English 2, French 2. FG 20-44. 3-pointers 5 (Pig 3, Travis, Morgan). FT 13-23. Fouls 15.			
Trigg 49, Crittenden 41			
Trigg County	11	13	11 14
Crittenden County	13	8	10 10
TRIGG – Bingham 8, Nance 12, Mayes 7, Wilson 6, Day 16. Hayden. FG 16-40. 3-pointers 4-9 (Bingham 2, Nance 2). FT 13-23. Fouls 9.			
CRITTENDEN – Young 22, Dickerson, Hicks 8, C.Watson 7, D.Watson 2, Hadfield, Hollis 2. FG 17-35. 3-pointers 4-9 (Young 2, Hicks 2). FT 3-4. Fouls 14.			



Lady Rockets Chelsea Oliver and Cassidy Moss fight Trigg’s Mallory Mize over the ball during the Lady Rockets district win last Friday at Rocket Arena.

Lady Rockets blast Trigg; setup final 5th showdown

Girls can capture share of title

STAFF REPORT
Crittenden County’s heavy-handed 59-28 victory over Trigg County Friday at Rocket Arena lifts the CCHS girls toward a major Fifth District showdown Jan. 30 against Livingston Central at Marion. There, the Lady Rockets could shore up a share of the regular-season district championship, something it hasn’t gotten the slightest whiff of in four years. The Lady Rockets used a productive third period to outrace Trigg after somewhat of a sluggish start. The Lady Rockets’ halfcourt offense all but stalled early in the game, but the girls survived on points in transition and off steals. Chelsea Oliver led the way matching her season high with 23 points. Sophomore guard Cassidy Moss added a dozen and senior point guard Mallory McDowell scored 10. After leading 23-19 at the half, Crittenden outscored Trigg 21-4 in the third quarter behind better shooting. It was one of the most productive periods all year for CCHS. Those 21 points tied a season-high for one quarter. The other times were during district wins over Livingston and Lyon.

Crittenden 59, Trigg 28			
Trigg County	11	8	4 5
Crittenden County	10	13	21 15
TRIGG – Martin 3, Mize 9, Chaney 2, Shelton, Oliver 4, Gray 7, Bush, Simpson 2, Hughes, Brown, Stone, Darnall 1. FG 11. 3-pointers 2 (Martin, Mize). FT 4-11. Fouls 20.			
CRITTENDEN – McDowell 10, Oliver 23, C.Moss 12, Lynch 6, Evans 1, Nesbitt 2, K.Moss 2, Pierce, Riley, Davis, Beverly, Champion, Collins, Barnes. FG 25. 3-pointers 2 (C.Moss). FT 7-19. Fouls 13.			



Amanda Lynch takes a rebound away from Trigg County during the first half of Friday’s district victory at Rocket Arena.

Lyon comeback pushes Rockets girls from All A

STAFF REPORT
It could have just as easily been the championship game instead of a first-round play-in matchup between Crittenden County and Lyon County Monday at Rocket Arena. Instead, it was the only first-round game of the All A Classic and despite an early lead, CCHS was unable to handle the Lady Lyons in the second half and lost 55-48. Because there are only five teams in the Second Region’s small-school category these days, Crittenden and Lyon drew the short straw and had to meet one another in what was basically a play-in game. The other three teams – Dawson Springs, Livingston Central and University Heights – received first-round byes. The semifinals will be Thursday at Smithland with Lyon facing Dawson and UHA playing host Livingston. Long-time league foes Crittenden and Lyon had split their previous district matchups up this year, but Lyon has lost just once since falling to the Lady Rockets way back in early December. Other than CCHS (10-7), only Graves County and UHA have beaten Lyon (12-3) this year.

Senior Chelsea Oliver popped a couple of threes in the early going Monday and teammate Cassidy Moss was on fire offensively. The two combined for 14 first-quarter points as Crittenden raced ahead by 10. The second half was a completely different story, however, as the shots quit falling for the home-standing Lady Rockets and Lyon managed to get several points in transition after defensive rebounds. “I don’t think we took an uncontested shot the whole second half,” Lady Rocket coach Shannon Hodge said. She blamed the late shooting woes on a less-than-patient half-court offense. Oliver finished with 19 points and 10 rebounds. She managed just two fielders the second half, but picked up five points at the line. Moss was also limited to two field goals the second half. Coach Hodge said she thought her defense did a good job against the Lyon girls. Good enough to have won with a little better offensive showing in the second half.

Lyon 55, Crittenden 48			
Lyon County	10	9	23 13
Crittenden County	18	9	6 15
LYON – Somers 14, Johnson 4, P’Poole 8, Blackburn 16, Williams 13, Holloman, Murphey. FG 21. 3-pointers 2 (Blackburn). FT 11-24. Fouls 13.			
CRITTENDEN – McDowell 2, C.Moss 14, Oliver 19, Lynch 4, Evans 1, K.Moss 6, Pierce 2, Champion. FG 18. 3-pointers 2 (Oliver). FT 10-12. Fouls 24. Fouled Out: McDowell.			

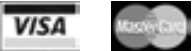
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Terms: 10% down day of sale, balance on or before March 6, 2015. **Possession:** The farm is not rented for 2015. Farming rights granted day of auction. **Taxes:** buyer pays the 2015 taxes. **Minerals:** The sellers are making no mineral reservations. It is believed the coal was conveyed previous to the seller's ownership; any rights they may own will be conveyed.

Both online and onsite bidding available. No buyers premium.

Sellers: Ruth Morgan & Chapman Ruark

For map & more details go to kurtzauction.com or call **Martha Kurtz Williams, Auctioneer (Cell 270-952-2075).**

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A number of Crittenden County High School honor roll students were recognized Friday on the floor of Rocket Arena between basketball games.

PHOTO BY CHRIS EVANS, THE PRESS

CRITTENDEN COUNTY HIGH SCHOOL FIRST SEMESTER HONOR ROLL

(Editor's note: Crittenden County High School has passed a policy to change the A/B academic honor roll to reflect overall grade-point average, or GPA. The honor roll was supplied to the newspaper by the high school.)

GPA: 4.0 or above

Freshman class: Emma Atchison, Emmalea Barnes,

Logan Belt, Landon Brooks, Mauri Collins, Carsen Easley, Lauryn Faulkner, Madison O'Dell, Dayton Simpkins, Tyson Steele, Corbin Wilson and Samuel Winders.

Sophomore class: Jessi Brewer, Emily Hall, Cassidy Moss, Cali Parish, Emily Robertson and Bobby Glen Stephens.

Junior class: Reid Baker, Nick Castiller, Maria Dossett,

Travis Fitzgerald, Dylan Hollis, Alex Maynard, Megan Sherrell, Kali Travis and Jayden Willis.

Senior class: Lauren Beavers, Jacob Berry, Trey DeBoe, Cole Foster, Noah Hadfield, Gwen Hudson, Brayden McKinney and Alex Yates.

GPA: 3.5-3.9

Freshman class: Nicole Adams, Enrique Adkins, Bailey

Barnes, Adam Beavers, Ryan Belt, Rachel Butler, Madison Champion, Ross Crider, Clay Croft, Dawson Doyle, Thomas Jacobs, Aaron Kirk, Baylee Priest, Clay Stevens and Texas Young.

Sophomore class: Alice Blaisdell, Alyssa Curtis, Hannah Hardin, Bristen Holeman, Ethan Hunt, Regan Frazer, Charlie Johnson, Jared Lundy, Amanda

Lynch, Landry McKinney, Brit-tany Minton, Kendell Sandoval, Audrey Smith, Emily Tinsley, Will Tolley, Michaela West and Katie Wheeler.

Junior class: Seth Birdwell, Morgan Cinkovich, Caelyn Clark, Jantzon Croft, Michelle Davidson, Dylan Hicks, Austin McKinney, Travis McKinney, Kaitlyn Myers and Ary Schofield.

Senior class: Anna Bryant, Danielle Byarley, Katie Davies, Cole Easley, Lyle Gideon, Nico-las Greenwell, Monica Hodge, Sydney Hunt, Sylvana Hunt, Taylor Johnson, Elle LaPlante, Madison Lynch, Megan Manns, RaKara McDowell, Kenzie McKinley, Chelsea Oliver, Makayla Quertermous, Mason Ryan, Colby Watson, Cody Wrenn and Landon Young.

Coverage sign-up for producers under way

By MEREDITH HALL
GUEST CONTRIBUTOR

The opportunity for grain producers to choose the type of coverage that they will have under the 2014 Farm Bill is under way. The sign-up runs through March 31, but the sooner you start the process, the longer you have to con-tem-plate and weigh the odds of each program.

Producers have a choice between a safety net for prices, called Price Loss Coverage (PLC), or a revenue safety net, called Agriculture Risk Cover-age (ARC), which has two op-tions. The U.S. Department of Agriculture's Direct Payments and Counter-Cyclical Pay-ments have been discontinued under the new Farm Bill.

Prior to electing a coverage type, landowners have a one-time opportunity to update their payment yields (based upon 90 percent of a farm's 2008-12 average yields) and to reallocate their farm base acres based upon the share of 2009-12 acres planted to pro-gram crops. Reallocated base acres cannot exceed the total 2013 base acres.

Most landowners should take a look at updating farm yields. This is an important opportunity because in the past, farmers have had few chances to update USDA pro-gram yields. Depending upon the program in which the farm is enrolled, higher program yields may translate into higher program payments when they are made.

The decision to update

yields can be made on a crop-by-crop basis. Update a crop yield when it improves your program yield or don't update if it won't improve your pro-gram yield. Updating yields is the privilege and responsibility of the landowner, but in cash rent situations, the land-lord will likely be dependent upon his/her tenant for the in-for-mation needed to update.

Satisfactory documentation of yields must be provided to the Farm Service Agency (FSA) in order to update program yields. Tenants should com-municate with their land-lords to make sure that the op-portunities for updating yields and reallocating bases are evaluated and acted upon if beneficial for the farm.

A person who has an FSA power of attorney (POA) for a farm owner or owners may re-allocate farm bases or update farm yields if the POA agree-ment for that farm specifically states that the POA is valid for "all current and future pro-grams and all actions." Com-mon courtesy dictates the POA should consult with the landowner(s) prior to reallocat-ing bases or proving yields.

The FSA sent out infor-mation in August that lists each farm's 2014 program crop base acres and counter-cycli-cal yields and the 2008-12 planting history. This infor-mation can be used to evaluate whether it will be beneficial to update yields or reallocate base acres.

The final date for updating yields and/or reallocating

bases is Feb. 27. However, landowners or their POAs should plan to complete yield updates and/or base realloca-tions as soon as possible, be-cause FSA offices will get busier as the sign-up dead-lines approach.

While the decisions to up-date yields or reallocate bases belong to land-lords, the de-cision about "electing" or choos-ing the coverage type will belong to the tenants or pro-ducers on a given farm. Ac-cording to the Congressional Research Service, "The 2014 Farm Bill defines a producer as an owner-operator, land-lord, tenant or sharecropper that shares in the risk of pro-ducing a crop and is entitled to a share of the crop produced on the farm."

Making a choice between PLC, ARC-County and ARC-Individual may not be easy, because there are a wide range of price and yield scenarios that could play out over the next five years. It's also pos-sible that the 2014 Farm Bill could be in effect for more than five years.

There are two USDA-spon-sored Farm Bill decision tools on the Internet. I have found that the tool created by a coa-lition led by the University of Illinois is simpler to use. It is found at fsa.usapas.com. The second tool, which incor-porates more producer vari-ables, was created by the National Association of Agriculture and

Food Policy led by the Food and Agricultural Policy Re-search Institute at the Univer-sity of Missouri and the Agricultural and Food Policy Center at Texas A&M Univer-sity. It is found at usda.afpc.tamu.edu.

In order to utilize these tools, a producer will need to have information on a farm's bases, counter cyclical yields, 2008-12 planting history, 2008-12 actual yields and crop insurance plans. At a bare minimum, you will need to make some assumptions about grain prices over the next five years.

After obtaining this infor-mation, I would be happy to assist producers at the Uni-versity of Kentucky Crittenden County Cooperative Extension Service office with evaluating the Farm Bill coverage op-tions. The FSA office staff in Salem will assist producers with many Farm Bill ques-tions, but they are not allowed to help farmers choose which coverage option to sign up for.

A Farm Bill educational meeting is set for 6:30 p.m. Monday at the Ed-Tech Center on Industrial Drive in Marion.

If you have any questions regarding the meeting, contact me at (270) 965-5236 or meredith.hall@uky.edu.

(Meredith Hall is the Univer-sity of Kentucky Crittenden County Cooperative Extension Service Agent for Agriculture and Natural Resources.)

Lowery head of food services at schools

STAFF REPORT

Crittenden County Schools has a new director of food services. Emily Lowery was named to the position last month after the retirement of former director Ruth Harris. Lowery's first day on the job was Jan. 12.

A Crittenden County native, Lowery graduated from Crittenden County High School in 2008. She at-tended Murray State University and majored in nutrition dietetics and food service manage-ment.

After college, she be-came the dietary manager at Salem Springlake Health and Rehabilitation Center, where she worked for 18 months. Coming from a privately owned, long-term care facility to a public school district, Low-ery said she understands the importance of the standards, guidelines and regulations that have to be upheld.

"Everyone has been great

and supportive and has offered me all kinds of help and advice and it's very nice," she said about her new position. "I love it."

Lowery spent the first few days on the job introducing her-



Lowery

self to the food ser-vices staff at all three schools. She also ob-served the flow of traf-fic during the lunch line and noted how easily it was for students to navigate. She said it was important for her to see lunch being served and inquired if food services staff had any needs to be addressed re-garding equipment.

Describing the department as a "well-oiled machine," Low-ery said she's enjoyed seeing many familiar faces in the school district.

"It's a little different coming in seeing some of the teachers that taught me in school," she said. "Some of them remember me, some of them don't."

NEWS BRIEFS

Earlington man, 18, to appear on 'Idol'

A Hopkins County man has earned a trip to Hollywood, Calif., to perform on "Ameri-can Idol."

Tion Phipps of Earlington auditioned last week in New York after show producers called him and inquired about him performing for the show broadcast on Fox networks.

The 18-year-old began singing at age 9. His first per-formance was at the Hopkins County Fair.

Phipps will appear on the upcoming season of "Idol."

Ky. 20th in alcohol poisoning deaths

A new federal report shows that Kentucky had the 20th-highest rate of alcohol poison-ing deaths in the nation from 2010 through 2012.

To the surprise of even health officials, it turns out that most deaths from drink-ing too much involve middle-aged adults – not teens or college kids.

The report from the Centers for Disease Control and Pre-vention (CDC) found six Amer-icans die each day from alcohol poisoning. CDC offi-cials said three-quarters of those deaths are adults ages 35 to 64, and most are men. Officials said they thought more would be younger.

The average annual num-ber of deaths in Kentucky among people 15 and older was 32, or 9.1 per million res-idents. Alaska had the highest rate at 46.5 deaths per million people. Alabama reported the lowest rate at 5.3 deaths.

The CDC searched death records from 2010 through 2012. Researchers focused on people who died after a single episode of binge drinking.

The report found an aver-age of 2,221 alcohol poisoning deaths a year. Sixty-eight per-cent of those deaths are among non-Hispanic whites. Men account for 76 percent of the overall deaths.

— The Associated Press

Shopko Hometown stores closing in Ky.

Marion will soon host one of only two remaining Shopko Hometown stores in Kentucky.

According to a report last week in the Casey County News, Wisconsin-based Shopko confirmed it would soon be closing its Shopko Hometown stores in Liberty, Munfordville and Hodgenville. That will leave only the local store and another in Branden-burg, in Meade County, re-maining in the state.

While Shopko Stores Oper-ating Co. LLC is a \$3 billion re-tailer that operates more than 320 stores in 21 states, 179 of those stores currently open are Shopko Hometown out-lets, smaller concept stores developed to meet the needs of smaller communities.

The store in Liberty is set to close April 4. No dates were available for the closing of the two other stores.

Shopko Hometown has been in Marion since 2001 when it first opened as Pamida. The store officially changed to Shopko in January 2013 after the merger between the two companies was final-ized the previous year.

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