The Crittenden Press 10 PAGES | VOLUME 144 | NUM

The All A Classic Girls Make Strong Run at State « Page 9

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

AN INDEPENDENT

THURSDAY, JANUARY 30, 2025

E 1879 ONE DOLLAR

Kentucky's top money crops

Kentucky's top agriculture products in 2023.

Corn - \$1.43 billion

Broilers - \$1.43 billion

Soybeans - \$1.32 billion

Cattle & Calves - \$1.1 billion

Hay - \$326.7 million

Chicken Eggs - \$255.7 million

Dairy & Milk - \$242.9 million

Tobacco - \$240.6 million

Community Prayer

Community members are invited to gather for a time of prayer at the upcoming Community Prayer event, scheduled for Feb. 1 at 10 a.m., in Rocket Arena. The gathering offers an opportunity for individuals to come together in faith and unity. The event is inspired by the scripture Mark 11:24, which states, "I tell you, you can pray for anything, and if you believe that you've received it, it will be yours." All are welcome to participate.

One fatality here in '24

After a particularly deadly year in 2023, fatal traffic accidents in Crittenden County decreased in 2024. According to records kept by The Press, there was one fatal crash last year. It involved a tractor-trailer that wrecked on Marion's north side near the city limits. In comparison, there were three fatal crashes in 2023, resulting in five deaths. Notably, there were no fatal automobile accidents in 2022. The highest number of fatal crashes recorded in a single year over the past two decades was five, occurring in 2007, 2010, and 2023.

Height of Man has grown over time

Over the centuries, the average height of men has gradually increased, reflecting improvements in nutrition, healthcare, and living conditions. In ancient times, men averaged around 5'5" to 5'6", with slight fluctuations due to diet and environmental factors. The Industrial Revolution saw modest growth, but significant increases occurred in the 20th century, with today's average height reaching around 5'9" to 5'10" in many developed nations. However, genetic factors and regional differences continue to influence height trends globally.

UPCOMING MEETINGS

•Crittenden County Public Library Board meets at 5:30 p.m., Thursday, Jan. 30, at the library.

•Marion Code Enforcement Board will meet at 5 p.m., Monday, Feb. 3 at city hall.

•Marion Planning and Zoning Commission meet at at noon Thursday, Feb. 6 at city hall.



Listen to our morning podcast M-W-F on your drive to work, or anytime for that matter. Stay informed on local news & sports. Find it at The Press Online.









Constructed inside Saturn's 120,000-square-foot shop in Sturgis, the device at top weighs 250 tons and will be broken down in order to ship it to Pittsburgh. Pictured in the forground are Saturn co-owners Jacob May and Charles Lynch. Directly above is May standing in the control center of the device that's the size of a locamotive and will be deployed to extract heavy doors from coke ovens for the steel-making process.

Saturn is owned by 2 Crittenden Countians

500,000-pound door device ready to move

STAFF REPOR

Saturn Machine, a Sturgis-based manufacturing company owned by Crittenden County residents Jacob May and Charles Lynch, is preparing to move a massive piece of equipment it has built for a North American steel company in Pittsburgh, Pa.

The company's 120,000-square-foot manufacturing facility, located at the Sturgis Fairgrounds, has been the site of production for a 500,000-pound coke oven door extractor. Built from scratch by Saturn employees, the extractor will replace a 40-year-old apparatus currently in use on a coke oven battery.

"There are only two of these just like this in the world," May said. "This will be the third."

The project, which has taken nearly two years to complete, is one of many undertaken by Saturn, where about 70% of its work revolves around the coke industry. Metallurgical coke is produced through the destructive distilla-

tion of coal in an oxygen-free atmosphere, with the remaining material used in steel manufacturing and various chemical applications.

The coke oven door extractor, which operates along a 300-foot track, opens and closes doors around the clock to allow coke to be removed from furnaces. Saturn Machine also produces other devices used in the process, such as pusher rams that extract the 2,500-degree coke from ovens. The company has a proprietary design for a door jab cleaner that it periodically builds for the industry.

Designed with a modular structure, the machine can be dismantled and transported to Pittsburgh on approximately 25 tractor-trailers. A crew led by May and Saturn employee Derek Omer will reassemble the extractor at the site.

"Our engineering department designed this piece of equipment that is over 85 feet long and 30 feet tall to be broken down into sections. It will go on

over-the-road trucks and travel to Pennsylvania, where it will be reassembled. That should take us about eight

days," Lynch said.

The extractor is equipped with modern technology, including electronics and touch-pad screens, and is built to withstand the demanding conditions of coke production. May noted that the new version is designed to be more durable and efficient than the machine it is replacing, which was originally installed in 1982.

"It's 50% stronger than the one it's re-

placing," May said.
Saturn Machine employs about 50 people, including engineers, designers, welders, fabricators, machinists, electricians and hydraulic technicians, among others. The company, along with Riley Tool and Machine in Marion, sponsor a welding program at Crittenden County High School.

Marion alcohol sales \$1.8M

STAFF REPORT

Alcohol sales in Marion totaled approximately \$1.8 million in 2024, reflecting steady growth since legal sales began in 2019, according to year-end figures from city tax records.

The 2024 figure marks an increase from \$1.68 million in 2023 and \$1.62 million in 2022. In 2020, the first full calendar year of legal alcohol sales in Marion, sales were reported at \$1.3 million.

Alcohol sales were first approved by the Marion City Council in July 2019 – ending a ban in place since Prohibition. Beer sales began in August 2019 at convenience stores, with liquor by the drink and package liquor sales following shortly thereafter.

Katie Wheeler Greenwell, who owns Game Day Pizza & Wings in downtown Marion says bar sales are up, but inflation is affecting the tab, too.

"Price increases are part of it, but I think Marion's demographic has changed," she explains. "I think it's becoming more normal. Some people who might not have had a drink in public five years ago (when legal sales first began in Marion) seem to be more comfortable with it now."

Her restaurant has expanded, including a game room and entertainment area for bands, karoke and specialty events like trivia nights.

City records indicate that alcohol tax revenue also continued to rise, reaching \$95,140 in 2024. That's up from \$89,782 in 2023 and \$86,082 in 2022. Marion collected \$71,577 in 2020, its first full year of legal

sales

Notably, five individual months in 2024 saw tax revenue exceed \$8,000, marking the first time monthly collections have reached that level since tax collection began in late 2019.

The average monthly tax collection on alcohol sales was approximately \$7,928 in 2024, compared to \$7,481 in 2023 and \$7,385 in 2022. In 2020, the average monthly revenue was about \$5,964

the average monthly revenue was about \$5,964.

Sales typically peak around the holiday season. By ordinance, revenue generated from the alcohol tax must be allocated for law enforcement and other related expenses. It has helped buy police cruisers and other Marion Police Department

gear and equipment since sales

began five years ago.



TOWN TAX MARION REVENUE Here is Marion's annual Alcohol Tax Revenue:

2020 \$71,577 2021 **\$80,514**

2022 \$86,082 2023 **\$89,782**

2024 \$95,140

Deaths

Fred Allen Lynn, 87, of Marion, died Sunday, Jan.26,

2025 Salem Springlake C a r eCenter. He was member of First Cum-

at berland

Presbyterian Church in Marion.

Surviving are his children. Laura Lvnn of Madison, Miss., and Steve (Tammy) Lynn of Marion; grandchildren, Jenna Lynn of Murray and Tyler (Amanda) Guess of Burna; two great-grandchildren, Taylor and Karley Guess; and a sister, Lois Ander-

He was preceded in death by his wife, Jeanne L. Lynn; parents, Earl and Wilma Lynn; two brothers, Charles and Bill Lynn; and two sisters, Dorothy Wade and Robbie Fritts.

Services were Wednesday, Jan. 29 at Gilbert Funeral Home with burial in Love Cemetery.

Donations may be made to First Cumberland Presbyterian Church of Marion, KY or Love Cemetery, c/o Gilbert Funeral Home, 117 W. Bellville St., Marion, KY 42064.

Lamb

Georgie Ann Lamb, ot Keaau, Hawaii, died Friday, Jan. 3, 2025 at the Care Center of Life Hilo. She was born in Louisville and a homemaker.

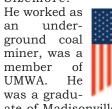
Surviving are a son, Robert (Kim) Lamb of Keaau, Hawaii; a daughter, Lisa Murray of Myrtle Creek, Ore.; three grandchildren; and one great-grandson.

Private services were held at the Kingdom Hall of Jehovah's Witnesses in Keaau, Hawaii. Dodo Mortuary, Inc. of Hilo was in charge of arrangements.

Sizemore

Johnny Ray Sizemore, 74, of Marion, died Thursday, Jan. 23, 2025 at his residence. He was

born Aug. 24, 1950 in Madisonville to the late Donald Bruce Sizemore and Doris Hunt Sizemore.



ate of Madisonville High School and served his country in the United States Navy during the Vietnam Conflict.

Surviving are a daugh-

Amanda Fave (Johnny Ring) Sizemore of Sioux Falls, S.D.; a sister, Roseann Laffoon of Madisonville; three grandsons, Kellin Mangold, Blake Mangold and Jason Womack.

He was preceded in death by his parents and his wife, Lisa Joyce Size-

Services were Wednesday, Jan. 29 at Beshear Funeral Home in Dawson Springs with Elder Jeff Winfrey officiating. Burial was in Menser Cemetery in Hopkins County.

Barnes

Nancy Clare Barnes, 73, of Paducah, died Monday, Jan. 27, 2025 at Salem Springlake Health and Rehabilitation Center.

She was a practicing attorney in

Paducah for many years. She was member of Kenthe tucky Bar Association



Surviving are her husband, John A. Driver; a daughter, Shannon (Steven) Touhey of Richmond, Texas; a brother, William (Jamie) Barnes of Burna; two grandchildren. Emma and Sean Touhey of Richmond, Texas; two nieces, Courtney (John) Foster of Burna and Abigail (James Elder) Barnes of Salem; a nephew, Billy (Autumn) Barnes of Burna; and several great-nieces and nephews.

She was preceded in death by her parents, William and Norene (Bozeman) Barnes.

Upon the family's request, there will be no services. Arrangements are under the direction of Boyd Funeral Directors and Cremation Services of Salem. Paid obituary

Community Calendar

Call (270) 965-3191 to share your organization's meetings in this free, weekly community calendar.

Thursday, Jan. 30

· Line dancing begins at 9:30 a.m., at the Crittenden County Senior Center.

 Coffee club for young literary adults high school through age 21 meets at 3:30 p.m., at the Crittenden County Public Library.

Saturday, Feb. 1

 Crittenden County High School Beta Club's Frosty Paws 5K at 10 a.m., at Marion City-County Park. Proceeds benefit the Mary Hall Ruddiman Canine Shelter. Saturday, Feb. 8

Crittenden County Genealogy Society meets at 10 a.m., in the library meeting room.



Oratory winners

Livingston Central junior Richmond Herring (seated on left) represented her school by earning fourth place in the First District American Legion Oratory Contest. She is the daughter of Jessica and John Herring of Eddyville. She Also pictured (from left) are Ethan Morgan, a junior at Marshall County High School and the son of Jennifer and Rodney Morgan of Paducah, who earned third place; Marli Mehta, a senior at Murray High School and the daughter of Erika and Jay Mehta of Murray, who earned secnd place; and Ali Yarali, a junior at Murray High School and the son of Abjulrahman Yarali of Murray, who won first place and will advance to the Area A contest. Also pictured are members of the First District American Legion.



Students of Month

Crittenden County Schools' students of the month for January are (front from left) kindergartener Jase Hurley, CCHS junior Landon Woodall (back) eighth grader Bella Cornwell and thirdgrader Adalyn Tins-

Homemade pasta makes for flavorful comfort food

Pasta is enjoyed across the globe. Whether it's the main course of a meal or served up as a side dish, pasta will seemingly always have a place on the dinner table.

Pasta may not be the first thing people think of when pondering comfort food, but certain dishes, including ravioli, certainly meet the comfort food criteria. Such is the case with this recipe for "Herb Ravioli" courtesy of Lines+Angles.

Herb Ravioli

- Makes 4 servinas 14 ounces flour; for pasta
- 2 egg yolks 2 eggs
- 1 pinch salt
- 1 tablespoon olive oil

For the filling:

chives

- 7 ounces baking potatoes 1 slice stale white bread 31/2 tablespoons soft butter 1 bunch finely chopped
- 1 bunch finely chopped parsley
- To taste, Sprig chervil 4 ounces crème fraîche
- 1 finely chopped shallot To taste, Salt

To taste, Pepper

In addition: Flour for the work surface

- 1 egg white 4½ ounces bacon
- 1 bunch chives



Chervil or parsley, to garnish

- 1. Combine the flour, egg yolks, eggs, oil, salt, and 2 to 3 tablespoons cold water and quickly knead to a pliable dough. Form into a ball, cover with plastic wrap and let rest for 1 hour.
- 2. For the filling, peel and quarter the potatoes and cook in boiling, salted water for 20 minutes.
- 3. Finely dice the bread. Heat 1 tablespoon butter and fry the diced bread until golden brown to make croutons. Let cool, then reserve 1 tablespoon of the croutons for serving.
- 4. Drain and mash the potatoes, let cool slightly, then mix with the rest of the butter, salt, pepper, herbs, croutons, and crème fraîche.
 - 5. Divide the pasta

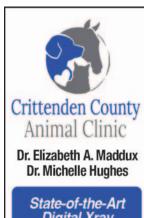
dough in half and roll out thinly into 2 sheets. Put teaspoonfuls of the filling on one of the sheets of pasta, leaving about 2 inches between them.

6. Brush the dough around the filling with egg white. Lay the second sheet of pasta dough on top and press together between the heaps of filling.

7. Cut out the ravioli with a pastry wheel.

8. Drop the ravioli into boiling, salted water and cook for 4 to 5 minutes, then take out and keep warm.

9. Dice the bacon and fry until crisp and brown. Wash the chives, shake dry and snip. Serve the ravioli onto warmed plates, scatter with bacon, chives and croutons and serve garnished with chervil or parsley.



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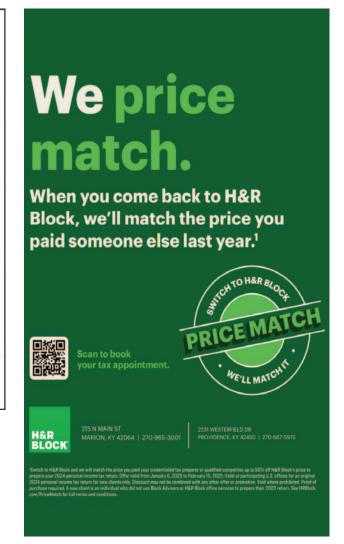
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Belt Harmon Dr. Marion, Ky. 42064 270.704.1884



City Council Member



Marion City Hall 270.965.5313

Wanda



Marion City Hall, 217 S. Main St., Marion, KY 42064 | City Council meets in regular session at city hall at 5 p.m., on the third Monday of each month

City Council Member



On Facebook: Marion, KY City Hall I Mayor's Office - City of Marion, KY

Marion KY 42064

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City Council Member

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Commission hears update on pickleball court, more

Marion Tourism and Recreation Commission held its regular monthly meeting Tuesday, Jan. 21, where officer elections were conducted, financial updates were provided, and discussions continued on ongoing and proposed projects.

The commission elected officers for 2025. They were Tanner Tabor, chairperson; Jason Hatfield, vice chair; and Mary Anne Campbell, treasurer.

The financial report presented at the meeting showed the commission has \$88,000 in its checking account and \$19,000 in savings.

Director Michele Edwards gave an update on ongoing projects. She said the pickleball project is on schedule at Marion-Crittenden County Park and within budget, with \$40,000 allocated for its development. Pavement was poured

TOURISM I RECREATION MARION

in the fall and fencing is under-

way. It is scheduled to open by

The commission also discussed a memorial stone honoring Kevin Maxfield, an avid disc golfer who was instrumental in developing the disc golf course at Marion-Crittenden County Park. Maxfield was also a member of the Marion Tourism and Recreation Commission. The memorial marker will be located somewhere at the disc golf course at the park and a dedication ceremony will held at a later date.

Edwards said winners of the Big Buck Contest, sponsored the commission and Hodge's Sports and Apparel, have been notified. Entry fees for the contest help support Community Christmas. Edwards noted that a total of \$12,000 has been donated to Community Christmas over the years from proceeds raised by the contest. She stated that the contributions have provided substantial assistance to local families.

Local resident Colby Davis presented plans for a proposed sports complex to the commission, requesting financial support of \$60,000 to \$85,000 in one-time funding. Davis hopes to break ground in March and open the facility by July, but the property must first be rezoned from agricultural to commercial, with a city vote scheduled for March. He has already secured loan approval for the project, he told the com-

City Administrator Diane Ford-Benningfield expressed concerns, citing past instances where the commission has declined funding requests from private enterprises, including the country club pool and the Clement Mineral Museum, which houses a private mineral

Davis argued that the commission could legally provide funding and suggested revising its bylaws to accommodate support for private projects. He also stated that the complex would not compete with existing businesses in the community. Commission member Jason Hatfield countered, noting potential competition with local fitness facilities such as Anytime Fitness and Full Body Fitness Studio.

The commission engaged in further discussion following

the presentation, with concerns raised about the significant financial commitment the request would require. Edwards noted that such an expenditure could represent more than 25 percent of the commission's annual revenue and would need to be considered in the budget for fiscal year 2026. Budget planning will commence in May for the fiscal year beginning July 1. Commissioners also expressed concerns about investing public funds into a private business without any guarantee of its success.

The commission concluded that while the project presents challenges due to its private business nature, it would be open to further discussion and perhaps financial assistance in some fashion once the facility

Salem remaking town one year after partial collapse of buildings

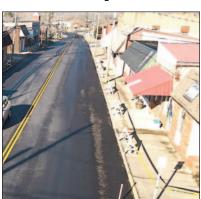
Nearly a year after the partial collapse of two buildings on Salem's Main Street, significant progress has been made in addressing the damaged structures and revitalizing the area.

The city has taken steps to demolish the former dog groomer shop and property owners have secured the adjoining Bowtanicals flower and gift shop, which recently reopen, just in time for Valentines. The issues arose at this time last year, creating a significant challenge for the flower shop during perhaps its busiest time of the season.

Two structures on the north side are in the process of being assessed, Mayor Gary Damron said. Building owners were required to have a structural engineer's inspection, and now the city is preparing to take followup steps if those improvements are not made relatively soon. The city plans to provide official notice to those property owners, and file a progress report with the state fire marshal.

The affected buildings, which were common structures from the late 19th and early 20th centuries, typically have shared walls with adjacent properties.

An "Order to Remedy" could be



issued by the fire marshal based on structural engineering reports, the mayor said.

The city has copies of these original reports and has been observing to determine where structural issues have been remedied and where they have not.

The city purchased the former dog groomer property, investing about \$5,000 to buy and remove the building in order to improve safety downtown and to facilitate the reopening of Bowtanicals. Future plans for the property remain open to offers and suggestions, Damron said.

Improvements to another building on the north side of Main Street are planned by Livingston

Meanwhile, restoration work on the hair salon has been completed, the mayor adds.

On the south side of Main Street, Cumberland River Homes (CRH) is planning a large development. All of the questionable buildings on that side near the post office were torn down and as soon as financing is approved CRH will begin to construct its adult care facility there. CHR has also purchased an additional parcel to enlarge its footprint.

As part of the ongoing infrastructure improvements, the city secured \$150,000 from the Governor's Clean Water Plan, which originated from COVID-19 relief funds. Although not a substantial amount for infrastructure work, the city has devised a plan to extend water lines across Hayden Avenue to improve service for affected buildings. The outdated piping, originally installed in the 1950s, is being replaced with modern materials to enhance water pressure and flow. The work will improve flow and pressure down to Lion Drive, the mayor explains. The project focuses solely on replacing antiquated infrastructure. Locally-based M&G Contractors is carrying out the work, but progress has been slowed by inclement weather conditions.

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ual orientation, gender

identity, gender expres-

sion, pregnancy, marital

status, genetic informa-

tion, age, veteran status,

or physical or mental

creed, religion,

gin,

After current session, KY captol will close for 3-year renovation the Capitol Annex parking

State Rep. Jim Gooch reminds local constituents that the Kentucky State Capitol will close for at least three years following the 2025 legislative session as a \$300 million renovation project begins. The historic building, which has served the Commonwealth since 1910, will undergo extensive upgrades to preserve its structure and function-

During renovations, the legislature will convene in temporary chambers in lot. Public access to the Capitol will be restricted until the project is complete.

Visitors can tour the Capitol before it closes, Monday hours through Friday, 8 a.m., to 4 p.m., and Saturdays, 10 a.m., to 2 p.m. Legislative meetings will continue at the Capitol Annex, with public access available. Live coverage will remain accessible via Kentucky Educational Television (KET) and online.

LIBRARY DIRECTOR Crittenden County Public Library is seeking applications

for the full-time, salaried position of Library Director. The director oversees daily operation of the library serving a county of 9,000 residents with programs and services. The director is responsible for managing a staff of two full-time and three part-time employees and an annual budget of \$275,000. The director works under the general supervision of the board of trustees.

Salary: Negotiable based on education and experience.

Benefits: Health insurance. Paid holiday, personal days, sick and vacation time. Matching Simple IRA Retirement Plan.

Minimum Qualifications: An ideal candidate must be able to obtain certification from the Kentucky Department of Libraries and Archives within five years and possess 3-5 years of library or other relevant work

How to Apply: Find a full job description and application online at crittendenlibrary.org or pick them up during regular business hours at the library (204 W. Carlisle St., Marion, KY. 42064). Completed applications, resume and cover letter must be received no later than 5 p.m., Saturday, March 1, 2025. Applications can be dropped off at or mailed to the library or emailed to director@crittendenlibrary.org.





Snow, ice reminder to be prepared

Our recent ice, snow, caught in a winter storm, while and unable to re- nomic or social and miserably cold temperatures have been a good reminder to make sure that you are prepared for cold weather. Preparing for an ice or

s n o w storm, or other potential natural disasters, is important to keeping you and your famsafe. Winter



EXTENSION AGENT

storms can create dangerous road conditions and increase the risk of frostbite, hypothermia, and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family stay prepared if you get

Include these items in your vehicle, and store them in a bag, bucket, or small tote for easy ac-

- •Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
 - •Blankets
 - •Ice/snow scraper Bottled water
- Shelf-stable snacks (choose high-protein foods to provide energy)
 - Flashlight
- •Cell phone charger and battery backup
- •Jumper cables or a battery-powered jump starter

•Sand or kitty litter (to help with traction if you are stuck in snow)

•Small or collapsible

•Roadside flares or

glow sticks •Flat tire inflation can-

ister (non-explosive)

During the winter months, always keep your gas tank full. Don't let it get low, as you never know when you might be sitting for a

fuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.

Be sure to open a window slightly to allow fresh air to enter the car and prevent carbon monoxide poisoning while the engine is run-

ning. Keep your vehicle(s) and home safer this winter season with these helpful tips.

For more information on preparing for severe weather or other natural disasters, contact your local Crittenden County Extension office at 270-965-5236.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

Educational programs of the Cooperative Extension Service serve all people regardless of eco-



Seated are Mary Quertermous, administrative assistant; Patti McConnell, physical therapist; Andrea Lovett, director of rehab and occupational therapist: (back) Kelly Kirby, occupational therapist; Kayla Brasher, physical therapist assistant; Joni Truitt, physical therapist assistant; Ashley Cavanah, physical therapist; and Pamela Kirk, certified occupational therapy assistant. Not pictured, Jessi White, physical therapist assistant.

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- Pediatric Therapy
- Cognitive Therapy





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www.crittenden-health.org

Sen. Howell: Invite to Kids Military Day Military children and their families are invited to participate in the annual Military Kids Day at the Kentucky State Capitol on Tuesday, Feb. 25. The event,

hosted in part by Sen. Jason Howell, R-Murray, honors the resilience, sacrifice and contributions of military children who serve alongside their parents or guardians in the military.

"When your mom, dad, or guardian serves, you serve alongside them," Howell said. "You share in their sacrifices - whether it's time apart, frequent relocations or the challenges of adapting to new schools and communities. We see you, we thank you, and each year in Frankfort, we honor you."

This year's Military Kids Day will feature a variety of engaging activities, including exploring a Black Hawk helicopter and Aviation Museum flight simulators, participating in a Capitol scavenger hunt, touring the Kentucky

Capitol, attending a committee meeting focused on military-related issues, and serving as pages for legislators.

Families interested in attending must register by Monday, Feb. 17, by contacting Senate Clerk Donna Holiday at donna.holiday@kylegislature.gov. Participants should provide the required registration information.

Military Kids Day is one of my favorite events of the year because it gives remarkable young people the recognition they deserve," Howell said. "I hope military families here in the 1st Senate District will consider joining us in Frankfort to celebrate the contributions of our military kids."

The event offers military children a chance to connect with peers who share similar life experiences.

Howell represents the First Senate District, which includes Crittenden and other west Kentucky counties.

Hayes candidate for **UK bachelor degree**

Jagger Hayes of Sturgis participated in the University of Kentucky College of Arts and Sciences commencement ceremonies in December 2024. Hayes is a candidate for a Bachelor of Science in Psychology. Participation in the ceremony does not guarantee degree completion, which is confirmed upon final review by the college.

Seibert named to **UK's Dean's List**

MacKenzie Seibert of Fredonia has been named to the University of Kentucky College of Arts and Sciences Dean's List for the fall 2024 semester. To qualify for this academic distinction, students must complete at least 12 credit hours as letter grades and achieve a minimum GPA of 3.6.

KDE estimating \$12M budget shortfall in schools' SEEK funds

Kentucky Department of Education (KDE) is estimating a \$12 million shortfall in the Supporting Education Excellence in Kentucky (SEEK) fund for the 2024–2025 school year. An additional \$28 million shortfall is expected for funding contingent on availability.

SEEK, which allocates state funds to Kentucky's 171 public school districts, is calculated using a formula that considers base per-pupil funding, transportation costs, and additional services such as special education and free or reduced-price lunches.

Education Commissioner Robbie Fletcher, in a public letter last week, noted SEEK shortfalls have occurred four times since 2010, though recent years have seen surpluses, including \$156.3 million last fiscal year, which was transferred to the state's general fund.

Fletcher emphasized that the current shortfall estimate represents 1.43% of the total \$2.7 billion SEEK budget and is subject to change as final calculations are completed by March 1. KDE is collaborating with state budget officials and legislative leaders to explore funding solutions to minimize impacts on

1 of Trump pardons goes to O'boro man

Owensboro native Peter Schwartz, who was sentenced to 14 years in prison in 2023 for his involvement in the Jan. 6, 2021, U.S. Capitol attack, is among the more than 1,500 individuals pardoned by President Donald Trump last week on his first day in office, reported the Owensboro Times.

Schwartz's original sentence was the longest imposed among Capitol riot cases, resulting from his assault on police officers with pepper spray and a chair during the events of Jan. 6, according to the Associated

President Trump's sweeping clemency order, issued on his first day back in office, has been met with criticism from various quarters, including law enforcement organizations. The Fraternal Order of Police and the International Association of Chiefs of Police condemned the pardons, stating that they "send a dangerous message" and undermine the rule of law.

Meanwhile outgoing President Joe Biden pardoned five members of his own family in the final minutes of term. His wave of clemency included pardons and sentence commutations of nearly all federal prisoners on death row, his son Hunter Biden and more than 1,500 others.

Sheffer named to MTSU's Dean's List

Cannon Sheffer of Morganfield has been named to the Dean's List at Middle Tennessee State University for fall 2024. Students must achieve a semester GPA of 3.5 or higher and complete at least 12 semester hours to qualify for this academic distinction.

Newcom steps down as county GOP chair

Tracye Newcom has stepped aside as local chairperson of the Republican Party. Meantime, Vice Chair Danny Starrick has assumed that role until the Crittenden County GOP's post-presidential election reorganization in the spring.

Jennifer Beverly is current chairperson of the Crittenden County Democratic Party.

In order to be involved in various election activities within the election system and candidate-appointment process, county executive committees for each party must be officially registered with their state party, actively meet and reorganize every four years, said Crittenden County Clerk Daryl Tabor.

Leadership KY is open for applicants

Leadership Kentucky is now accepting nominations and applications for the Leadership Kentucky Class of 2025. The program connects a diverse group of leaders to gain insight into complex issues facing the state through seven monthly, three-day sessions held in various locations.

"We are excited to welcome nominations for the Leadership Kentucky Class of 2025," said Janice Way, president and CEO of Leadership Kentucky. "Our curriculum advances strong leaders, equips them with knowledge about the importance of each region of our state, and paves a path of success for the Commonwealth."

The 2025 program begins in June at Boone Tavern in Berea and will include sessions in Pikeville, Paducah/Eddyville, Louisville, Bowling Green/Ft. Campbell, Northern Kentucky, and Lexington. Topics will cover business and economic development, arts and tourism, natural resources and environment, social justice, education, healthcare, agriculture, and government.

Nominations can be submitted online at leadershipky.org. Once nominated, potential applicants will receive full application instructions via email. The application deadline is March

Leadership Kentucky, founded in 1984 as a nonprofit educational organization, brings together individuals with leadership abilities and volunteer experience to explore statewide issues. The organization offers four programs: Leadership Kentucky, ELEVATE Kentucky for young professionals, BRIGHT Kentucky for Eastern Kentuckians, and New Executives to Kentucky for senior-level executives who have lived in the state for less than two years.

For more information, visit leadershipky.org or email Iky@leadershipky.org.

Hardin, Pope counties would move into Ind. should bill succeed

Indiana's Republican House Speaker, Rep. Todd Huston, has introduced a bill that could potentially welcome Hardin and Pope counties, along with 31 other Illinois counties, that have voted in favor of a symbolic measure to separate from Illinois and join the Hoosiers.

The Indianapolis Star re-



ported on Tuesday that Huston's legislation would establish the "Indiana-Illinois Boundary Adjustment Commission" to explore the possibility of incorporating these counties into Indiana.

Huston emphasized that the bill is a "serious" effort rather than an attempt to create conflict with Illinois. Since 2020, 33 downstate Illinois counties have passed nonbinding referendums advocating for separation from the state, citing dissatisfaction with policies originating from Cook County, which includes Chicago.

Illinois Governor JB Pritzker has dismissed the movement, calling it "a stunt" and asserting that it "is not going to happen." However, the recent passage of the referendum in Madison County, the first nonrural county to approve the measure, has brought renewed attention to the cause.

Indiana's interest in embracing the counties has been met with optimism by separation advocates. GH Merritt, chairman of the nonprofit group New Illinois, expressed confidence that many Illinois counties would be a good fit for Indiana, adding, "In fact, I think most of Illinois outside of Cook County would be a great fit."

Wilkerson is named to Alabama Dean List

Caldwell Countian Aislinn Wilkerson was named to the University of Alabama Deans List for Fall Semester 2024.

A total of 14,631 students enrolled Fall Semester 2024 at The University of Alabama were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's). The UA dean's and president's lists recognize full-time undergraduate students. The lists do not apply to graduate students or undergraduate students who take less than a full course load.

Ross earns degree from Berea College

Kyonna Ross of Marion received a Bachelor of Arts degree from Berea College, conferred on Dec. 20. Berea College recognized 98 students during its Mid-Year Recognition Ceremony.

Berea College provides educational opportunities for academically promising students with limited financial resources. Through its Tuition Promise Scholarship, no student pays for tuition, making higher education accessible to those who might not otherwise afford it.

Hammett on Dean's List at Mississippi

Ryan Hammett of Princeton has been named to the University of Mississippi's Fall 2024 Dean's Honor Roll. Hammett, a student in the B.B.A. in General Business program, earned the distinction by achieving a semester GPA of 3.50 to 3.74. To qualify for the honor roll, students must complete at least 12 graded hours for the semester and maintain good academic standing.

KY launching new tax payment site for **business in March**

Kentucky Department of Revenue (DOR) has announced the launch of a new business tax portal, My-Taxes, set to go live on March 14. The new portal aims to provide a more convenient and comprehensive experience for taxpayers, offering enhanced self-service options such as refund applications, payments and reguests for letters of good standing.

In preparation for the transition, the DOR will pause operations for two weeks from Feb. 26 to March 14. During this period, business tax filers will be unable to submit returns or receive refunds through either the existing OneStop system or the new MyTaxes portal. Individual income tax returns will also be accepted but not processed during this time. To avoid delays, the DOR recommends filing tax returns promptly when they begin accepting them on Jan.

Current Kentucky business taxpayers will receive additional information and instructions via email in March. The DOR advises business taxpayers to log into OneStop to print historical data and verify contact details to ensure a smooth transition.

The DOR acknowledges the inconvenience the transition may cause but emphasizes that the updates are necessary due to outdated and unsustainable current systems. The timeline for the transition was carefully planned in consultation with stakeholders to minimize disruptions.

Between Printed Editions Tune in to The Press Online for breaking news. We also ask that you subscribe to our YouTube Channel. It's a Free Service to Our Readers!



50 YEARS AGO

January 30, 1975

■ Carney Brandon, a 67-year-old member of Sugar Grove Cumberland Presbyterian Church, was featured on the front page of The Press for having not missed a day of Sunday school in 24 years, most of that at Sugar Grove where he was a teacher and elder. Over teh 24 years, he had also gone to Sunday school a few times at Crayne, Piney Fork and Bethesda in Trigg County.

■ Betty Faye Cummins of Rt. 9 Marion filed to run as a challenger for circuit court clerk against two-term incumbent Anna Gilbert. Both had filed on the Republican ticket.

■ Crittenden County Chamber of Commerce representatives were in Louisville for the All Kentucky City Awards Luncheon. Attending from Marion were Bob Guess, Nancy Mick, Paul Mick, Judy Winn, George Winn, Gareth Hardin, John Ramsey, Jim Hatfield and Rev. Harold Person.

■ West Side Market's grocery advertisement in the newspaper featured two pounds of bacon for \$1.89, dishwashing soap 49 cents, lunchmeats 39 cents, hot dogs 59 cents, pork steak 79 cents a pound and chuck roast 69 cents a pound. A box of Wheaties was 39 cents.

25 YEARS AGO

January 27, 2000

■ More than 300 people were trying to figure out where they were going to work two weeks after Tyco announced it was pulling out of Marion to merge with another plant in Franklin, Ky. Donnie Corley, a longtime operations manager at Marion's plant, was named as plant manager at Franklin. Bonita and Don Travis were a couple of the workers interviewed for an article about the closing of Marion's largest manufacturing employer. They had spent a combined 66 years at the plant.

■ Rob Hart, who had spent the past two years teaching English in South America, was guest speaker at the Morning Glories homemakers' meeting. He taught businessesmen in Chile and Argentia how to communicate using English. Merle Myers, president of the homemakers club, and Elizabeth Stevens also taught a lesson on care and preservation of photographs.

■ The Rocket basketball team beat Livingston Central to earn a berth in the All A Classic Basketball Tournament. Coached by Jimmy Croft, the Rockets featured top scorers Kullen Crider, Josh Cozart, Kyle Hart, Justin Hill and Brandon Sherer.

10 YEARS AGO

January 29, 2015

■ Marion Dry Cleaners on Carlisle Street in Marion announced that it would be closing. It had been operated for about a year by a Princeton couple, who had purchased the business from Paul

■ Lynn Auto Sales on South Main Street in Marion closed its doors. The car lot had been a rendezvous of sorts for men, local leaders and politicians for several years.

■ Longtime Extension Agent Nancy Hunt was featured in an article talking about her retirement. She had served 35 years as 4-H and family and consumer sciences agent.

■ Crittenden County soccer standout Marie Riley signed a letter of intent to play collegiate soccer at Campbellsville. She was pictured with her father, James Riley, Principal Curtis Brown and soccer coach Ken Geary.

> Read Brenda Underdown's Forgotten Passages column at The Press Online between newspaper issues.

Crittenden Press **USPS 138-260**

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Religion The Crittenden Press

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Stopping the hate

who thrive on chaos. So much so that they will intentionally do or say something to provoke a reaction from others. The more emotional and fiercer the reaction, the bet-

ter. That gives them even more power and control and increases the chances of a mistake by those who react.

We have been this environment for a while now and it doesn't appear that it will change anytime soon. It will serve us well to learn how to better operate in it. This isn't to say that there are no reasons to feel

Faith-based columnist

Guest

Columnist

provoked or to be angry. I am one who believes that one of the best weapons to deal with those who enjoy provoking is to be self-controlled and calm. It is from an emotionally strong position that change, and resistance can be applied. I would also add that my stance is not, nor ever will it be, party political.

There has been a lot of talk about hate and haters for the past couple of decades now. The word "hate" has expanded to include anyone who might have different view of life than my own. It is as though much of our nation has reverted to acting like a bunch of angry tweens. I know that hate is real. I know that people have been treated horribly for no other reason than skin color, accent, religion, nationality, or sexuality. The fact that we still must put disclaimers about not being prejudicial during hiring or other selection processes is a sad commentary on the state of the

Anger and hate are siblings. They travel together and one leads to the other regardless of which one comes first. Anger prevents us from seeking facts and truth. Anger will cause us to think we know

Here are a few rules that I have for myself when I feel the anger welling-up in me. First, I try to make my point without condemning others. The condemnation

may be political, ethnic, cultural, or religious. This does not prevent hard questions or strong challenges. In fact, it is the opposite. When one can face injustice or wrong thinking without anger, the questions are clearer and call for clearer answers.

I also assume that I do not have all the facts. In this case, facts are not limited

to empirical information. It also includes the other party's life experiences and their interpretation of those experiences. When we are asking questions for more information and better understanding, the whole conversation changes. I believe that truth will come out more thoroughly (even if it takes longer) when people speak less defensively.

I also work on the assumption that most people want a better world for everyone. Even if you know the person you are addressing doesn't think that way, it is an opportunity to express a different view of the world and other human beings. Part of our problem today is that we tend to think that those with whom we disagree do not care about other people. They all care about someone. The key is getting all of us to see that a better world for everyone is a better world for those whom we care about the most. I know, that's a tough sell.

In the Bible anger is closely associated with foolishness, strife, and self-destruction. Here are a few proverbs and other words of wisdom to consider when attempting to control the anger that leads to hate.

He who is slow to anger has great understand-

but he who has a hasty temper exalts folly. (Prov.

A soft answer turns away wrath,

but a harsh word stirs

up anger. A hot-tempered man

stirs up strife, but he who is slow to anger quiets contention.

(Prov. 15:1, 18) A fool gives full vent to his anger,

but a wise man quietly holds it back. (Prov. 24:11) For pressing milk produces curds,

pressing the nose produces blood,

and pressing anger produces strife. (Prov. 30:33) Be not quick to anger,

for anger lodges in the bosom of fools. (Eccles.

The apostle Paul gives advice to those who pray in public to do so without an agenda associated with anger toward others. He also suggests that fathers not provoke their children to anger, but rather teach. Advice we all could use in communicating with each

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling. (I Timothy 2:8).

Do not provoke your children to anger but bring them up in the discipline and instruction of the Lord. (Eph 6:4).

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

Religious Outreach

■ Community prayer will be held 10 a.m., Saturday, Feb. 1 at Rocket Arena.

■ Suicidal thoughts? Stop! Email dbrantpc@tds. net and request a video link that hopefully will change your mind.

■ Salem Baptist Celebrate Recovery meets Monday's 5:30 p.m. with a meal at 6 p.m., at 209 Highland Street, opposite side of the building from the Thrift Store.

■ Old Salem Baptist Church has a Blessing Box located next to the church at 117 Old Salem Church Rd. Everyone is welcome

to take items or place them in the box for others to en-

■ First Baptist Church of Fredonia food pantry is open from 4-5:30 p.m., third Wednesday of each month in Coleman Hall of the church.

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

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

■ The Clothes Closet of the First Baptist Church in Fredonia is open to serve the area with free clothes. The Clothes Closet is operated from 11 a.m.-3 p.m. each Thursday. The Clothes Closet will be closed in case of severe weather.

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

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

God expects us to look after our family

Question: As the baby of the family, my sister was given easier chores. She got to date earlier than me. There wasn't money for me to go to college, but by the time she came along, our parents paid for her schooling. She's had higher paying and better jobs than me. I have always been angry at her for having a privileged life. How can I get over my anger?

Answer: Unresolved family conflict has been with us since Cain and Able, the siblings of the first family. Cain became angry at his brother because Abel's sacrifice was accepted by God and his wasn't. He let his anger turn to rage and he killed his brother. Cain's anger cost him his career and a lifetime in exile (Gen. 4:1-12).

Your anger toward your sister has robbed you of the kindness, care and love you should have for her. Ultimately, your anger toward her reflects a heart that is not right with God.

How can you resolve

SHOP MONDAY.

WEDNESDAY &



your anger toward your sister? Ask God to help you find ways to work through your anger rather than denying it. Clearly identify why you are angry. It wasn't your sister's fault that she

got special treatment because she was the "baby." She was the recipient of parents' actions not the cause of them. Ask God to help you resolve your inner anger and give you peace of mind. Romans 12:10 tells us to "Love one another deeply as brothers and sisters.

Send your questions to: bob@bobhardison.com



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Wednesday night service 6:30 p.m.

Freedom General Baptist Church Pastor. Ross Atwell 87 Freedom Church Rd., Marion (about 1 mi. from Marion off Ky. 91)



Sunday Evening 6 p.m. Wed. Bible Study 6 p.m. Sunday Worship 11 a.m.



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College & Depot streets, Marion • (270) 965-5232 Pastor: Bro. Aaron Brown . Children's & Youth Pastor: Bro. Shawn Holeman WEDNESDAY: BIBLE STUDY/PRAYER 6 p.m., AWANA FOR CHILLDREN & YOUTH GROUPS 6 p.m. CHOIR PRACTICE: 6:45 p.m., PRAISE TEAM: 7:30 p.m.

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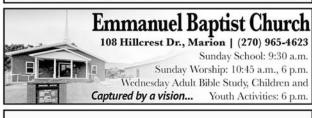
and to make Him known to the community around us. -

Mexico Baptist Church MexicoBaptist.org Minister of Music Mike Crabtree Pastor: Morgan Smith Sunday Worship Services: 10 a.m., 7 p.m. Sunday Bible Study: 9 a.m.

Sunday Discipleship Training: 6 p.m. Wednesday Worship Service: 7 p.m. DEER CREEK BAPTIST CHURCH

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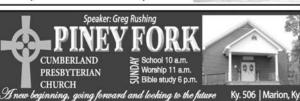
Morning Service 11 a.m. Sun. Evening 6 p.m. • Wed. Evening 6 p.m.

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Crooked Creek Baptist Church 261 Crooked Creek Church Rd., P.O. Box 442, Marion, Ky. • (270) 704-0914

Pastor, Sunday School: 10 a.m. Sunday Worship: 11 a.m. Hank Cayce "Come and Worship with Us"



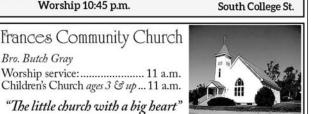


Marion Methodist Church We love intensely, believe deeply, and pray zealously

SUN: Sun. School 9:30 a.m. Worship 10:45 p.m.

Bro. Butch Gray

Worship service:....





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

Unity General Baptist Church 4691 Mott City Rd. • Marion, Ky.

Bro. David Perryman, Pastor Sunday School 10 a.m. Sunday Worship 11 a.m.

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A silent story from Hurricane Cemetery

me are always a special time to walk among silent graves and wonder what stories they have to tell. You know that you are the only living soul around, yet you are standing on many stories waiting to be told. Sometimes, one is fortunate enough to find a clue to one of these stories. This interesting story begins at Hurricane Cemetery.

Located near the middle of the cemetery, I stand amidst several Love family tombstones. As I stand at the foot of Arthur Love's stone, I think of all the stories he could tell us about his family and his lifetime on the Love family plantation near Tolu.

Arthur's Story

Arthur Love was born Jan. 15, 1785, and died Feb. 19, 1853. He was the son of Andrew and Anne Latimore Love. He was born in York Coun-

ty, S.C. His parents were early pioneers of what was then Livingston County, and they came here to live after the Revolutionary War.

Arthur married Harriet Havnes Love. who doesn't have a stone, but we know through family history that she was Sept. born 22, 1797, and

died Sept. 20, 1880. The rest of her story is lost in time. Arthur and Harriet had seven children.

The Love family's plantation was located somewhere in the same area as James Ford's, near present-day Tolu (also known as the Hurricane Landing area). They were acquainted with the Ford family. Whether they were friends or foes, I'm not really sure. I think Arthur was most remembered for being a neighbor of the Ford family and for being in charge of the funeral services for James Ford. He gathered together a crew of slaves and had the grave dug in the Ford family graveyard. He was also a member of the funeral procession escorting Ford to his burial.

Arthur served in the War of 1812. He was a lieutenant in Barbee's 6th Regiment, 5th Co. In 1842. Arthur was one of the men appointed commissioner to view and mark the best route for a road from the Hurricane area to Tolu.

An interesting but mostly unknown part of Arthur's story was about his father. Arthur's father, Col. Andrew Love, was born Sept. 12, 1747, in Pennsylvania, migrated to South Carolina, and later came to Livingston County in the early 1800s (around 1805), as some of his children had previously moved here.

Andrew Love was a soldier in the Revolutionary War and fought in South Carolina. He served with General Sumter, rose to the rank of colonel, and was wounded at the Battle of King's Mountain.

For many years after moving to Kentucky, he was actively engaged in farming and made frequent trips by river to New Orleans to sell his farm products.

Sad Ending of Col. Andrew Love

In the spring of 1821, Col. Love was making plans for one of his trips to New Orleans to take a flatboat loaded with potatoes and other farm products.

Before leaving, asked two of his daughters what he might bring them from the big city. One daughter wanted a blue silk dress, the other a doll. He was also interested in obtaining a few seeds of the columbine, a beautiful plant with bright red flowers



Cave In Rock as we see it from across the river holds many stories in its past and through the years. Are the red flowers still there to tell their story of a murderous crime?

that had been brought to this country from France only a few years earlier, as he enjoyed growing new plants.

Weeks passed before his return. Then, late one afternoon, Uncle Andy one of Col. Love's slaves and а good friend of the colonel — came running to the house with tragic news. "Something awful happened has to the colonel. He's down by the ford of the creek, breathing hard awful, but

I can't get him to say a word. Something terrible has happened."

Something terrible had happened. Love was found near the river landing, strangled to death. He had been robbed of everything — his wallet, the presents for his children, even the columbine seeds had been taken from his body.

It was never known who murdered him. They said old man Ford's men did it. Col. Love was to be the only witness for the plaintiff in a case against the notorious Ford, which was to be held the next day. He was no doubt the victim of some of Ford's gang, who wanted to get rid of a witness.

The story was told that sometime later, if you visited the old Cave Hole at Cave-in-Rock State Park in the summertime, you might see red columbines growing in profusion in the crevices of the rocks and along the ledges of the bluffs.

Fact or fiction? I think some of both. But Col. Andrew Love was murdered and was buried on his farm, about 14 miles from Marion, on March 26, 1821.

How I wonder where area was. Also, where is his wife, Anna Latimore Love, who died May 18, 1814? Did they once have stones, or maybe just sandstone markers? Or are they

Arthur Love had an interesting story to tell about himself and his father. there, covered by years of dirt? Have they been moved or destroyed? My

mind wonders! (Brenda Underdown is

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



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CRITTENDEN COUNTY Public Library is accepting applications for the position of Children/Youth Services Librarian. Full-time salaried position, benefits. Requires professional library certification within five years. Application deadline, February 16, 2025. Full job description, application, details can be found at library or crittendenlibrary.org. Drop completed application at library or email to director@crittendenlibrary.org. (1t-4-c)

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BASKETBALL

UPCOMING GAMES

Around the Fifth District BOYS

Jan 30 Lyon hosts Hopkinsville Jan 31 Crittenden hosts Lyon County Jan 31 Livingston at Caldwell County

Jan 31 Trigg at Caldwell County Feb 1 Ballard Memorial at Livingston

Feb 1 Trigg at Christian Fellowship Feb 3 Lyon at Henderson County Feb 4 Heritage Christian at Crittenden

Feb 4 Livingston at Stewart Co., Tenn. Feb 4 Trigg at Union County **GIRLS**

Jan 30 Livingston at Caldwell County Jan 31 Crittenden at Lyon County Jan 31 Trigg at Caldwell County

Feb 1 Lyon at Henderson County Feb 1 Livingston at Calloway County Feb 1 Trigg at Murray

Feb 1 Crittenden at Christian County Feb 3 Trigg hosts Owensboro Apollo

Fifth District Standings

GIRLS Overall Team Dist Crittenden County 4-1 16-4 16-5 Lyon County 0-5 6-11 Livingston Central Trigg County **BOYS** Team Dist Overall

Lyon County 4-0 15-5 Trigg County 3-1 8-10 Livingston Central 2-3 5-12 Crittenden County 0-18 0-5

Through Tuesday

BASEBALL Baseball Clinic

Crittenden County Dugout Club will host a multi-session Youth Baseball and Softball Clinic from 8 a.m., to 12:30 p.m., Saturday, Feb. 15 at the County Recreation Center (former armory). Clinic is limited to 16 players per session. Sessions last an hour and a half. Cost is \$20 if paying through Venmo or \$25 paying in cash or check. See Crittenden County Dugout Club Facebook Page to regis-

BASKETEBALL

Ramage reaches 1K

Livingston Central senior Emersyn Ramage has reached a career milestine. Last week during a basketball game she pulled down the 1,000th rebound of her high school tenure.

OUTDOORS Hunting Seasons

Here are some of the most common hunting opportunities currently in season or coming up:

Oct. 1 - Feb. 28 Raccoon Nov. 11 - Feb. 10 Rabbit Nov. 11 - Feb. 10 Quail Raccoon Trapping Nov. 11 - Feb. 28 Bobcat Nov. 16 - Feb. 28 Squirrel Fall Nov. 28 - Feb. 15 Canada Goose Nov. 28 - Feb. 15 Coyote Night (lights) Dec. 1 - March 31 Dec. 7 - Jan. 31 Duck Year Round Coyote Ground hog Year Round

Duck season ends

Friday will be the final day of duck season in Kentucky. However, Canada Goose season will continue through Feb. 15.

> FOLLOW THE ROCKETS at THE PRESS ONLINE www.The-Press.com Sports Tab @CrittendenPress on Twitter CrittendenPress/youtube.com



Hudson Stokes (above) works down the court against Caldwell County's defense. At right top, Drake Young (13) and Conner Poindexter zone out the right side against the Tiger offense; and (bottom right) Brayden Poindexter works out of a jam in the corner during the Rockets' loss to Caldwell County Monday night at Rocket Arena.





Tiger defense helps turn back Rockets

Caldwell County's early defensive pressure allowed the Tigers to take command of the game in the first period Monday night as Crittenden County dropped the home game, 86-41.

Caldwell led by 11 after one period and by 35 at the half, as Crittenden remains winless in 18 games. Caldwell shot 23 foul shots in the game, while the Rockets got to the line only a half dozen

Crittenden will be back home Friday for a district doubleheader, along with the CCHS girls, against Lyon County. Tilghman blows past CCHS

Playing on the road at Paducah Tilghman, Crittenden County was no match for the athleticism of the Blue Tornado

Tilghman raced out to a 21-10 lead early although a couple of threes in the first period by Coby LaRue and Drake Young helped CCHS keep some sort of pace for a while. By halftime, though, the Tornado had spun out of control.

Young and LaRue finished with three treys apiece and they led the team in scoring with 13 and 9 points, respectively. They have consistently been among the team's top scorers, both averaging seven points a game and scoring more of late. Cameron Belcher leads the team in scoring average.

Caldwell County 29 55 71 86 Crittenden County 10 20 32 41 CALDWELL - Parker 8, Aikins 16, Rowland 5, Whit-

tington 7, K.Wilson 14, Phelps, Spikes 3, Boyd 5, Roach 7, Wells 9Lander 9, Ke.Wilson 3, Ward. 3pointers 3. FT 11-23.

CRITTENDEN - LaRue 7, Porter 1, Belcher 4, Cowsert, Dayberry 3, Stokes, Young 8, Candelario 3, Martin, C.Poindexter 4, Ellington 10, Murray, Jones, B.Poindexter 1. 3-pointers 6 (Young 2, Ellington 2, LaRue, Dayberry. FT 2-6.

Crittenden County 10 16 19 30 Paducah Tilghman 21 51 70 82 CRITTENDEN - LaRue 9, Porter, Belcher 6, Dayberry, Young 13, Candelario 2, Martin, C.Poindexter, Ellington, B.Poindexter. 3-pointers 7 (LaRue 3, Belcher, Young 3). FT 1-4.

TILGHMAN - Campbell 7, Thompson 4, Mikel 13, Woodork 12. McClure 8. Purdiman 7. Carruthers 3. Wilkins 15, Copeland, Aurther 4, Mosby 2, Bush 7, Ricks. 3-pointers 5. FT 13-17.

Rainy day buck seals contest prize

Despite heavy rain that would have discouraged even the most dedicated hunters, Travis Carswell made a fateful decision that would ultimately lead him to victory in the Big Buck Contest, sponsored by the Marion Tourism and Recreation Commission and Hodge's Sports and Apparel.

"It was pouring, and I about didn't

go that day," Carswell admitted.

He decided despite the weather, remembering some sage words from his father.

His choice proved to be one of the best decisions he ever made in the field.

On his way to the stand,

optimism crept in when he spotted a 7-pointer cruising through the woods. Encouraged by the sighting, Carswell pressed on, reaching his stand at 1:45 p.m. As he settled in, soaked and cold, he recalled the wise words of his father: "You can't kill them at the house." Determined, he endured the elements.

At 3 p.m., the action began. A young 6-pointer was hot on the trail

of a doe, raising his hopes for more activity. Nearly an hour later, at 3:55 p.m., three small bucks appeared to his right. They traveled across the field to the tree line 200 yards away, but then, curiously, they turned around and retraced their steps. Carswell found their behavior odd.

Then, out of the corner of his eye, he caught a flash to his left. There he was - HighTower. Carswell had nicknamed the towering buck the previous year due to his tall yet narrow rack. HighTower had eluded him once before, but this time, fate was on his side.

"He was trotting towards the smaller bucks as I grabbed my rifle and got him in the scope," Carswell recalled. With the buck at 175 yards and on the move, he took his shot. "Hit! I saw him hunch up and trot maybe 10 yards before stopping. I bolted in another round and fired once more, dropping him."

The triumphant moment was the culmination of months of hard work and patience. HighTower, estimated to be seven years old, was the largest buck Carswell had ever harvested.

"I feel blessed and very humbled to have taken this old warrior," he said. "The good Lord blessed me years ago when I first came up from North Carolina and started hunting Crittenden and Livingston counties. The deer hunting here is second to none, and the deer population is phenomenal."

Carswell received a \$1,000 cash

Local Deer Harvest Falls

Crittenden's annual deer harvest broken down into male and female, percentage of harvest that was female and the county's overall harvest rank compared to other Kentucky counties.



				The second second	THE RESERVE AND ADDRESS OF THE PARTY OF THE
YEAR 2024 2023 2022 2021	MALE 1,331 1,334 1,297 1,380	1,280 1,334 1,410 1,367	TOTAL 2,611 2,668 2,707 2,747	% FEMALE 49.0% 50.0% 52.1% 49.8%	KY RANK No. 8 No. 4 No. 5 No. 5
2020	1,438	1,528	2,996	51.0%	No. 3
2019 2018 2017 2016	1,572 1,509 1,634 1,552	1,926 1,793 1,817 1,529	3,498 3,302 3,451 3,081	55.1% 54.3% 52.7% 49.6%	No. 3 No. 2 No. 1 No. 3
2015	1,684	1,675	3,359	49.9%	No. 3
2014 2013 2012 2011	1,606 1,543 1,433 1,293	1,618 1,490 1,577 1,536	3,224 3,033 3,010 2,829	50.2% 49.1% 52.4% 54.3%	No. 3 No. 3 No. 2 No. 3
2010	1,302	1,650	2,952	55.9%	No. 2
2009 2008 2007 2006	1,304 1,174 1,249 1,436	1,245 1,533 1,678 1,649	2,549 2,707 2,927 3,085	48.8% 56.6% 57.3% 53.5%	No. 4 No. 2 No. 2 No. 2
2005	1,043	1,550	2,593	59.8%	No. 2
2004 2003 2002 2001 2000	1,276 1,138 1,170 1,015 1,069	1,756 1,448 1,538 1,257 1,528	3,032 2,586 2,708 2,272 2,597	57.9% 56.0% 56.8% 55.3% 58.8%	No. 2 No. 2 No. 2 No. 2 No. 2

Lanham's 14-pointer hauls in second Big Buck prize

STAFF REPORT

Young Hutson Lanham has etched his name into the local hunters' figurative hall of fame after taking nice bucks two years in a row and winning the Marion Big Buck Contest sponsored by Hodge's Sports and Apparel and Marion Tourism and Recreation Commission.

Lanham scored his big buck on opening day of rifle season back in November.

"I was hunting with my dad Shawn," he said. "We went out to our shooting house deer stand on

Saturday afternoon. My dad was watching for beavers in the creek behind us.'

At around 4 p.m., Lanham glimpsed a deer coming out from the woods. It was over to his left. "I said, 'Wow! That's a nice buck, dad can I shoot him?

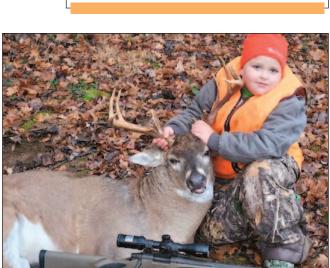
After checking out the whitetail from a distance with the binoculars, his father confirmed that it was one they'd been waiting on.

"It was the 13 pointer I had my eye on from our trail cameras,' Lanham said. "Dad told me I could shoot him. I stood on my wooden box so I could aim my .223 easily.'

The buck was making a scrape where the hunters had daubed some doe urine on the ground

"When I pulled the trigger, I was so excited and wanted to rush to my deer, but my dad said we needed to wait a little bit," Lanham recalls.

'We finally got down and I made it to my deer, it was actually a 14 pointer. I just couldn't believe it. I love hunting, and I love deer jerky," he concluded.



Hutson Lanham harvested his winning buck on the afternoon of opening day of rifle season in November.

















Crittenden County's girls' basketball team encountered size like they'd never seen before during the All A Classic State Tournament at Owensboro last week. The centers for Danville Christian (top left) and Martin County (bottom left) were formidable frontliners, but Anna Boone and Bristyn Rushing, at top, and Morgan Steward were doing their best to contain them. Above Andrea Federico works against a Danville Christian player and Anna Boone and Elliot Evans set their press following a basket. The girls are also pictured above with a semifinalist trophy. Crittenden County also played in the semifinals in 2021 during a tournament modified because of COVID-19.

CCHS's magical All A run ends in private party

Crittenden County's journey through the All A Classic State Tournament came to an end Saturday morning as the Lady Rockets fell 67-35 to Danville Christian Academy in the semifinal round.

In a tournament historically dominated by private schools, Crittenden County carried the banner of public education into a final four party that featured three other private Christian schools from Bardstown, Danville and Louisville.

High on emotion from a magic carpet ride into the final four, the Lady Rockets had their souls seared by hot iron from a double-barreled shotgun, losing to Danville Christian Academy. The Lady Warriors' double-edged sword cut deep, striking both from downtown and at the rim, as DCA's height, might, and lights-out shooting pummeled Crittenden County, which at times appeared almost defenseless.

Typically a reliable shooting Crittenden usually team. makes 43% from the floor, but during the tournament, they were more than double-digits worse, and at critical junctures, their shooting plummeted to Death Valley-like depths. Over three games, Crittenden shot just 31% from the field; in the semifinal loss, that figure dropped to 27%. Meanwhile, DCA defied their own 43% average, making right at half of every shot launched.

With 6-foot-5 center Grace Mbugua, a Kenyan senior signed to play at Louisville, and another six-footer dominating inside, Crittenden struggled to contain the Lady Warriors. DCA hit 13-of-22 from three-point range, raining threes early and often. The Lady Rockets fell behind by 22

at the half, and a 10-0 DCA run to start the third quarter sealed their fate.

"Danville Christian is a really good team. They shot the ball so well from the outside. Then they had not just one, but two were difficult to handle as well," said Lady Rocket coach Shannon Hodge. couldn't have shot much bet-

Elliot Evans led Crittenden with 12 points, the only Lady Rocket in double figures. CCHS was outrebounded 37-28, and DCA put three players in double-figure scoring.

Junior Anna Boone freshman Jordyn Hodge were named to the all-tournament team.

Quarterfinal Triumph

Just a week earlier, Elliot Evans was carried off the floor due to an ankle sprain. But on Friday, she helped carry her team with a go-ahead threepointer in the final seconds of overtime against Whitefield Academy, lifting Crittenden to a suspenseful 46-45 win.

The seven-day journey from ankle injury to heroics was filled with uncertainty, but Evans' determination never wavered.

"There was no way I was going to come to Owensboro and not be on the court," she

Crittenden County had three turnovers in the final minute of regulation, giving Whitefield opportunities to win. University of the Cumberlands commit Noel Smith led Whitefield with 30 points but fouled out late in OT. With Crittenden trailing by two, Anna Boone passed to Evans in the corner, and she drained the three that sent the Lady Rockets to the semifinals.

"I was actually happy we went into overtime. Overtime

towering presences inside that ter, I don't think."

was like a reset," Evans said.

Opening Round Comeback In their first-round game against Martin County, Crittenden County struggled early but found a way to pull out a 51-32 victory. Their offense was ice-cold, but they leaned on free throws and defensive pressure to stay in the game. Trailing by as many as 11 points, Crittenden relied on crucial threes from Jordyn Hodge and Anna Boone to finally take the lead in the fourth quarter.

"We didn't play good in the beginning. It was like there was a lid on the rim. But we were getting some stops with our defense," said junior forward Andrea Federico.

Once ahead, Crittenden managed the clock effectively and sealed the win at the freethrow line. Coach Hodge called the gritty victory one of the

team's finest moments. Though their tournament run ended in the semifinals, the Lady Rockets (16-4) were the only public school to reach the final four. Some are refering to the Rocket girls as the public school Class A cham-

Crittenden County 12 18 24 35 Danville Christian 24 42 61 67 CRITTENDEN - Boone 8, Hodge, Evans 12, Federico 6, Rushing 3, Stewart 4, Holeman, Champion 2, Berry, Grau, Rich, Matthews. FG 13-47. 3-pointers 1-6 (Evans). FT 8-12. Rebounds 28 (Boone 7).

DCA - Matz 21, Meyer 9, Quisenberry 12, Mbugua 14, Blackford 5, Adams 3, Gjoci 3, Bradshaw, Boyd, Lofton. FG 23-47. 3-pointers 13-22 (Metz 7, Meyer 3, Quisenberry, Blackford, Cjoci). FT 8-13. Rebounds 37 (Mbugua 13).

Whitefield Academy 10 25 36 43 47 Crittenden County 12 27 37 43 49 WHITEFIELD - Smith 30, Braffet 8, Ring 9, Franz, Turner, Wheatley, Gillam. 3-pointers 2 (Braffet, Ring). FT

CRITTENDEN - Boone 12, Hodge 11, Federico 7, Evans 6, Rushing 2, Stewart 9, Holeman 2, Berry. FG: 18. 3 pointers 3 (Evans 2, Hodge). FT 16-19.

Martin County 15 23 29 32 Crittenden Co. 6 16 28 51 MARTIN - Spaulding 5, Harless 9, B. Marcum 6, May 3, Maynard 7, Davis, M. Marcum 2. FG 13-39. 3-pointers 4-10. FT 4-9. Rebounds 33 (Maynard 9). CRITTENDEN - Boone 17, Hodge 16, Federico 4, Evans 2, Rushing 10, Holeman 2, Stewart. FG 13-40. 3pointers 2-13 (Boone, Hodge). FT 23-34. Rebounds 27 (Rushing 5).



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Four area women part of Leadership West KY

Leadership West Kentucky, a regional leaderdevelopment program sponsored by the West Kentucky Regional Chamber Alliance (WKRCA), has nounced its third class, which includes 32 participants representing all 15 counties in the alliance. Among them are Blazina Tiffany and Chasta Champion from Crittenden County, and Swanson and Teris Jessie Watson from Livingston County.

Blazina is a human resources and public relaspecialist Crittenden County Schools, Champion is eservices supervisor at Farmers Bank and Trust, Watson is patient financial services director at Livingston Hospital and Swanson is an attorney with Whitlow, Roberts, Houston & Straub in Paducah and the former Livingston County judgeexecutive.

The program aims to foster a network of informed, engaged citizens with the knowledge and connections needed to collaborate across county







lines. The curriculum provides an in-depth exploration of the region's unique cultural, business, and economic environments. By combining regional education, leaddevelopment training, and intentional relationship-building, the program empowers individuals to drive meaningful change and create a lasting, positive impact for all west Kentucky counties.

Other counties represented in Leadership West Kentucky Class this year include Ballard, Caldwell, Calloway, Carlisle, Christian, Fulton, Graves, Hickman, Hopkins, Lyon, Marshall, McCracken and Trigg.

Class members will participate in six sessions from January through June 2025, beginning with a mandatory overnight orientation in Paducah to kick off the

program. From February through June, participants will travel to different areas for one-day sessions focused on regional topics such as transportation, education, economic development, quality of life, advocacy, agriculture, and tourism. These topics will be addressed through speakers, panel discussions, tours, interactive exercises, and class discussions. The program will conclude with a graduation ceremony in Hopkinsville on June 26.

Tennessee Valley Authority (TVA) is the presenting sponsor of the program. The Paducah Area Chamber of Commerce serves as the administrator for WKRCA and Leadership West Kentucky in coordination with The Leadership



Clerk's electronic receipts expanding with the times

It's a sign of the times.

Crittenden County Clerk's Office took a deeper step into the digital world in 2024, with almost 16 percent of its receipts coming electronically through charge card payments or online trans-

"While more than five of every six dollars we collect still comes face-to-face across the counter or through the mail, increasingly, customers are turning to the conveniences of modern business," said County Clerk Daryl Tabor. "We treasure our in-person transactions with our friends and neighbors, but we are also proud to offer digital alternatives to many customers.

New in 2024 came electronic titling, which allows auto dealers to digitally submit their paperwork for sales to Crittenden County customers and pay associated title and registration fees. Not only does this make the process easier and more accurate for dealers, but it also speeds up the process of finalizing the transfer for the new owner.

"The customer doesn't even have to step foot in our office, as we can mail them their new tags or plate and registration documents," Tabor said.

The office processed just under \$42,000 in electronic car titles in the six months the new system was available. U-Ride in Princeton is the nearest dealer to get on board with electronic ti-

tling, but close to 20 dealers in Mc-Cracken, Marshall, Graves, Christian, Calloway and Daviess counties are processing digitally.

For the individual, renewing vehicle registrations and paying ad valorem taxes has been slow to take hold. Less than 2 percent of motor vehicle licensing fees and taxes collected in 2024 came via the online renewal process offered by the Kentucky Transportation Cabinet. However, web renewals remain available to drivers 24/7 at secure.kentucky.gov/kytc/renewal.

Attorneys, lenders and the real estate market are starting to more heavily utilize electronic recording of documents like deeds, mortgages, releases and other vital instruments. Almost \$6,000 of these transactions was taken in last year in Crittenden County. Local banks and attorneys, of course, continue to

stick with in-person dealings. Not surprisingly, the use of credit and debit cards at the county clerk's office has grown steadily over the last few years, with a record \$318,000 collected through charge cards last year. Since 2020, charge card use has grown by more than 50 percent from just more than \$200,000.

"The world is changing," Tabor said. "But we will continue to have a foot in the present and future to best serve all of our customers' needs.

Arts Foundation casts spring play, Music Man

STAFF REPORT

Crittenden County's Community Arts Foundation has announced cast members for its spring youth play Meredith Willson's The Music Man Jr. Auditions were held this month at Fohs Hall.

Smith as the Conductor and Parker Brown as Charlie Cowell. Cale Tabor will take on the role of Harold Hill, while Zak Smith will portray



Mayor Shinn. The cast also includes Grier Crider as Alma Hix, Abigail James as Ethel Toffelmeier, Caroline James as Jacey Squires, Harbour Camp as Olin Britt, Alana West as Oliver Hix, and Bella Walston as Ewart Dunlop. Holt Crider will play the dual roles of Marcellus Washburn and Salesman #5.

Katie Beth James has been cast as Marian Paroo, with Willabeth Brown portraying Mrs. Paroo. Scarlett Bock will play Amaryllis, and Rhodes Crider will take on the role of Winthrop Paroo. Holley Curnel will appear as Eulalie Mackecknie Shinn, with Russell Vince as Constable Locke. Carly Mardis will

play Gracie Shinn, Presta Walker will appear as Maud Dunlop, Brady Louden will play Tommy Djilas, and Dalilah McMackin will take on the role of Zaneeta Shinn. Skylynn Brown will portray Mrs. Squires.

The Pick-a-Little Ladies will be portrayed by Paige McMackin, Hannah Peek, Fiona Miller, and Nora Hollis, while the Wa Tan Ye Girls will be played by Amber Sisco and India Harris.

The talented cast, made up of nearly 30 local youth, will dedicate three nights a week for the next few months to perfect their vocal and stage performances. From learning musical numbers to mastering their characters' charm, the cast and crew begin next week to bring the story to life.

The production will be over three days in May, all evening shows starting

at 7 p.m. Dates are May 1, 2 and 3. "Dedication and enthusiasm of our cast and crew has always been truly inspiring," said Kim Vince, producer of The Music Man JR. "Every rehearsal will be filled with energy and focus as the performers grow and bring this story to life."

Howell pushing ag economic development

Sen. Jason Howell, R-Murray filed Senate Bill (SB) 28 that would create a new agricultural economic development program within the Department of Agriculture, and establish an oversight board and development fund. The program would develop and fund incentives such as grants or forgivable loans to encourage the location or expansion of agricultural development projects to grow sustainable products, services, and create more agribusiness jobs in the commonwealth.

"Agriculture economic development is unique in the economic development arena, and this move is way overdue. It's imperative that productive farmland be preserved and increased and new infrastructure improvements be made to support rural communities and the entire commonwealth further," said Howell. "I look forward to working with Agriculture Commissioner Jonathan Shell on this pilot program to bolster economic security in rural ag production areas

From Shell's time in the state legislature to leading the Department of Agriculture, he has promoted agriculture as vital to Kentucky's economic success.

"Kentucky's agriculture sector is the backbone of our economy, and Senate Bill

28 represents a bold step towards securing its future. By fostering innovation, supporting agribusiness, and encouraging sustainable practices this program will create jobs, preserve farmland, and strengthen rural communities across the Commonwealth. I'm honored to work alongside Senator Howell on this transformative initiative to ensure agriculture remains a vital driver of economic growth in Kentucky," said Agriculture Commissioner Jonathan Shell.

The board would be chaired by the commissioner of agriculture or his or her designee, and four additional members representing livestock, row crops, specialty crops; and local economic develop-

In conjunction and coordination with the Cabinet for Economic Development, the department shall create a program to encourage projects promoting agriculture-reeconomic development. agribusiness projects; and alternative fuels projects.

The bill includes an emergency clause so it will become effective immediately upon approval by the governor.

Sen. Howell represents the 1st Senate District, including Crittenden and Lyon.

Kentucky leads nation in use of weight loss shots

BY MELISSA PATRICK & LIBERTY GILBERT Kentucky Health News

Whether it is prescribed for diabetes or weight loss, Ozempic and other weight loss drugs have found their home in Kentucky, even though researchers from Washington University in St. Louis say more information is needed on the drug's impact on the body.

To address this, researchers from the university conducted a study of more than 2 million people looking at the risks and benefits of these drugs, also called GLP-1 or GLP-1RA, across 175 different outcomes. The data for the study came from a database maintained by the U.S. Department of Veterans Affairs.

"Given the drugs' newness and skyrocketing popularity, it is important to systematically examine their effects on all body systems - leaving no stone unturned - to understand what they do and what they don't do," Dr. Ziyad Al-Aly, the study's senior author, said in a news release.

Using prescription data from PurpleLab Inc., Bloomberg reports that Kentucky, with 41% of its adults considered obese, leads the nation for the highest prescription rates for drugs like Ozempic and Wegovy, with around one of every 15 Kentucky residents, or 6.8%, having a prescription.

The study, published

"found widespread associations with benefits to cognitive and behavioral health, while also revealing increased risks for pancreatitis and kidney conditions, among others," according to the re-

"GLP-1RA drugs can have broad health benefits," Al-Aly, a clinical epidemiologist and nephrologist, said in the release. "However, they are not without risks. Our findings underscore the possibility for wider applications for these medications but also highlight important risks that should be carefully monitored in people taking these drugs."

The study found the GLP-1 drugs "were associated with significant benefits to neurological and behavioral health, with reduced risks of seizures and addiction to substances such as alcohol, cannabis, stimulants and opioids. People taking the weight-loss drugs also experienced decreased risks of suicidal ideation, self-harm, bulimia and psychotic disorders such as schizophrenia.

It also showed a decreased risk of neurocognitive disorders such as Alzheimer's and dementia, according to the release. And, it confirmed past research findings detailing the drugs' potential to lower the risk of heart attack, stroke and other cardiovascular concerns.

"Interestingly, 1RA drugs act on receptors that are expressed in brain areas involved in impulse control, reward and addiction - potentially explaining their effectiveness in curbing appetite and addiction disorders," Al-Aly said. "These drugs also reduce inflammation in the brain and result in weight loss; both these factors may improve brain health and explain the reduced risk of conditions like Alzheimer's disease and dementia."

The study also confirmed other studies that have found an increased risk of gastrointestinal problems such as nausea, vomiting, diarrhea, and in rare cases paralysis of the stomach.

Further, the study found that the GLP-1 drugs can negatively affect the pancreas and kidneys. "While these adverse effects are uncommon, they can be very serious; physicians must be vigilant for signs of pancreatitis and monitor kidney function among people taking GLP-1RA medications," according to the release.

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February is Heart Month leart Scan

A heart scan, or CT Cardiac Scoring, is a Computed Tomography (CT) exam used to evaluate the coronary arteries for plaque and other anomalies to determine if you are at risk for heart disease. The exam only takes 15 minutes, there is no prep and it is non-invasive. Answer the questions on the right to find out if you're at risk.

*If you have had cardiac bypass surgery, stents, or know you have a cardiac calcification - this test is NOT for you.

Do you have any of the following primary risk factors?

- · Family History of Heart Disease
- High Cholesterol High Blood Pressure
- Smoking
- Diabetes Overweight
- Sedentary Lifestyle

Men Over 45, Women Over 55

If you answer YES to any of the above questions, you may be at risk for heart disease.

Call 270-988-2181 to schedule an appointment.

This month only, get a \$75 heart scan.

(Regular price \$99)