



## Healthy Living Special

Inside this week’s newspaper, on pages 10, 11 and 12, is our annual Healthy Living Special. Over those pages, find information about how to stay healthier, feel younger and be stronger in 2024. Featured are various local providers and businesses that can help you reach those New Year goals.

## Here’s how fast we’re projected to grow in ’24

A well-known demographer for the Brookings Institution says that this month in the United States there will be one birth every 9 seconds and one death every 9.5 seconds. Net migration from other countries is expected to add one person to our country every 28.3 seconds. Including net migration, that means the U.S. will add one person to its population every 24.2 seconds. If that growth pace continues through the decade, the 2020s will be the slowest-growing decade in the nation’s history, according to demographer William Frey. As measured on the first day of 2024, the Census Bureau says the U.S. population is estimated at 336 million. That is up nearly 2 million or 0.53% from a year ago. The global head count is expected to exceed 8 billion this year and grow to about 10.2 billion by 2060. In the new year, Earth is expected to see an increase of 75 million, or a 0.95% growth rate. The world population in 1950 was 2.6 billion.

## KY General Assembly convenes in Frankfort

Legislators begin their even-numbered year session in at the capitol this week. In addition to developing a two-year budget, lawmakers are expected to tackle legislation on crime, public education, vapes, water and wastewater infrastructure, the state’s Medicaid program and perhaps a pay increase for teachers.

## UPCOMING MEETINGS

- Marion City Council will meet at 5 p.m., Monday, Jan. 8 at city hall. This is a week earlier than normal. The change was necessitated to avoid a conflict with the Martin Luther King holiday on Feb. 15.
- Livingston County Board of Education meets at 6 p.m., Monday, Jan. 8.

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# County raises concerns over CDBG app

## \$2 million in water funding in jeopardy, could be delayed

**STAFF REPORT**  
Crittenden County Fiscal Court has raised concerns about the possibility of Crittenden-Livingston Water District losing a \$2 million Community Development Block Grant that is supposed to kickstart the water district’s expansion project.  
At its December meeting just days before Christmas, fiscal court members discussed a problem with the grant application that will likely cause it to be denied in the current funding cycle. There are hopes that the application can be resurrected and resubmitted in the coming spring, but county leaders say that would mean at least a year’s delay in getting the money.  
Crittenden County Judge-Executive Perry Newcom expressed frustration at the water district’s failure to secure 67 customer surveys to meet application requirements. Newcom said he and others had offered assistance in collecting the surveys, but the deadline passed without

his being aware that the application was incomplete.  
“As everybody is, I think, fully aware, Crittenden-Livingston Water District (CLWD) is woefully undersized,” Judge Newcom told magistrates during the Dec. 21 court meeting. “If you look at their latest reports, they’re showing operating at an 82-percent capacity. And that does not reflect their true operational capacity because they’re still getting water from Webster County.”  
Newcom said the water district is in need of immediate expansion to meet contractual demand of its residential customers and its current wholesale buyers, which include the cities of Salem, Smithland, Grand Rivers, Ledbetter, Marion and even Lyon County, which hasn’t received water in more than a year and half. Marion last month passed a resolution stating its desire and intent to buy all of its drinking water from the county water district as soon as CLWD is



The water district is borrowing \$300,000 for engineering and design of a new clear well. Hopes are for grant money to help build the well, which will improve its ability to meet demand.

able to provide it.  
Marion, of course, is facing a nearly two-year water crisis because of problems at Lake George, its primary source of raw water.  
Tyler Pierson, superintendent of CLWD, said efforts were made to come up with the necessary survey results. Obtaining them was made difficult because some of the randomly selected customers were unwilling to disclose personal financial information, such as household income, he said. Pierson

pointed out that surveys were mailed to customers last summer and fewer than 40 were returned. He said followup phone calls by office personnel to potential respondents also failed to obtain the required number of verified surveys.  
Deadline for the application was Sept. 1. Newcom said that when he and others learned that the application was incomplete when submitted to the Kentucky De-

See **GRANT**/page 8

## How to Transfer Your Car



If you’re not buying or selling a vehicle with a dealer’s help, it’s best for both the seller and buyer to visit the county clerk’s office at the same time to properly complete the transaction.

## Selling your vehicle? Keep the plate or else you will have to buy another

**SPECIAL TO THE PRESS**  
Hang on to that license plate.  
Transferring ownership of a vehicle without help from an automobile dealer is something residents might only do once or twice in a lifetime. It can be a confusing transaction and beginning this month, there are new rules.  
Starting this year, Kentucky drivers will need to retain their registration plate when they sell or trade a vehicle. With plate-to-customer, the tag will be electronically attached to the seller’s account and can be transferred to their just-purchased car or any other automobile of the same class.  
Currently, only owners of personalized or special plates - such as Friends of Coal or one honoring an alma mater or military service - keep their license plate when they sell a vehicle. But starting in 2024, that will apply to virtually all plates, both special and standard.

## A Must Read For every vehicle owner

This statutory change is one of many taking place at county clerk offices this year. Among those is a modernization of Kentucky’s antiquated registration system that has halted all motor vehicle transactions across the commonwealth until next week. In Crittenden County, the clerk’s office is closed until Jan. 10.  
In fact, Kentucky has been one of only a handful of states still allowing a standard plate to stay with the vehicle when sold or traded.  
“Just look at your registration tags like the vanity plate you may have on the front of your car or the flashlight you keep in the glove box,” said Crittenden County

See **TAGS**/page 8

## Livingston’s Judge-Exec Gruber turns in resignation

**STAFF REPORT**  
Livingston County Judge-Executive Garrett Gruber resigned early this week.  
Meeting in special session, Livingston Fiscal Court met Tuesday morning. Gruber was not present. Three-term Magistrate Brad Hunter was chosen judge-executive pro tem by the county’s other three magistrates and he presided over a short meeting in which Gruber’s resignation was announced.  
Gruber had submitted a one-page document titled Executive Order 2024-01 in which he stated that his resignation was effective at 10 a.m., Tuesday, Jan. 2. In the document, Gruber explained that he would be taking a full-time position with the Kentucky Army National Guard.  
Elected to a second four-year term just

over a year ago, Gruber had previously served 11 years in the National Guard.  
According to the Kentucky Constitution and statutory procedure, Gov. Andy Beshear has 30 days to make a temporary appointment to fill the judge’s role.  
While Gruber is a Republican and all four magistrates are Republican, it’s still highly likely that the Democrat governor will appoint an individual from his own party. Historically, the governor has preferred to fill unexpired terms with someone who will officially seek the office during a subsequent county election.  
The governor’s appointment will fill the role until the next general election.  
Livingston County’s Democrat and Re-

See **JUDGE**/page 3



Gruber

## City adding 4th man to department

**STAFF REPORT**  
Marion Police Department will be back to four officers this week when Cory Golightly is sworn on Wednesday.  
Golightly, 40, has 12 years of law enforcement experience and says it’s the only job he ever wanted to do.  
A 2006 graduate of the Department of Criminal Justice Training Center, Golightly has worked at Clinton Police Department, McCracken County Sheriff’s Department and Ballard County Sheriff’s Department. He also served for a time as a detective in Paducah.  
He has most recently worked in the sporting goods industry, but wanted to get back into law enforcement.  
Marion Police Chief Bobby West said Golightly will work alongside one of the other Marion patrolmen for a time while he becomes oriented to Marion.  
Golightly lives in Lone Oak and says he’s accustomed to small-town police work. He makes the fourth police officer on Marion’s force, including the chief.



Golightly

## ‘Topsy’ tale always good for the soul



Kayla MAXFIELD  
Press Columnist  
MAX-ED OUT

“Kayla, we just lost Gerald.”  
A text message from my Aunt Mary that will probably be etched in my mind until the end of time.  
Shall we walk down a lane untouched for a moment to remember a good man whose passing has left a huge hole in the community this week?  
Gerald “Topsy” Ford, pinned as a Mattoon original, was a friend of

my father’s family since the 1960s.  
His parents and my grandparents played cards regularly over coffee and conversation. Meanwhile the kids played in the yard and the basement of his home, fully furnished with a pool table.  
When they did something mischievous, they all got the whipping

See **TOPSY**/page 3



# Deaths

## Lawrence

Ann Elizabeth Lawrence, 91, of Hampton, died Tuesday, Dec. 26, 2023 at Salem Springlake Health and Rehabilitation Center.

She was a farmer and a homemaker.

Surviving are a daughter, Becky (Terry) Croft of Salem; and four grandchildren, Jonathan (Miranda) Croft, JoAnna Croft, Justin (Jessica) Suits and Tyler Suits; three great-grandchildren, Gavin Croft, Riggs Croft and Weston Suits.

She was preceded in death by her husband, J.W. Lawrence; her parents, Jim and Margaret (May) Wallace; a daughter, Connie Suits; and a sister, Mona Rae Wallace.

Services were Friday, Dec. 29 in the chapel of Boyd Funeral Directors and Cremation Services with Bro. Jim Greer officiating. Burial was in Bethel Cemetery.

## Edwards

Garce Bryant "Little Garce" Edwards, 77, of Dixon, died Tuesday, Dec. 26, 2023, at Deaconess Midtown Hospital in Evansville.

He was born Jan. 31, 1946 in Providence, the son of the late Garce Wayne Eddwards and Thelma Bryant Edwards.

He was a graduate of PHS Class of 1964 where he played football and ran track. He was an avid golfer, was a U.S. Army Vietnam veteran and was a member of the Jack McDowell VFW Post #5480. He was a farmer and cattle broker and would do anything for anybody and not ask for anything in return.

Surviving are his wife of 42 years, Linda of Dixon; two sons, Brad (Sheri) Shoulders of Owensboro and Jeremy (Stefanie) Shoulders of Marion; a sister, Anna Gayle Gibson (Rand) Montgomery of Providence; four grandchildren, Dylan (Hannah) Shoulders, Hayden (Faith) Shoulders, Dalton Shoulders and Macye Shoulders; two great-grandchildren, Abrah Shoulders, and Sumner Shoulders; and three nephews, Todd Gibson of Willow Park, Texas, Ben (Julie) Gibson of Providence, and Brian (Jessi) Gibson of Amarillo, Texas.

Funeral services were Saturday, Dec. 30 at Melton Funeral Home with Pastor Brian Gibson officiating. Burial was in Lakeview Cemetery.

Memorial contributions can be made to the Wounded Warrior Project.

## Conyer

Magdaline "Peggy" Conyer, 86, died Sunday, Dec. 24, 2023 at Livingston Hospital and Healthcare Services.

She was born March 31, 1937 in Mullikin, Ky. Her parents were Gwendolyn and Roy Holliman.

She was a 1955 graduate of Salem High School. On Sept. 30, 1956, she married her grade school sweetheart, Dave Conyer. She was a homemaker and helped her husband with their family business, Conyer Oil Company in Salem. She was a member of Salem Baptist Church. She enjoyed crocheting, knitting, cross-stitching and many other crafts. She was a devoted wife, mother, grandmother and sister. She will be greatly missed.

Surviving are a son, Mike (Vicki) Conyer of Paducah; a daughter, Mel (Ted) Gillum of Salem; two grandsons, Tyler Porter of Springville, Ala., and Drew (Hannah) Conyer of Paducah; three granddaughters, Emily (Frank) Phillips of Monticello, Katelyn Gillum of Frederick, Md., and Chelsey Gillum of Owensboro; three great-granddaughters, Emma Jane Phillips, Maggie Anne Phillips and Libby Rose Phillips all of Monticello; a great-grandson, Warner Todd Conyer of Paducah; two sisters, Betty Holliman and Connie (Dickie) Berry; a sister in law, Dianne (Carl) Ordway of Marion; two nephews, Roy (Beth) Berry and Tim Ordway of Marion; a niece, Jenny (Brad) Fuller; a great-nephew, Mason Fuller and great-niece, Ali Berry, all of Salem.

She was preceded in death by her husband of 53 years, Dave Conyer; a daughter, Lisa Conyer; her parents, Gwendolyn and Roy Holliman; in laws, Lenville and Rosa Nelle Conyer; and a niece, Crystal Lynn Ordway.

Special thanks to caregivers Jewell Chittenden and Phyllis McKinney. Also, to Dr. Yazigi and the medical staff at Livingston Hospital.

Funeral services were Saturday, Dec. 30 at Boyd Funeral Directors and Cremation Services with Bro. John East and Bro. Josh Bumpus officiating. Burial was in Salem Cemetery.

Memorial donations may be made to St Jude's Children's Hospital.

## Hamilton

Anna Louise "Tootsie" Hamilton, 97, of Marion, died Thursday, Dec. 28, 2023 at Livingston Hospital. She was a member of the Marion United Methodist Church and the American Legion Auxiliary.

Surviving are three children, Patsy (Ed) Peek of Hopkinsville, Mike Hamilton of Marion and Robin (Mike) Hamilton-Folks of Brentwood, Tenn.; eight grandchildren, Robin Clay Patton, Ross Hamilton Love, Joshua Hamilton, Heather Belt, Ashley Hamilton, Matt Folks, Mike Folks and Holly Folks; several great-grandchildren and on great-great-grandchild.

She was preceded in death by her husband, R.C. Hamilton; her parents, Hillis and Iva Hunt; a brother, R.D. Hunt; a grandson, Ryan Love; and a daughter-in-law, Denise Hamilton.

Services were Saturday Dec. 30 at Gilbert Funeral Home with burial in Mapleview Cemetery.

Memorial donations may be made to the Ryan Love Youth Services Scholarship, c/o First United Methodist Church of Hopkinsville, 1305 S. Main, Hopkinsville, KY 42240.

## Lapp

Nancy Barnes Lapp, 82, of Marion, died Wednesday, December 20, 2023 at Crittenden Community Hospital.

Surviving are two daughters, Holly (Ian Harrington) Lapp of Wayland, Mass., and Barbara (Randy Boyd) Lapp of Tucson, Ariz.; three grandchildren, Christopher Lapp, Kimberly Boros and Nicholas Lapp; and several great-grandchildren.

She was preceded by a son, Howard Albert Lapp III; her mother, Bernice Barnes and father, Joseph Ray Barnes.

Memorial services are scheduled for a later date.

Memorial donations may be made to New Hope Animal Rescue, 526 Atkinson St., Henderson, KY 42420.

Gilbert Funeral Home in Marion, KY is in charge of arrangements.

## Ford

Gerald Lee Ford, 67, of Marion, died Wednesday, Dec. 27, 2023 at Baptist Health Paducah. He was a member of Masonic Lodge Number 256 and was a United States Army Veteran.

Surviving are a brother, Skip Hawkins of Marion; a sister-in-law, Rachel Ford of Paducah; three nieces, Hilary Ford of Louisville, Hailey (Patrick) Nolan of Louisville and Cassidy Hawkins of Somerset; and a grandson, Canyon Piper.

He was preceded in death by his parents, Loice and Georgia Ford; a brother, Robert G. Ford; and step-mother, Mary

Helen Ford.

Services were held Sunday, Dec. 31, with burial in Rosebud Cemetery.

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

## Conner

Martha Conner, 67, of Marion, died Sunday, Dec. 24, 2023 at Heart-to-Heart Hospice in Evansville.

Surviving are two children, Damien (Tracy) Haire of Marion and Salena (Jeff) Young of Robards; her father, James Todd; seven grandchildren, and seven great-grandchildren.

She was preceded in death by her mother, Vilas Todd.

Memorial services will be held at a later date. Gilbert Funeral Home is in charge of arrangements.

## Travis

Jerry "Bud" Travis, 81, of Marion, died Friday, Dec. 22, 2023 at Salem Springlake Health and Rehab.

Surviving are a daughter, LeAnn (Lee) Blazina of Marion; a son, Rodney Travis of Marion; three sisters, Geneva Rustin of Fredonia, Donna Winders of Marion and Brenda Clark of Marion; three grandchildren, Travis and Caden Blazina of Marion and Elijah Travis of Owenton; and several nieces and nephews.

He was preceded in death by his wife, Marilyn; his parents, Corbett and Barbara Travis; four brothers, Wendell Travis, Randell Travis, Corbett Travis and Harold Travis; and three sisters, Virginia Klutey, Linda Kirk and Shirley Brown.

An avid trucker, Travis followed in his family's passion and logged over

5 million miles, earning mutiple safety and driving awards throughout his decades-long career.

Services were Tuesday, Dec. 26 at Gilbert Funeral Home with burial in Mapleview Cemetery.

## Gipson

Heath Burton-Gipson 36 of Henderson, died Sunday, Dec. 24, 2023 at the Lucy Smith King Care Center in Henderson.

He had been employed as a factory worker and attended Victory Baptist Church. He enjoyed hiking and exploring the great outdoors and was an avid wrestling fan.

Surviving are his mother, Susan Burton Kellough; his father, Sammy Gipson; a son, Braxton Gipson; two brothers, Ryan Burton and Daniel Gipson; and grandmothers, Wanda Burton and Melinda Gipson.

He was preceded in death by his grandparents, Danny and Peggy Gipson.

Services were Saturday, Dec. 30 at Myers Funeral Home with burial in Mapleview Cemetery.

## Hunter

Sharon Hunter, 63, of Marion, died Monday Jan. 1, 2024 at Livingston Hospital. She was a former poster child for the Easterseals rehabilitation center telethon, as well as a devoted volunteer for the telethon for many years.

Surviving is her mother, Ruth Ann Hunter.

She was preceded in death by her father, O'Dell Hunter.

Memorial donations may be made to the Easterseals Rehabilitation Center. A private graveside service will be held at a later date. Gilbert Funeral Home is in charge of arrangements.

## Hugs Project sends care to servicemen

The Hugs Project of Western Kentucky collects donations used to send care packages to active duty military.

Nearly 200 soldiers benefit from the efforts of the non-profit, based in Oklahoma.


The Paducah chapter is assisted by volunteers like Carol Hodge of Crittenden County. Hodge's son-in-law serves in the U.S. Army, which got her involved with Hugs.

According to the Hugs Project's Facebook page, its primary goal is to see that all military men and women actively serving our country get the love and support they deserve.

To receive a care package from home, contact the organization at (270) 898-4464 or email hugspjrojectofwky@aol.com.

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## Riverview Park camping generates almost \$10K

Riverview Park on the Ohio River has generated almost \$10,000 in revenue over the past five months, according to information tracked by local government.

From July through November, there were 627 overnight stays at the campground at the site formerly known as Dam 50. Most of those, all but 15, were campers. The others were tent users.

There are seven concrete RV pads with power, water and wastewater available. The campground includes a dock, restrooms, park, basketball goal, pavilion and primitive camping.

Tent camping is \$5 per night and RV camping is \$20 with amenities.

Fees go toward maintenance and upkeep of the park. Reservations can be made online at CrittendenCountyKy.org.

During November, the county generated about \$620 in revenue from the campsite with 64 overnight stays.

## Man charged with burglary on 295 south of Dycusburg

A Hopkinsville man was arrested for burglary and other charges near the Crittenden-Lyon County line south of Dycusburg on Friday, Dec. 22.

Jason Williams, 46, faces fleeing, burglary and trespassing charges after authorities were called to a home on KY 295. A neighbor had reported suspicious activity, confronted the prowler and Lyon County authorities responded to the scene. The suspect had fled on foot but officers eventually located him in a nearby woods. After a short foot chase, he was arrested and lodged in Crittenden County Detention Center.

Lyon County Sheriff Brent White said that at the time of the incident, Williams was under felony and misdemeanor indictments and out of custody on bond from Christian County.

## Kentucky income tax drops to 4% this year

Kentucky's personal income tax has dropped from 4.5% to 4% to start 2024. For Kentucky workers and small business owners, that could mean more money for everyday expenses like groceries, school supplies, gas or retirement.

A Courier-Journal commentary by Kentucky Chamber of Commerce President and CEO Ashli Watts last week pointed out that just six years ago, the commonwealth had the 37th worst state tax code in the nation. "Most Kentuckians faced a personal income tax rate close to 6 percent, nearly twice the rate of Indiana. Fast forward to today, our tax code is considered 18th best, and we are finally starting to close in on competitor states like Tennessee and North Carolina," Watts' editorial said.

Additionally, private sector forecasters are optimistic about inflation dropping in 2024. At around 7.5 percent in 2022, inflation settled to about



## 50 YEARS AGO

### January 3, 1974

■ Billie D. Tedford of Marion was promoted to major in the U.S Air Force where he was an instrument instructor pilot at Randolph AFB, Texas.

■ Dr. Howard W. Mathis, Jr., of Marion was appointed to serve as coordinator for the area for the 51st Annual Southern Educational Congress of Optometry where he served as an advisor and as a liaison with the Southern Council of Optometrists.

■ Coach Roy McKame'ys Crittenden County Rockets opened their 1974 portion of the season in Lyon County for a return engagement after beating them 71-69 in overtime the week before. Following the game in Eddyville, the Rockets were scheduled to return home to face Clarkson and Lone Oak.

## 25 YEARS AGO

### January 7, 1999

■ Head Start students in Angel McDonald's class created tasty treats for their feathered friends, making a variety of snacks for birds and placing them on a tree outside their classroom window. Charley Young applied peanut butter to a pine cone with assistance from aid Karen Tinsley.

■ Dr. Gary James took advantage of a unique opportunity in January 1999, filling in for a friend who was a doctor in Thailand. The experience was not just unique



6.3 percent in late 2023 and is projected to drop to around 2.5 percent by the end of 2024.

Watts' commentary said the Kentucky Chamber's top priority for 2024's legislative session is to lobby for further reduction of the personal income tax.

## Fredonia's Travis shooting for Miss USA Rodeo title

Fredonia's Jacy Travis is one of a dozen contestants in next week's Miss Rodeo USA Pageant in Guthrie, Okla.

Travis is currently Miss West Point Rodeo in Culman, Ala., which qualifies her for the Miss Rodeo USA contest.

Previously, the Caldwell County High School graduate has competed in the National High School Rodeo, National Little Britches Rodeo and other area rodeo associations in barrel racing, pole bending and breakaway. She was chosen Kentucky High School Rodeo Queen in 2018 and competed in the national finals in Wyoming.

Travis is employed at Akridge Farm Supply in Fredonia and taking college courses with the goal of attaining a degree in agribusiness.

The Miss Rodeo USA Association has represented the International professional Rodeo Association for over five decades. The title is awarded each January at the International Finals Rodeo. Contestants are judged on personality, appearance and horsemanship. Events will include speeches, style shows, horsemanship patterns, written examinations and interviews.

## Wreath sponsorship open for veterans Christmas '24

It is not too early to sponsor a wreath for a veteran next Christmas.

Cindy Ezell-Hinson of Cadiz is the Wreaths Across America volunteer location coordinator for Calloway, Christian, Crittenden, Caldwell, Graves, Livingston, Lyon, Marshall, McCracken, Trigg and Todd counties in Kentucky and Henry and Stewart counties in Tennessee.

Through Jan. 16 for each \$17 wreath purchased, Hinson will give the purchaser an additional wreath at no charge.

"This is an excellent way to remember our veterans on Christmas," Hinson said.

The wreaths are live balsam wreaths with a red bow, and Hinson said they are a great gesture for individuals, churches, businesses, organizations,



Jacy Travis

clubs and others to remember and honor veterans.

Anyone interested can contact Hinson at 270-875-5113 or journey46@gmail.com. Wreaths can be picked up from Hinson, or she will coordinate delivery. Individuals may place the wreaths they order, or Hinson or someone with the organization will place them.

## Area quarries are being rebranded by company

A rebranding of quarries in Fredonia and Burna took a new step in December as their names were shortened from LafargeHolcim to simply Holcim, according to a report by the Metropolis Planet newspaper in Illinois, where another quarry and cement plant were rebranded.

New signage has been posted at the two local quarries, which for years have been commonly referred to as Three Rivers Quarry in Livingston and Fredonia Quarry in Caldwell County.

Holcim acquired Lafarge in 2015 and merged the names to officially become Holcim US, the Planet has reported, citing information from a company manager.

The aggregate quarry in nearby Rosiclare, Ill., is also part of the rebranding.

Holcim has about 350 sites in 43 states and employs 7,000 people in the United States. The company has embarked on an identity change to align its American brands — including Lafarge, Aggregate Industries and Latimore Materials — under one Holcim brand, according to the report.

## I-24 Tennessee River Bridge will see year-long project

A contractor for the Kentucky Transportation Cabinet (KYTC) has begun a long-term work zone project on Interstate 24 Tennessee River Bridge at the Marshall and Livingston County Line. Work in the active project zone began Tuesday and will last almost a full year.

A major bridge rehabilitation project will require traffic restrictions in several phases through 2024. Officially known as the Luther Draffen Bridge, the twin structures handle about 30,000 vehicles per day. It was first opened in 1974.

Initial work zone lane restriction will be for eastbound traffic on I-24. All eastbound traffic will move to the left-hand or passing lane to allow joint work on the eastbound Tennessee River Bridge between U.S. 62 Calvert City Exit 27 and KY 453 Grand Rivers Exit 31.

There will be additional work zone restrictions and traffic shifts in phases about every 20 days for the first three months of the bridge project. The work zone will eventually include westbound traffic restrictions and traffic shifts with start dates to be announced as work progresses.

The work zone will include a 55 mile-per-hour speed limit with an enhanced enforcement presence and double fines.

Local commuters are asked to consider a self-detour via U.S. 62 and KY 453 between Calvert City Exit 27 and Grand Rivers Exit 31 to avoid possible delays, particularly during peak travel periods.

While I-24 eastbound will initially be restricted to one-lane traffic, once the joint work is completed and overhead work platforms are set up for cleaning and painting of the steel arch, the bridge will be temporarily striped with 11 ft. lanes to allow two-lanes of travel in each direction.

Spartan Contracting is the prime contractor on this \$16.3 million bridge rehabilitation and maintenance project. Target completion date for all work is Dec. 1.

## Negotiations over ferry contract begins early; deadline is June 30

Local leaders anticipate that Cave In Rock Ferry will ask for an increase in its two-year contract to provide river crossing service between Crittenden County and Hardin County, Ill.

At a meeting in Marion in late December, ferry representatives began budget discussions with Cave In Rock Ferry Authority about needed funding for the coming two fiscal years that will span July 1, 2024 through June 30, 2026.

The ferry authority is a local governing body responsible for oversight of the ferry service. It is funded equally by state governments in Kentucky and Illinois. From Crittenden County, Magistrate Chad Thomas, businessman Billy Fox and Crittenden County Judge-Executive Perry Newcom serve on the authority. Crittenden County Attorney Bart Frazer is counsel for group. Illinois is represented on the committee by Brian Joyner, a physical therapist and southern Illinois resident.

Local leaders will have about six

months to work through the negotiation process. The ferry owner is asking for a funding increase, but Judge Newcom said the final figures are not yet available.

The contract process hasn't been without difficulties over the past six or eight years. The ferry's current funding is \$1.66 million annually. That contract price was negotiated in 2022 after some difficult deliberations. Kentucky added some additional accounting requirements to the existing contract, which expires June 30. A contract impasse in 2018 briefly stalled ferry service before it reopened under a temporary deal that was later extended to a biennial pact. In 2020, a two-year deal was finalized at the 11th hour following lengthy negotiations.

The free ferry service has operated virtually uninterrupted since 1994 when Lonnie Lewis obtained the franchise from the former ferry owner after the service had been idled for about a year. The previous owner charged a fee for crossing the river.

Between 1994 and 2017, Kentucky and Illinois together spent less than \$1 million annually to provide the service free of charge. In 2018, the operator asked for and received the first significant increase in funding at \$1.2 million annually. Subsequent biennial increases have been negotiated since then.

## Sheriff is boosting hourly pay for deputies in 2024

Sheriff Evan Head submitted his pay plan for the new year to Crittenden County Fiscal Court during its December meeting. Head said deputy hourly pay will go to \$24.90 from \$23.85 for certified full-timers. Based on the increase, Sheriff Head anticipates salaries could reach \$363,664.70 if his department reaches full staffing.

Right now, the department has openings for deputies. See The Press Online for details about the position and how to apply.

Last year, the department spent only 60% of its \$256,000 payroll budget because it was short staffed. Sheriff Head said two new school resource officers will be taking on law enforcement responsibilities away from campus. Crittenden County Fiscal Court approved the pay plan. The fiscal court's share of the sheriff's payroll is just over \$100,000.

## 2 file for KY legislative primary races in spring

Sen. Jason Howell (R) of Murray has filed to seek re-election in the First Senate District of Kentucky.

Elected in 2020, Howell is currently serving the last of a four-year term in the First District, which includes Crittenden, Fulton, Graves, Hickman, Lyon, Trigg and Calloway counties.

Democrat Alton Ayer of Utica in McLean County has filed to run in the May primary election in the 12th House District, which includes Crittenden, McLean, Webster and Union counties. The seat is currently held by longtime state legislator Jim Gooch (R) of Providence.

Ronnie Heady of Marion, who toyed with running for state representative in 2022, says he does not plan to run this cycle, but wouldn't rule out a future campaign for state office.

All 100 seats in the House of Representatives and half the Senate will be up for election this year.

## Electric, hybrid vehicles will see new tax in 2024

Kentucky's electric and hybrid vehicle owners starting this year will begin paying more for the privilege to drive on the commonwealth's roads. New in 2024 will be an excise tax assessed at charging stations and a flat fee payable at the time of registration to help keep the state's roads and bridges in good repair.

Currently, almost 30 percent of the state's Road Fund to maintain infrastructure comes from taxes on motor fuels.

The new flat fee, \$120 for electric vehicles and \$60 for hybrids, will be assessed on postcards mailed to owners beginning in January. Electric motorcycles and motor scooters will also be assessed a \$60 fee. The levy is payable online at EVHV.ky.gov.

Additionally, beginning Jan. 1, an excise tax of 3 cents per kilowatt-hour will be added at electric vehicle charging stations. Marion has a charging station behind the Farmers Market on Main. It's operated by Marion Tourism Commission.

All money collected from both measures will go to the state Road Fund. There is no way to estimate the number of hybrids registered in Crittenden County, but there are currently fewer than a half-dozen electric vehicles locally.

*Between Printed Editions  
Tune in to The Press Online  
for breaking news.*

*We also ask that you subscribe to*



# Road work, Klan speaker among 1924 news

Another new year is upon us and new history will be made. Let's take a trip back in our past 100 years ago and the beginning of 1924 and see what was going on in our town and surrounding area. From the archives of The Crittenden Press we find these interesting articles.

January 1924 - **Greetings from Mayor Bebe Boswell.** Marion and Crittenden County have taken many advanced steps during the past year, among which a few of the most outstanding are the completion of the grading and draining of the two important highways leading out from Marion, letting of contracts for surfacing the Princeton road, the purchase of large fluorspar holdings by the steel industry and especially in

the inauguration of 24-hour electric service, voting a \$50,000 water works bond issue and the organization of the Kiwanis Club whose sole mission is the upbuilding of Marion and Crittenden County. I want to thank every citizen for the progress and prosperity of 1923 and pledge you my fullest cooperation during 1924 to even greater and better ends.

## New Year Brings Changes in Firms

With the ending of the old year, and the ushering in of the new year of 1924, a number of Marion's well-known business firms have undergone some changes in membership and style of firms.

The firm of Taylor and Taylor, Dry Goods, composed of Gus Taylor and Creed A. Taylor, has undergone reorganization. Messrs. C. W. Lamb and J. D. Vaughn have purchased the interest of Mr. C. A. Taylor. The business house was established about 22 years ago under the firm name of Gus Taylor. A year later W. D. Cannan purchased a half interest and a thriving business was done by Taylor and Cannan for 17 years when Mr. Cannan sold his interest to Mr. C. A. Taylor. The firm will continue under the name of Taylor and Co.

The firms of W.O. Tucker, Furniture and Undertaking, and W. H. Franklin, Furniture and Undertaking have consolidated, reorganized and moved their business locations. Mr. Creed A. Taylor has purchased an interest in the business and the new firm of the Marion Furniture and Undertaking Co, composed of W. O. Tucker, W. H. Franklin and C. A. Taylor, will continue business occupying the A. S. Cannan building on West Bellville Street. Their display room will be on the first floor of this building and the undertaking parlor the second floor. The



The firm of Taylor and Taylor Dry Goods was located in the former Hunt's Department Store, which was last occupied by the Marion Café on the corner of South Main and East Bellville streets. The historic old building sits empty today.

W. O. Tucker Co., was established 20 years ago and under Mr. Tucker's honest dealings with the public and up-to-date management, the business has grown over the years.



Brenda Underdown  
County Historian

## Forgotten Passages

## Woman's Club Purchase Lot

The Press is informed that the Woman's Club of Marion has secured a centrally located lot and plans the erection thereon of a modern restroom for the use of out-

of-town women and children. This is one of the most needed projects that has been planned for the convenience and comfort of Marion guests, and we hope that the actual erection of the building will not be long deferred.

## Pool Deliveries now Being Made

Since the opening of the doors of the Tobacco Association's warehouse here on Jan. 2, members of the Dark Tobacco Growers Cooperative Association, despite the unfavorable weather and the muddy roads, have been delivering their 1923 crops of the weed at the rate of 15 wagon loads a day and the efficient crew of unloaders have been kept busy.

Local Manager S. T. Dupuy reports that more than 200,000 pounds of pooled tobacco have been

delivered and that deliveries have been hindered on account of continued rains and bad roads. When a reporter visited the warehouse near the I. C. station, he found everybody busy unloading and grading tobacco and storing it away. There were five or six wagon loads waiting their turn to be unloaded and a number of other loaded wagons were coming up.

Manager Dupuy estimates that about one-fifth of the association's tobacco in the county has been delivered. The advances paid to growers have been from \$1 to \$15 per hundred pounds according to the quality and grade of tobacco.

## New Auto Bus

An improvement adding to the accommodation of the traveling public was the purchase this week of a handsome and commodious new auto bus by Clark, Roberts and Rushing.

The bus has four seats and is of about 15-passenger capacity. Mr. T. H. Rushing will have charge of the bus and will meet all the trains. He expects also when the roads improve to answer calls for conveyance to any part of the county as well as to neighboring towns.

## Squire Peek Captures Still

Squire S. F. Peek and Constable Vernon Patton of Dycusburg brought to Marion Wednesday morning a moonshine still which they turned over to the authorities

here. The still consisted of a large copper tank, and other machinery necessary to the manufacture of moonshine liquor, including a 14-burner oil heater. The still was estimated to be of capacity sufficient to turn out between 50-60 gallons of moonshine a day.

The still was unloaded Monday from the Steamer Grace Devers on the streets of Dycusburg, the river being too high for the boat to land at the Dycusburg landing. The shipping tag indicated that the outfit was from the National Metal Works of Paducah and was addressed to Jim Ferguson, Bulls Pasture, Tenn. The Dycusburg officials report that no reason is known why it should have been put off at that place.

## Klan Speaker In Address Here

A large crowd attends public meeting. Much interest aroused, strong appeal made in behalf of organization. Rev. J. E. Stout, of Detroit Mich., a speaker for the Ku Klux Klan of national reputation, addressed a crowded courthouse Monday night in upholding the law and the administration of justice and was in accord with the American flag.

The announcement that a K.K.K. speaker was coming to Marion to give an address created much comment among the officials and citizens of the city, adversely and favorable, and when the hour for the speaking came a large crowd was on hand to greet the speaker.

Dr. Stout was introduced by Mr. Archie S.



Men wait with their wagons to unload their crops at the Tobacco Association's warehouse on a cold, wet day in January 1924. The huge warehouse was located at the end of East Gum Street near the railroad tracks.

Ridgeway, of Elkhart, Ind., who has been for some time engaged in organizing Klans at Princeton and elsewhere in this part of the state.

Dr. Stout spoke for two hours and made a strong appeal in behalf of his organization. He spoke for true Americanism, white supremacy, selective immigration, the Bible in the public schools, cleaner politics and for law and order.

He denied that the Ku Klux Klan was an organization of law violators, as had been represented by its enemies, but believed in upholding the law and the administration of justice and was in accord with the American flag.

He said it was also in accord with the Bible and that the Ku Klux Klan was a permanent organization.

## McConnell & Wiggins Barber Shop

Home of experienced barbers, modern improvements and equipment, also other barber shops in Marion, beginning Jan. 1 will close on Saturday night at 10 sharp.

(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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SOLD

LIVINGSTON COUNTY, KY 91.99 - \$236,869 - Property has a diverse mix of habitat types, a pond, a creek, and numerous entry points along road frontage, hunter-friendly topography, a creek, and planted pines.

SOLD

CRITTENDEN COUNTY, KY 55.78 - \$275,000 - This tract has the right blend of habitat types, a pond, a creek, and hold big bucks with the added bonus of a fully furnished pole barn cabin! Includes a Redneck hunting blind and feeders!

PENDING

LIVINGSTON COUNTY, KY - 113.44 ACRES - \$269,422 - All timber hunting tract. This tract is located in an area known for big bucks and has timber diversity.

LIVINGSTON COUNTY, KY - 119.44 ACRES - \$235,906 - Mostly timber hunting tract geared toward turkeys and whitetails. This tract has a diverse topography with dynamic terrain features and timber diversity.

LIVINGSTON COUNTY, KY - 189.63 ACRES - \$501,265 - All timber hunting tract. This property is a timbered ridge top with food plots and a natural saddle.

LIVINGSTON COUNTY, KY - 427 ACRES - \$918,237 - Timbered ridge top hunting tract! This tract has the ideal blend of habitat types for mature whitetails and wild turkeys.

CRITTENDEN COUNTY, KY - 201.98 ACRES - REDUCED! \$759,000 - This property has a diverse blend of habitat types and topography with a home, outbuildings and a proven history of big bucks. The home has 2,025 square feet of living space with three bedrooms and two bathrooms.

CRITTENDEN COUNTY, KY - 0.9 ACRES - REDUCED! \$105,000 - This rustic cabin with storage buildings provides the ideal base camp for your hunting adventures! This cabin has 1,192 square feet of living space with three bedrooms and one bathroom, a spacious living area with a fireplace, a full kitchen with plenty of cabinet space, a full bathroom and laundry room.

CRITTENDEN COUNTY, KY - 265.67 ACRES - \$742,500 - Diverse hunting tract with waterfowl potential! This tract has the ideal habitat types for deer, turkeys and waterfowl hunting! This river bottom farm has approximately 1.5 miles of frontage along the Tradewater River.

LIVINGSTON COUNTY, KY - 139.95 ACRES - \$318,386 - Great hunting tract with dynamic hunter friendly topography, mast producing timber, security cover, open areas for food plots and a good trail system.

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Resolutions can be positive

I remember making about half-a-dozen resolutions for 2023, which is at least five too many. Without looking back, I can only remember two of them. One was to produce a short devotional thought every day; each month centered loosely on a topic (prayer, confession, generosity, etc.). The other was diet related. I managed to keep both of them, but by the last six weeks of this year I need a reset on the diet. So, it will be included in the 2024 list.

I believe many of my personal resolutions lists are similar; I keep making the same commitments which end every year with varying degrees of success. Several years ago, I stopped letting myself feel like a failure when I didn't always succeed. Progress in some areas of life comes slowly and steadily.

Making resolutions is a positive thing for us to do at any time, but having a new year every 12 months makes a convenient marker; this provides us with some accountability, if we choose,

because so many others are doing the same thing. I will keep making resolutions as long as I am able to do so, and I expect to continue at a success rate of less than 50 percent. However, I still believe it is good for us. I will keep some of the same resolutions from 2023 – namely the daily notes and diet. For the rest of my resolutions, I am trying something a little different. Each

of my new resolutions is going to revolve around a list found in Philippians 4:8, “whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise.” Let me explain.

Much of the New Testament is made up of letters written to churches or individuals that either had questions, a serious problem to solve, or needed encouragement. A careful reading of these letters gives us hints at what those problems might have been, even if some of the details are lacking.

One of the hints we get from Paul's letter to the Philippians is that something had robbed them of their joy. When we get to the last chapter, we have a further hint concerning the source of the problem. There is a strong encouragement for two women to get along better. We don't know what their problem was, but it was significant enough that we are still reading about it 2,000 years later.

I believe the list Paul gives us would have gone a long way toward helping those women to agree in the Lord. Understand this, I don't think he meant there was a winner or loser in an argument, or even a compromise of belief. I think he meant they needed to see the bigger picture and understand that their focus needed to be in a different direction.

To give some context, here is the text of Philippians 4:1-8: “Therefore, my brethren, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. And I ask you also, true yokefellow, help these women, for they have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. Re-

joice in the Lord always; again, I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.”

This list, then, is part of Paul's solution toward making peace in a group of people. This will work in any group, not just churches. When we look for and find these things, and point them out, it makes a healthier environment for all of us.

I believe the end of 2024 will be better in our nation than the end of 2023 if more of us will resolve to “think on these things.”

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.



Sean NIESTRATH Faith-based columnist

Guest Columnist

God gives us the directions we need

**Question:** I'm a college student who regularly works out with weights to strengthen my body. I'm training my mind to think through getting a good education. I've joined a fraternity to broaden my social life. Is there anything else I can do to make myself a well-rounded person to make a far reaching contribution in life?

**Answer:** Transforming your body through exercise, training your mind through educating it and engaging socially with others are all valuable to becoming a well-rounded person, but you didn't mention any desire to grow spiritually. The personal relationships we make in life change the way we think and act. Where we get our values make a great deal of difference in our decisions through life.

God has given us His directions for each of our lives in His Word, the Bible. He has a purpose for your life and we come to know His plans for each of us by understanding and applying the truths of Scripture. It's best to begin studying the Bible in the New Testament.

At the heart of what God wants us to experience is a personal relationship with Him by coming to know Jesus as your Savior and Lord. When we love and live for Jesus, we find life takes on a whole new meaning.

Our thoughts change what we do and who we become. The Bible encourages, “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind,” (Romans 12:2).

Send your questions to: bob@bobhardison.com

Ask the Pastor

By Bob Hardison



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Marion Baptist Church WELCOME FAMILY LIFE CENTER Open to the Public 9am to 3pm Monday thru Friday Walking Track Gymnasium

Community Events & News

- The VFW in Marion will have a meeting at 6:30 p.m., Thursday, Jan. 11 at 412 N. College St. Refreshments will be served.
- There will be an Extension District Board meeting at noon, Wednesday, Jan. 17 at the Extension Annex.
- Suicidal thoughts? Stop! Email dbrantpc@tds.net and request a video link that hopefully will change your mind.
- 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 1-3 p.m. each Thursday. The Clothes Closet will be closed in case of rain.
- Fredonia Unity Baptist Church's clothes closet is open from 9 a.m. to noon on the second and fourth Saturday of every month.
- First Baptist Church of Fredonia food pantry is open from 11 a.m. to 3 p.m. the third Thursday of each month in Coleman Hall of the church.
- The clothes closet at Mexico Baptist Church is open from 9 to 11:30 a.m. each Monday.
- Cave Springs Baptist Church between Lola and Joy in Livingston County offers food 24 hours a day, 7 days week at its outdoor Blessing Box in front of the church.

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Happy New Year A time to love, to care, to share, to have a thankful heart for all those families who have placed their trust in us. To all who have lost loved ones, may their memory be a light in the new year. MYERS FUNERAL HOME (270) 965-0110 • Obituary Line (270) 965-0155 www.myersfuneralhomeonline.com

EMMAUS BAPTIST CHURCH 315 Emmaus Church Rd., Salem, Ky. Rodney Phelps, Pastor (270) 704-2400 emmausbaptistsalem@outlook.com Follow us on Facebook

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

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

DEER CREEK BAPTIST CHURCH "Whatever It Takes" Bro. Jamie Baker Sunday Bible Study: 10 a.m. Sunday Worship: 11 a.m. & 6 p.m. Wednesday Bible Study: 7 p.m. Approx. 5 miles from the intersection of Hwy. 60 & Hwy. 297 Phone: (270) 965-2220

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

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

Barnett Chapel General Baptist Sunday School: 10 a.m. Barnett Chapel Rd., Marion, Ky. Sunday Worship: 11 a.m. Barnett Chapel... Sunday Night Service: 6 p.m. where everyone is welcome. Bro. Ken Suits, pastor

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

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

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

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

FIRST CUMBERLAND PRESBYTERIAN CHURCH 224 W. Bellville St., Marion, Ky. Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. David LeNeave, Pastor

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

Marion Church of God 334 Fords Ferry Road, Marion, Ky. Morning Service 11 a.m. Sun. Evening 6 p.m. • Wed. Evening 6 p.m. "Where salvation makes you a member."

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

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

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

Frances Community Church Bro. Butch Gray Worship service: 11 a.m. Children's Church ages 3 & up ... 11 a.m. "The little church with a big heart"

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

Unity General Baptist Church 4691 Mott City Rd. • Marion, Ky. Bro. David Perryman, Pastor Sunday School 10 a.m. Sunday Worship 11 a.m.

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



# Classifieds The Crittenden Press

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## employment

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## legal notice

Notice is hereby given that on December 20, 2023 Anna Yu-vonne Shouse of 60 Lafayette Heights, Marion, Ky. 42064 was appointed executrix of Geraldine T. Shouse, whose address was 60 Lafayette Heights, Marion, Ky. 42064. Lindell Choat, attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the executrix before the 20th day of June, 2024 and all claims not so proven and pre-sented by that date shall be forever barred. All persons indebted to the estate of the above-named decedent, will please call and settle said debts immediately. Crittenden District Court Melissa Guill, Clerk (1t-01-c)

Notice is hereby given that on December 20, 2023 Valerie Bowers of 341 View Rd., Mar-ion, Ky. 42064 was appoint-ed administratrix of Glenda Barnes, deceased, whose address was 341 View Rd., Marion, Ky. 42064. Hon. Wil-liam F. McGee, Jr., P.O. Box 39, Smithland, Ky. 42081, at-torney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the administratrix before the 20th day of June, 2024 and all claims not so proven and presented by that date shall be forever barred. All persons indebted to the estate of the above-named decedent, will please call and settle said debts immediately. Crittenden District Court Melissa Guill, Clerk (1t-01-c)

COMMONWEALTH OF KENTUCKY  
CRITTENDEN CIRCUIT COURT  
CASE NO. 23-CI-00014  
KEVIN MYATT, and his Wife, KIMBERLY MYATT PLAINTIFFS  
v.  
FLOYD ROBERTSON, SR. JAMES EDGAR ROBERT-SON  
MARSHALL LEE ROBERT-SON  
JAMES R. C. HAZEL ARTHUR LEWIS MARSHALL  
And unknown husbands, wives, widowers, Widows, heirs,  
Grantees, devisees, personal Representatives, successors and  
Assigns; and any unknown owners,  
Heirs, devisees, legatees, grantees,  
Representatives, assigns and all  
persons claiming any right, title or  
interest in or lien upon any of the  
lands described; and gener-ally all  
persons whom it may con-cern,;  
CRITTENDEN COUNTY KENTUCKY;  
DEFENDANTS  
NOTICE OF SALE  
Pursuant to a Judgment and Order of Sale in the above styled action, the Commis-sioner will offer for sale on or about the hour of 10:00 a.m., January 23, 2024, at public auction to the highest bidder at the Crittenden County Of-fice Complex at 200 Industrial Drive, Marion, Kentucky, the following described property: Approx. 130.14 acres  
State Route 365  
Crittenden County, Kentucky  
PVA Parcel Number 077-00-

00-008.00  
T-1 (Survey dated 7/11/07)  
Iron pins set are 1/2x24 inch rebar with plastic cap stamped "B J MAY LS 878". Other cor-ners marked as noted.  
BEGINNING at an iron pin set at the southeast corner of the intersection of Ky. 365 and Chandler Farm Road, being 30 ft. East of the center of Ky. 365 and 15 ft. south of the center of Chandler Farm Road, be-ing about 2 miles north of the junction of Ky. 365 and U.S. 60 and at approximate Kentucky coordinates (south zone) N. 413,300 ft., E. 1,341,600 ft.; thence with the meanders of the south side of Chandler Farm Road S. 45 deg. 10 min. 11 sec. E. 30.07 ft., S. 19 deg. 47 min. 35 sec. W. 210.82 ft., S. 20 deg. 14 min. 56 sec. E. 158.74 ft., and S. 17 deg. 02 min. 41 sec. E. 183.31 ft. to an iron pin set 15 ft. from the center of the road, corner to T-2 (this survey); thence with the lines of T-2 N. 76 deg. 01 min. 19 sec. W. 59.28 ft. to an iron pin set, S. 27 deg. 15 min. 47 sec. E. 841.00 ft. to an iron pin set, S. 34 deg. 35 min. 52 sec. W. 660.58 ft. to an iron pin set, and S. 68 deg. 00 min. 00 sec. E. 890.38 ft. to an iron pin set in Rogers Group line (d.b.113 p.294); thence with their lines S. 21 deg. 56 min. 02 sec. W. 520.01 ft. to an iron pin set, S. 60 deg. 16 min. 19 sec. E. 512.51 ft. to an iron pin found, S. 09 deg. 53 min. 15 sec. E. 85.32 ft. to an iron pin found, and S. 04 deg. 11 min. 24 sec. E. 12.92 ft. to a point in the center of a branch, cor-ner to Rogers Group (d.b.188 p.493); thence up the center of the branch with its meanders S. 62 deg. 41 min. 50 sec. W. 32.65 ft., S. 31 deg. 26 min. 26 sec. W. 33.02 ft., S. 48 deg. 43 min. 41 sec. W. 34.64 ft., S. 74 deg. 06 min. 22 sec. W. 58.91 ft., S. 73 deg. 06 min. 14 sec. W. 64.37 ft., S. 64 deg. 03 min. 21 sec. W. 122.62 ft., S. 49 deg. 55 min. 32 sec. W. 114.26 ft., S. 01 deg. 29 min. 50 sec. E. 30.01 ft., S. 56 deg. 55 min. 37 sec. W. 73.27 ft., S. 48 deg. 49 min. 42 sec. W. 78.01 ft., S. 26 deg. 22 min. 50 sec. W. 52.69 ft., S. 65 deg. 24 min. 13 sec. W. 40.90 ft., S. 17 deg. 43 min. 32 sec. W. 23.86 ft., and S. 45 deg. 13 min. 14 sec. W. 53.57 ft. to an iron pin found, thence leaving the branch and continuing with Rogers Group lines S. 47 deg. 49 min. 09 sec. W. 1185.30 ft. to an iron rod found, and N. 37 deg. 56 min. 24 sec. W. 88.68 ft. to an iron pin found, corner to Witherspoon (d.b.157 p.211); thence with his line N. 36 deg. 24 min. 10 sec. W. 156.57 ft. to an iron pin set, corner to McGuffin (d.b.206 p.347); thence with his lines N. 61 deg. 20 min. 19 sec. W. 456.93 ft. to an iron pin set, N. 22 deg. 31 min. 31 sec. E. 412.33 ft. to an iron pin set, N. 02 deg. 18 min. 02 sec. E. 487.92 ft. to an iron pin set, and N. 53 deg. 37 min. 41 sec. W. 965.82 ft. to an iron pin set on the east side of and 30 ft. from the center of Ky. 365; thence with the meanders of the east side of the highway N. 32 deg. 59 min. 18 sec. E. 1321.86 ft. to an iron pin set, N. 32 deg. 58 min. 32 sec. E. 569.53 ft., N. 32 deg. 37 min. 15 sec. E. 348.00 ft. to an iron pin set, N. 26 deg. 44 min. 44 sec. E. 189.58 ft., N. 17 deg. 33 min. 20 sec. E. 241.00 ft., and N. 08 deg. 47 min. 55 sec. E. 124.22 ft. to the beginning containing 112.94 acres more or less according to a survey by Billy J. May of J & J Land Surveys, finished July 10, 2007. This is part of the prop-erty described in Deed Book 206 page 769 (all of T-I and part of T-III).  
T-1 (survey dated 11/7/07)  
Iron pins set are ½ X 24 inch rebar with plastic cap stamped "BJ MAY LS 878".  
BEGINNING at an iron pin set in the northwest corner of the intersection of Ky. 365 and Baker Hollow Road, being 30 ft. from the center of Ky. 365 and 15 ft. from the center of Baker Hollow Road, being at approximate Kentucky coordi-nates (south zone) N. 413,300 ft., E. 1,341,600 ft.; thence with the north line of Baker Hollow Road N. 69 deg. 02 min. 01 sec. W. 248.08 to an iron pin set in the north line of Baker Hollow Road and the center of the old road and being 52.24 ft. east of the southeast corner of the T-2 (this survey); thence with the meanders of the old road and original lines N. 18 deg. 56 min. 22 sec. E. 454.39 ft. to an iron pin set, N. 08 deg. 07 min. 06 sec. W. 336.45 ft. to an iron pin set, N. 17 deg. 30 min. 04 sec. W. 184.99 ft. to an iron pin set, N. 08 deg. 38 min. 13 sec. W. 202.45 ft. to an iron

pin set, and N. 13 deg. 14 min. 35 sec. E. 543.02 ft. to an iron pin set in Walker's south line (d.b. 115 p. 494); thence with line S. 83 deg. 31 min. 22 sec. E. 161.18 ft. to an iron pin set in Phillip's west line (d.b. 170 p. 391); thence with her line S. 27 deg. 17 min. 58 sec. E. 926.57 ft. to an iron pin set on the west side of and 30 ft. from the center of Ky. 365; thence with the me-anders of the west side of the highway S. 17 deg. 33 min. 20 sec. W. 238.56 ft., S. 26 deg. 44 min. 44 sec. W. 180.07 ft., S. 32 deg. 09 min. 59 sec. W. 163.58 ft., S. 33 deg. 02 min. 21 sec. W. 179.08 ft., and S. 32 deg. 52 min. 28 sec. W. 283.85 ft. to the beginning containing 17.20 acres more or less according to a survey of Billy J. May of J & J Land Surveys, finished Feb. 06, 2007 and revised Nov. 07, 2007. This is part of the prop-erty described in deed book 206 page 769, being part of T-III.  
SOURCE OF TITLE: Being a part of the same property (113 acres) conveyed to E.W. (Ed-gar Walker) Phillips by Deed dated October 5, 1888 and recorded in Deed Book "W", at Page 236.  
E.W. Phillips died intestate, See Affidavit of Descent of re-cord in Deed Book 67, at Page 508, and his heirs at law were six in number as follows:  
L.O. Phillips, Annie Z. Robin-son, E.O. Phillips, S.B. Phil-lips, Dulcie E. Hazel, and John T. Phillips. See Affidavit of De-scent of record in Deed Book 67, at Page 508;  
L.O. (Lee Otis) Phillips, died intestate November 16, 1963 and his 1/6 interest vested in Bessie L. Phillips. See Affidavit of Descent of record in Deed Book 247, at Page 661.  
Bessie L. Phillips Scott (same person as Bessie L. Phillips) et vire conveyed her 1/6th undi-vided interest to E.O. Phillips by Deed dated December 18, 1973 and recorded in Deed Book 127, at Page 241;  
Annie Z. Robinson (same person as Annie Ze Phillips Robertson) died intestate her - interest vested in her heirs at law which were eight in num-ber (1/48th undivided each) as follows: Velva Irene Robertson Wilson, Acey Floyd Robertson (same person as Floyd Rob-ertson Sr.), James Edgar Rob-ertson, Hobert Kennith (Ken-neth) Robertson, Marshall Lee Robertson, Nelda Leen (Neldalene) Robertson Drisk-ill, Mary Marjorie Robertson Walker, and Betty Doris Rob-ertson Harwell. See Affidavit of Descent of record in Deed Book 185, at Page 319. Mary Marjorie Robertson Walker, a single person, and Betty Doris Robertson Harwell et vire con-veyed their undivided interest (1/24th) to Aubrey Phillips by Deed dated December 21, 1999 and recorded in Deed Book 185, at Page 321.  
Hobert Kenneth Robertson died on February 2, 1993 in-testate and his heirs as law were vested with his 1/48th undivided interest which were as follows: Donna Jane Kemp and Pamela Susan Braddock. See Affidavit of Descent of record in Deed Book 186, at Page 186.  
Donna Jane Kemp et vire and Pamela Susan Braddock et vire conveyed their undivided interest to Aubrey Phillips by Deed dated December 21, 1999 and recorded in Deed Book 185, at Page 321.  
Velva Irene Wilson died inte-state and her 1/48th undivided interest vested in her spouse, James Thomas Wilson, and her children, Linnie Louise Wilson Howerton, Sadie Sue Wilson Little, and Kenneth Jay Wilson. See Affidavit of De-scent of record in Deed Book 128, at Page 597. James Thomas Wilson died intest-ate and his undivided interest vested in Linnie Louise Wilson Howerton, Sadie Sue Wilson Little, and Kenneth Jay Wil-son.  
Linnie Louise Wilson How-erton et vire, Sadie Sue Wilson Little et vire, and Kenneth Jay Wilson et ux conveyed their undivided interest to Aubrey Phillips by Deed dated De-cember 21, 1999 and record-ed in Deed Book 186, at Page 228. Neldalene Robertson Driskill died intestate on April 23, 1995 and her 1/48th undi-vided interest vested in Cece-lia Driskill Barker and Michael Driskill. See Affidavit of De-scent of record in Deed Book 189, at Page 192.  
Cecelia Driskill Barker et vire and Michael Driskill et ux con-veyed their 1/48th undivided interest to Aubrey Phillips by Deed dated December 21,

2000 and recorded in Deed Book 189, at Page 193.  
S.B. (Samuel Boyd) Phillips died intestate on July 13, 1968 and his 1/6th undivided inter-est vested in Leroy Phillips and Gloria Phillips Sholar. See Af-fidavit of Descent of record in Deed Book 247, at Page 663; Leroy Phillips et ux and Glo-ria Phillips Sholar et vire con-veyed their 1/6th undivided in-terest to E.O. Phillips by Deed dated December 18, 1973 and recorded in Deed Book 127, at Page 241.  
Dulcie E. Hazel (same person as Edna Dulcie Phillips) died August 8, 1972 intestate and her undivided interest vested in Jettie Hazel Kinney, William Hazel, Audrey Hazel Trow-bridge, James R. C. Hazel, and her daughter Mary Hazel Kuykendall predeceased and her issue took her share. See Affidavit of Descent of record in Deed Book 187, at Page 407.  
Mary Hazel Kuykendall died August 3, 1965 intestate and her 1/30th undivided interest vested in her heirs which num-bered four as follows:  
Gerald Marshall, Bernice Hiene, Roberta Kuykendall Brooks, and Authur L. Mar-shall. See Affidavit of Descent of Record in Deed Book 189, at Page 265.  
Roberta Kuykendall Brooks (then known as Roberta Kuykendall, a single person) conveyed her 1/120th interest to E.O. Phillips by Deed dated December 18, 1973 and re-corded in Deed Book 127, at Page 241;  
Audrey Hazel Trowbridge died intestate on August 2, 1965 and her 1/30th undivided inter-est vested in Delores Percia and Marion Neibel. See Affi-davit of Descent of record in Deed Book 187, at Page 409.  
Jettie Hazel Kinney et vire (1/30th undivided interest) and Delores Percia et vire and Marion Neibel et ux (1/30th undivided interest) conveyed their respective interests to Aubrey Phillips by Deed dated August 21, 2000 and recorded in Deed Book 187, at Page 410. (conveying a 1/15th undi-vided interest)  
Gerald Marshall et ux (1/20th undivided interest) and Ber-nice Hiene, a single person (1/120th undivided interest), conveyed their respective in-terests to Aubrey Phillips by Deed dated March \_\_, 2001 and recorded in Deed Book 189, at Page 266.  
William Hazel died intestate and his 1/30th undivided inter-est vested in his heirs, Lorene Hazel, spouse, and Daneen Hazel Beaver. See Affidavit of Descent of record in Deed Book 194, at Page 54.  
Lorene Hazel, a single person, (1/60th undivided interest), Daneen Hazel Beaver et vire (1/60th undivided interest), conveyed their respective in-terests to Aubrey Phillips by Deed dated August 23, 2002 and recorded in Deed Book 194, at Page 55. (conveying 1/30th undivided interest in total)  
John T. Phillips (same person as John J. Phillips) died in-estate on April 17, 1962 and his 1/6th undivided interest vest-ed in his heirs: Edna Phillips Steward and Buell T. Phillips. See Affidavit of Descent of record in Deed Book 182, at Page 634.  
Edna Phillips Steward et vire conveyed her 1/12th undi-vided interest to E.O. Phillips by Deed dated December 18, 1973 and recorded in Deed Book 127, at Page 241.  
Buell T. Phillips died intestate and his 1/12th undivided in-terest vested in Buell Timothy Phillips, Jr., Rose Shipp, and Loretta Price. See Affidavit of Descent of record in Deed Book 182, at Page 635.  
Buell Timothy Phillips Jr., et ux, Rose Shipp, a single person, and Loretta Price et vire con-veyed their undivided interest to Aubrey Phillips by Deed dated February 2, 1999 and recorded in Deed Book 182, at Page 636.  
E.O. (Edgar Ovel) Phillips died intestate on April 16, 1982 and his undivided interest vested in his heirs which were five in number as follows: Vera Phil-lips, Robert Phillips, Earl Phil-lips, and Aubrey Phillips. See Affidavit of Descent of record in Deed Book 145, at Page 367.  
Vera Phillips, a single person, Robert Phillips et ux, Ernest Phillips et ux, and Earl Phillips et ux conveyed their respec-tive undivided interests to Au-brey Phillips by Deed dated July 16, 1982 and recorded in Deed Book 145, at Page 368.  
Aubrey Phillips, now de-ceased, died intestate and ti-

tle was vested in his heirs as follows: Linn Phillips, spouse, and Phyllis Hincee, Janet Phillips Hollis, and Ronnie Phillips. See Affidavit of De-scent of record in Deed Book 205, at Page 311.  
Linn Phillips, a single person, Phyllis Kay Hincee et vire, Janet Phillips, a single per-son, and Ronnie Phillips, a single person, conveyed their interest to Phyllis Kay Hincee and Charles Richard Hincee, by Alan C. Stout, Trustee, by Deed dated November 10, 2066 and recorded in Deed Book 206, at Page 769.  
Phyllis Kay Hincee et vire conveyed to Ronnie Phillips the real property which has outstanding undivided inter-ests to Ronnie Phillips by Deed dated November 13, 2007 and recorded in Deed Book 210, at Page 43.  
Ronnie Phillips, a single per-son, having conveyed a part of the property to Kevin Myatt and his wife, Kimberly Myatt, by Deed dated July 22, 2022 and recorded in Deed Book 246, at Page 150.  
ALL REFERENCES HERE- IN TO THE CRITTENDEN COUNTY COURT CLERK'S OFFICE.  
THE DESCRIPTION OF THE PROPERTY CONVEYED HEREIN WAS PROVIDED TO THE DRAFTSMAN BY THE PLAINTIFF AND THE DRAFTSMAN DOES NOT CERTIFY THE ACCURACY OF THE SAME NOR ANY EXISTING EASEMENTS  
Terms: The follow-ing terms are in effect unless otherwise mentioned above:  
At the time of sale, the suc-cessful bidder shall either pay full cash or make a deposit of ten percent (10%) of the purchase price with the bal-ance on credit for thirty (30) days. If the purchase price is not paid in full, the successful bidder shall execute a bond at the time of sale with sufficient surety to secure the unpaid balance of the purchase price. The bond shall bear interest at the rate of 6% from the date of sale until paid. In the event the successful bidder is one of the parties, they shall be allowed a credit against the purchase price of their pro rata interest and pay over to the Master Commissioner the balance. To the extent applicable, the property will be sold subject to the statutory right of redemp-tion. The purchaser shall be responsible for ad valorem taxes for the year 2023 and subsequent years. No writ-ten bids are allowed and any announcements made at the sale take precedence over printed matter contained here-in. The Master Commissioner does not warrant title. The Master Commissioner only conveys pursuant to the Judg-ment and Order of Sale. The successful bidder has 10 days after the sale to examine title and file exceptions.  
Dated this the 14th day of Dec., 2023.

REBECCA J. JOHNSON  
MASTER COMMISSIONER  
217 WEST BELLVILLE STREET  
P.O. BOX 415  
MARION, KENTUCKY 42064  
270-965-2222  
CERTIFICATE OF SERVICE  
I hereby certify that a true copy of the foregoing was elec-tronically filed with the Clerk's office and mailed on this the 14th day of Dec., 2023, to the following:  
Christopher Stearns  
Warning Order Attorney  
109 South Morgan Street  
Morganfield, KY 42437  
Robert B. Frazer  
Frazer Law Office  
P.O. Box 364  
Marion, KY 42064  
REBECCA JOHNSON  
MASTER COMMISSIONER  
(3t-03-c)

## bid notice

Sheridan Fire Department is taking sealed bids til Jan. 22, 2024 on a surplus firetruck, 1972 Chevy tanker truck. Mail bids to 51 Coy Watson Rd., Marion, KY 42064, Attn: Chris Cooksey or John Croft. We have the right to reserve any and all bids. Truck can be seen at the Crittenden County Recreational Complex (former National Guard Armory build-ing) in Marion upon request. For more information contact (270) 704-1116 or (270) 969-0004. (2t-02-c)

M

G

&

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(270) 333-4469

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221 S. Holt Drive, P.O. Box 252, Sturgis, Ky. 42459

AT&T Mobility, LLC is proposing to construct a 195-foot overall height self-supporting lattice telecommunications structure located off US Highway 60, Marion, Crittenden County, Kentucky (N37° 19' 50.6", W88° 6' 47"). This tower is anticipated to utilize FAA Style-E lighting.

AT&T Mobility, LLC invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places. Comments may be sent to Environmental Corporation of America, ATTN: Annamaree Howell, 1375 Union Hill Industrial Court, Suite A, Alpharetta, GA 30004 or via email to publicnotice@eca-usa.com. Ms. Howell can be reached at (770) 667-2040 x 108 during normal business hours. Comments must be received within 30 days of the date of this notice.

In addition, any interested party may also request further environmental review of the proposed action under the FCC's National Environmental Policy Act rules, 47 CFR §1.1307, by notifying the FCC of the specific reasons that the action may have a significant impact on the quality of the human environment. This request must only raise environmental concerns and can be filed online using the FCC pleadings system at www.fcc.gov or mailed to FCC Requests for Environmental Review, Attn: Ramon Williams, 445 12th Street SW, Washington, DC 20554 within 30 days of the date that notice of this proposed action is published on the FCC's website. Refer to File No. A1267102 when submitting the request and to view the specific information about the proposed action. 23-003849 DMG



# Contractor cannot get to city paving projects

For the second straight year, a paving contractor has been unable to work Marion streets into its schedule. Marion City Administrator Diane Ford-Benningfield told city leaders late last

month that due to weather and other unanticipated circumstances, paving on 16 city streets has been delayed until at least April. Mayor D’Anna Brown-ing expressed frustration

that it has now been two years since Rogers Group has completed jobs it bid on and won. The paving company was; however, able to complete a parking lot at the new city sewer plant.

## TAGS

Continued from page 1 Clerk Daryl Tabor. "You paid for the license plate. It's yours, so take it with you when you sell the vehicle, and use it with your new car."

There are some restrictions, however, such as historic plates cannot be transferred to a car under 25 years old; or passenger car plates cannot be placed on heavy trucks. Other special circumstances also apply.

While it may take some time for sellers to remember to keep their plate, the new process offers benefits to both the buyer and seller.

As a seller, you no longer lose the time you have already paid for with your plate when it stays with a vehicle. Your registration remains current until your tag expires, even if put on a different car. You also do not have to remember a new license number or lose a special combina-

tion of letters and numbers you may have found.

Simply take the old plate to the county clerk's office, and the vehicle you choose can be registered with that same tag if it has not expired. If you forget your old plate and leave it with the person who bought or traded for your former car, you will have to purchase a new plate upon registration of the new vehicle.

Buyers will no longer pay the \$8 transfer fee to have someone else's license plate registered in their name. Instead, they may use their own plate or purchase a new one.

For people who purchase a car and signed title from an individual at their home or a pre-arranged location outside county clerk business hours, you may be left driving home in a vehicle with no plates, as the seller should keep their plates off that automobile. Remember, plates

will be linked to the customer, not the car.

If not purchased at a dealership, it is always best to transfer a vehicle with both parties present at the county clerk's office to clear up any confusion and prevent a buyer from driving plateless or on plates that do not belong to them. But when that is not possible, a buyer needs to have the signed-over title in hand with at least the seller's side of the title properly signed and notarized and the new owner's name written in as the buyer.

However, as the buyer, your signature must be notarized. That will help show authorities the transaction was conducted legally, should you be stopped by police.

For any questions related to the plate-to-customer change, contact the county clerk's office at 270-965-3403 or daryl.tabor@ky.gov.

## GRANT

Continued from page 1 partment of Local Government (DLG), letters were written by the county judge and other leaders in two counties, including mayors from cities served by CLWD. Those letters were sent to DLG, expressing an urgent need for the \$2 million to get the project going.

Pennyrile Area Development District and Newcom say there hasn't been a response from DLG since the request for emergency status on the grant was requested. Individuals with knowledge of how CDBG funding works say it's unlikely the application will be approved in its current form. However, the application process reopens again in a few months and it could be completed and resubmitted.

Marion's drinking water predicament is being cited to justify the urgent nature of the application.

Over the past year, both county's fiscal courts and cities who buy water from CLWD have passed resolutions of acknowledgement and support for the district to expand, raising its production from 2 million gallons a day to 4 million.

Newcom doesn't believe there has been enough effort put forth by the water district. CLWD is led by a six-member board. Each county has three representatives who are appointed by the fiscal court.

"I don't not understand what we need to do with our water district to make them understand they need more water. Something needs to be done," Newcom told magistrates during the last fiscal court meeting.

More than a year ago, the district's Nashville-based engineer Robert Stegall presented to CLWD a long-term plan to expand its plant and distribution system. The three-phase \$41.5 million plan would be implemented over a period of several years. The water district has recently been approved for a 30-year \$300,000 loan to begin engineering and design for the proposed clear well. It's likely that CLWD will need to acquire more property near its plant to build the clear well, which is basically a large holding tank where 300,000 gallons of water can be stored.

CLWD Board Chairman T.L. Maddux said a special meeting was called in November so terms of that loan could

be approved before the holidays and to avoid any further delays.

Three of the board's directors contacted for this article say they were unaware of issues that could potentially sideline the \$2 million block grant.

CLWD is also anticipating congressional line-item funding of about \$1.75 million to help get the expansion project going. Further news about that money, which is being secured by Rep. James Comer, could be forthcoming later this month.

If the \$2 million CDBG can be salvaged and all other funding mechanisms come through as hoped, CLWD could have about two-thirds or more of the \$6.7 million needed for Phase 1 of the expansion project, which includes the clear well and upgrade to a connector line between Grand Rivers and North Marshall Water District. The clear well would improve the water district's ability to create capacity and meet demand and the Grand Rivers project would allow that town to draw more water from nearby Marshall County during peak demand periods.

## MARION POLICE activity report

Data below provided by Marion Police Department compare police activity for the month of December 2023 to the same month in 2022. The chart also includes the previous month's totals, year-to-date police activity totals and last year's monthly average.

CATEGORY	DECEMBER 2023	DECEMBER 2022	NOVEMBER 2023	2023 YR TOTALS	2023 MONTHLY AVERAGE
Miles driven/patrolled	1,579	2,408	2,232	24,766	2,063.8
Criminal investigations	7	13	14	133	11.1
Domestics	9	7	9	82	6.8
Felony Arrests	0	3	8	55	4.6
Misdemeanor arrests	0	11	12	93	7.8
Non-criminal arrests	7	16	7	99	8.3
DUI arrests	0	1	2	9	0.8
Criminal summons served	5	2	1	46	3.8
Traffic citations	12	23	13	189	15.8
Other citations	13	29	24	307	25.6
Traffic warnings	4	2	2	48	4.0
Parking tickets	0	0	0	1	0.1
Traffic accidents	2	7	4	63	5.3
Security checks/alarms	78	42	29	741	61.8
Calls for service	200	184	224	2,463	205.3



MPD 270.965.3500  
Police Chief  
Bobby West

On Facebook  
Marion Police  
Department  
Marion-KY

## DECEMBER 2023

### Weather Yearbook



Coldest Temp  
16.0

Warmest Temp  
64.4

Wettest Day  
0.53

Tues., Dec. 19

Sat., Dec. 9

Mon., Dec. 25

	2023	2022	2021	2020	2019	2018
Average Temp	43.3	37.6	48.9	38.9	42.8	41.2
Coldest Temp	16.0	-6.8	21.6	13.5	18.9	19.9
Hottest Temp	64.4	64.1	72.6	66.9	68.5	66.6
Precipitation	1.8	4	5.8	2.6	2.7	5.5
Wettest Day	0.53	1.58	1.19	0.95	1.62	1.42

■ Another dry month in December led the driest year of the past eight. During 2023, Crittenden County received just 41.7 inches of precipitation. That is about nine inches below normal and around 2 inches below the other lowest figure recorded in the past decade, which was in 2017. The heaviest rainfall last month was just a token smattering of precipitation at just over a half inch on Christmas Day. Meanwhile, December was fairly mild with only nine days where the mercury dipped below freezing and only six days below 30. On 19 days, the high temperature was above 50 degrees.

Cut out and return to:

The Crittenden Press

P.O. Box 191, Marion, KY 42064

or email to: information@the-press.com



### Circle One Category:

- Agriculture
- Banking
- Commercial/Retail
- Construction/Trade
- Cosmetology
- Early & Public Education
- Food Service
- Industry
- Medical
- Volunteer

**10 Under 40 Program Description:** Ten deserving community members will be recognized through The Crittenden Press' 2024 10 Under 40 Community Recognition Program. We want to share the successes of the young professionals in our community, recognize their achievements, excellence in professional development and decisions to practice their trade in our community.

**Process:** Nominees should be submitted for consideration for The Crittenden Press' 10 Under 40 based on their expertise, competency, integrity, courteousness and achievement in their respective field. Names may be submitted by employees, co-workers, family or friends by Feb. 16, 2024.

**Qualifications:** The individuals nominated should be considered the best in their field with strong integrity, work ethic and desire to serve Crittenden County. Nominees must work in Crittenden County but may reside outside the community. Nominees must be under age 40 by March 1, 2024.

**Recognition:** Nomination forms will be received by email or in person at The Crittenden Press through closed of business Feb. 16, 2024. A panel will evaluate nominees in each category and make a selection based on criteria set forth in Program Description and Qualifications. The individual selected in each of the 10 categories will be recognized in The Crittenden Press and on each of our social media platforms during a 10-week 10 Under 40 Recognition feature beginning in March.

Nominee: \_\_\_\_\_

DOB: \_\_\_\_\_

Nominee's Occupation: \_\_\_\_\_

Phone: \_\_\_\_\_

Nominated by: \_\_\_\_\_

Phone: \_\_\_\_\_

**On separate paper, attach responses to the following:**

What has the nominee done to deserve recognition in their field?

How long has the nominee worked in our community? And in what capacity?

Describe their work ethic, involvement and commitment to improve our community through their trade.

Entry deadline Feb. 16, 2024

## Crittenden County Detention Center



### DETENTION CENTER REPORT

DECEMBER 21, 2023

The Crittenden County Detention Center report is provided monthly to magistrates during Crittenden County Fiscal Court meetings. The inmate count is an average for last month.

- Federal Inmates \$49 Per diem
- State Inmates \$31.34 Per diem
- Lyon County Inmates \$36.00
- Other County Inmates \$32.00

### DISBURSEMENTS

November \$298,754.54

JAIL CENSUS	Dec. 21, 2023	Nov. 21, 2023	Monthly Average 2023
State Inmates	99	98	99.25
Federal Inmates	60.2	60	57.85
Other County Inmates	11.3	10	12.78
Crittenden County Inmates	14.7	11	13.81
<b>TOTAL INMATES</b>	<b>186</b>	<b>179</b>	<b>183.75</b>
Weekenders	—	1	3.00
Work release	—	0	0.00
Out to Court	—	2	1.64
<b>Actual Inmate Bed Count</b>	<b>186</b>	<b>183</b>	<b>188.08</b>

Last Month <b>REVENUE</b>	November 2023	October 2023	Monthly Average 2023
State Housing Payments	\$103,864.26	\$110,932.26	\$105,704.89
Federal Housing Payments	\$88,200	\$83,055	\$85,958.25
Federal Transport Payments	\$6,883.63	\$7,881.78	\$8,245.58
Lyon Co. Housing Payments	\$11,628	\$13,500	\$14,880.00
Other County Housing Payments	384	0	\$666.67
Weekend/Work Release	0	0	\$296.00
<b>TOTAL HOUSING</b>	<b>\$210,959.89</b>	<b>\$215,369.04</b>	<b>\$208,736.23</b>

Last Month <b>ANALYSIS</b>			
Cost of Crittenden Inmates	\$14,144.00	\$11,680.00	\$14,986.67
Numbers of Co. Housing Days	\$442.00	\$365.00	\$468.33
County Daily Housing Rate	\$32.00	\$32.00	\$32.00
Avg Daily Population Co. Inmates	14.7	11.78	15.44

## MONTHLY AVERAGES FOR PREVIOUS 4 YEARS

	2020	2021	2022	2023
State Housing Payments	\$93,241.73	\$77,637.02	\$88,791.89	\$105,704.89
Federal Housing Payments	\$108,338.85	\$128,767.07	\$106,020.43	\$85,958.25
Federal Transport Payments	\$9,105.68	\$9,065.07	\$7,738.28	\$8,245.58
Lyon County Housing Payment	\$16,278.00	\$22,854.00	\$26,106.00	\$14,880.00
Other County Housing Payments	\$7,226.67	\$325.82	\$2,856.00	\$666.67
Weekend/Work Release	\$392.00	\$629.33	\$498.67	\$296.00
<b>TOTAL Monthly Housing Average</b>	<b>\$217,337.41</b>	<b>\$230,436.09</b>	<b>\$224,272.99</b>	<b>\$208,736.23</b>

Cost of our county inmates	\$13,107.83	\$11,418.67	\$13,221.33	\$14,986.67
Numbers of County Housing Days	\$407.8	\$356.83	\$413.17	\$468.33
Avg Daily Population Co Inmates	13.4	11.73	13.64	15.44



## Fifth District Standings

Here are the Fifth District standings after all league games have been played for this season.

GIRLS			
Team	Dist	Overall	
Lyon County	2-1	8-4	
Crittenden County	2-1	6-7	
Livingston Central	2-1	4-3	
Trigg County	0-3	2-8	

BOYS			
Team	Dist	Overall	
Lyon County	3-0	12-1	
Livingston Central	1-2	3-8	
Trigg County	2-1	5-5	
Crittenden County	0-3	1-8	

## Round the 5th District

RECENT RESULTS	
Girls	
Hopkins Central 71, Trigg County 24	
Mayfield 47, Trigg County 23	
Trigg County 56, St. Mary 44	
Christian Academy 76, Lyon Co. 56	
Lyon County 57, Bourbon County 50	
Lyon County 52, Lafayette 41	

Boys	
Lyon Co. 74, Lexington, S.C. 50	
Lyon County 93, Burkhorn, Ala. 62	
Lyon County 97, Bourbon Co. 41	
Lyon County 82, DeSales 69	
Lyon Co. 65, Frederick Douglass 65	
Lyon Co. 83, Lexington Catholic 63	
Dawson Springs 71, Livingston 63	
St. Mary 80, Livingston 68	
Ballard Memorial 71, Livingston 60	
Trigg County 67, Union Co. 64	
Trigg Co. 69, Ooltewah (Tenn.) 46	
Rhea Co. (Tenn.) 67, Trigg Co. 46	

UPCOMING GAMES	
Girls	
Jan 2 Calloway at Trigg, 2A Tourn.	
Jan 4 Livingston Central at Lyon Co.	
Jan 5 Murray at Livingston	
Jan 6 Daviess Co. at Lyon County	

Boys	
Jan 4 Livingston at Lyon County	
Jan 4 Trigg TBA home	
Jan 6 Lyon Co. at Christian County	
Jan 6 Hickman County at Livingston	
Jan 9 Trigg at Hopkins Central	

**GIRLS ALL A CLASSIC**  
**Monday, Jan. 8**  
Dawson Springs at Crittenden Co.  
Heritage Christian at Caldwell Co.  
Livingston Central at Lyon County  
Ft. Campbell, bye  
**Thursday, Jan. 11 at Caldwell Co.**  
Dawson/Critt vs Heritage/Cald., 6pm  
Lyon/Liv vs Ft. Campbell, 7:30pm  
**Saturday, Jan 13 at Caldwell Co.**  
Championship, 4pm

**BOYS ALL A CLASSIC**  
**Tuesday, Jan. 9**  
University Hts. at Heritage Christian  
Dawson Springs at Ft. Campbell  
Lyon County at Crittenden County  
Caldwell County at Livingston Central  
**Friday, Jan. 12 at Crittenden Co.**  
UHA/Heritage vs Dawson/FtC, 6pm  
Lyon/Critt vs Cald/Livingston, 7:30pm  
**Saturday, Jan. 13 at Crittenden Co.**  
Championship, 7pm

## OUTDOORS Hunting Seasons

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

Deer archery	Sept 2 - Jan 15
Turkey archery	Sept 2 - Jan 15
Deer crossbow	Sept 16 - Jan 15
Raccoon hunting	Oct 1 - Feb 29
Turkey crossbow	Nov 11 - Dec 31
Squirrel	Nov 13 - Feb 29
Quail	Nov 13 - Feb 29
Rabbit	Nov 13 - Feb 10
Raccoon trapping	Nov 13 - Feb 29
Gray or red fox	Nov 13 - Feb 29
Beaver	Nov 13 - Feb 29
Bobcat	Nov 18 - Feb 29
Canada goose	Nov 23 - Feb 15
Dove	Dec 23 - Jan 14
Deer free youth hunt	Dec 30-31
Coyote	Year Round
Ground hog	Year Round

## Owen takes nice deer

Nine-year-old Tucker Owen harvested this whitetail buck on Friday, Nov. 24 in Crittenden County.



### STAFF REPORT

Crittenden County's Christmas curse reached a holiday break low over the weekend at Bowling Green when the Lady Rockets slogged through a four-game losing skid punctuated by a 58-50 loss to Central Hardin. Crittenden finished last at the eight-team South Warren FirstBank Holiday Bash in Bowling Green.

It wasn't what most observers had expected after the Lady Rockets had opened the season 5-2 and sleighed into the holidays on a roll after beating Fifth District rival Lyon County.

Since beating the Lyons on Dec. 15, CCHS has lost five of its last six, all on the road at neutral holiday tournament sites. Their only win during the holidays was an overtime squeaker against Logan County. Also during the stretch, CCHS faced only one team that was a clear favorite. That was South Oldham.

As has consistently been the case this season, the Lady Rockets shot in the lower 30 percent range in their loss to Central Hardin on Saturday to close out holiday action. Crittenden went five minutes in the last quarter without a bucket and shot just 22 percent in that period. The Rocket girls were hot handed out of the chute and led for a moment in the opening period, but fell behind by double figures before halftime and never got much closer.

Lady Bruins junior point guard Juliana Stith, who averages 20 points, was unstoppable although CCHS tried various options to defend her. She handled the ball, ran the offense and poured in a game-high 28 points against Crittenden. Sophomore Anna Boone had 22 for CCHS and classmate Elliot Evans added 13.

Perhaps Crittenden County girls' were pressing a bit as their longtime coach Shannon Hodge approaches a career milestone. She needs just one more win to reach 400 in her 31-year career at CCHS. Of course that personal mark is far from her mind as Hodge's young basketball team – that came out of the chute with six wins in its first nine games – now flirts with mediocrity a game below .500.

In their final pool play game at Bowling Green, the Lady Rockets were dispatched 62-57 by Muhlenberg County Friday night.

Boone netted a career-high 34 against the Lady Mustangs as her team shot a mere 32 percent from the floor.

Muhlenberg (3-8) tried several times to let CCHS get back into the game down the stretch, scoring just two baskets and turning the ball over six times in the last three and a half minutes.

### CCHS blows second-half lead

Inconsistent shooting continued to trouble the Lady Rockets in their second game at Bowling Green. Crittenden County built a double-digit lead early in the second half, but lost 53-48 as the



Anna Boone (2) and Elliot Evans (22) work against South Oldham during the girls' first loss in the FirstBank Holiday Bash at Bowling Green.

# Reeling with injuries, CCHS gets in 2 holiday games

### STAFF REPORT

Crittenden County fell behind by double digits in the first half and made only one significant run late in the third against Second Region foe Dawson Springs in the third-place game of the St. Mary Christmas Tournament Friday, Dec. 22.

CCHS lost 42-34 as senior Jaxon Hatfield led the Rockets with 10 points. He was the only player in double figures for CCHS.

At the time Dawson Springs improved to 7-3. The Panthers have now beaten Crittenden three straight times. Before the Panthers' win streak against CCHS, the Rocket had defeated Dawson 18 times in a row dating back to 2011.

### Loss to Carlisle in semifinal

Carlisle County's defense picked up in the second half to close out a 57-42 tournament semifinal win over Crittenden County in the St. Mary Christmas Tournament Thursday, Dec. 21.

Sophomore Bryson Walker scored 14 points in the first half, but was held to just two in the final two periods. Meanwhile senior Turner Sharp picked up on offense and scored all of his nine points in the final period as CCHS tried to make a run.

### Rockets get season's first win

Sophomore Bryson Walker scored



Jordyn Hodge led an overtime win against Logan County at the holiday event in Princeton before Christmas.

game slipped away in the final minutes.

Foul trouble in the post and second-chance baskets by the opposition hurt CCHS's chances as the Scotties won for just the third time in a dozen games.

Boone was the game's top scorer with 27 points, but no other Lady Rocket had more than eight while Glasgow put three in double figures. Boone is averaging 20 points a game, but none of her teammates is averaging in double figures.

Crittenden led by four with about six minutes to play when center Bristyn Rushing fouled out. Two straight CCHS turnovers against the pressing Scotties let Glasgow tie the game at the 3:43 mark. CCHS was outscored 11-6 down the stretch.

### Girls lose to South Oldham

Down by 20 in the first half, Crittenden County scratched its way back to within five points against South Oldham Thursday before losing big 82-57 in the FirstBank Holiday Bash opener.

With a methodical two-headed offense, the Lady Dragons (8-2) outplayed Crittenden County most of the way, but the Lady Rockets showed periods of life, particularly on a 16-8 run that brought them back into contention halfway through the third quarter.

Sophomore Anna Boone scored 20 points to lead CCHS, and Oldham had two strong offensive threats, who finished with 27 and 24 points.

South Oldham was an Eighth Region semifinalist a year ago with a 19-9 record and returned the heart of the lineup.

### Overtime win vs Logan County

Boone and eighth-grader Jordyn Hodge led a fourth-quarter comeback Friday, Dec. 22 that took Logan County into overtime where Crittenden County prevailed 60-57 in a holiday basketball event at Caldwell County.

Crittenden trailed most of regulation but took a lead with two minutes in regulation on a Hodge three-pointer. Boone had scored six straight points to pull CCHS close after falling behind by double digits.

Hodge scored five points in the overtime and Rushing had the other four.

Crittenden's defense was good much



After the holiday break, Anna Boone (2) is averaging more than 20 points a game for the Lady Rockets.

of the way, but turnovers and periodic poor rebounding were chronic issues that the Lady Rockets overcame late. Logan County (6-3) featured 5-foot-11 center Kyla Bilyeu, who posed a challenge for CCHS inside.

Boone scored a game-high 23 points and Bilyeu had 20. Hodge scored 18 for CCHS, including five threes. She was chosen Player of the Game.

### Boone scores 31 in CCHS loss

A 31-point performance by Boone wasn't enough for the Lady Rockets in a 61-59 loss to Rowan County Thursday, Dec. 21 in the Caldwell holiday event.

The Lady Rockets and Rowen County played the first game of the two-day Holiday Hoops Classic at Princeton.

Behind Boone, Rushing added 14 points from the center position. Boone's effort earned her player of the game honors.

The Lady Rockets were down six at the half and tied at 41 apiece at the end of the third quarter then led by five points for a time.

The teams were tied with 8 seconds on the clock when a Lady Rocket foul in the backcourt sent Rowan County's leading scorer, eighth grader Kelbie Ford, to the line for the two-point win.

### AT SOUTH WARREN HOLIDAY BASH

Crittenden Co.	14	20	38	50
Central Hardin	14	32	48	58
CRITTENDEN – Boone 22, Evans 13, Holeman, Federico 6, Rushing 2, Hodge 5, Stewart 2. FG 14. 3-pointers 2 (Evans, Hodge). FT 20-22.				
Link 5, Stith 28, Blair 10, Vanderberg 2, Higgins 13, Callahan, Johnson. FG 22. 3-pointers 3. FT 11-13.				

Muhlenberg Co.	13	30	49	62
Crittenden Co.	14	29	41	57
MUHLENBERG – Noe 8, Wilkins 9, Duvall 2, Stewart 15, T.Wilkins 28, Sparks. FG 18. 3-pointers 1. FT 25-33.				
CRITTENDEN – Boone 34, Evans 8, Holeman 2, Federico 2, Rushing 4, Hodge 7. FG 20. 3-pointers 5 (Boone 4, Hodge). FT 12-15.				

Crittenden Co.	8	27	38	48
Glasgow	8	20	32	53
CRITTENDEN – Boone 27, Evans 2, Holeman, Federico 9, Rushing 2, Hodge 8, Stewart, Walker. FG 15. 3-pointers 6 (Boone 2, Federico 2, Hodge 2). FT 12-16.				
GLASGOW - Green 10, Kirkpatrick 8, Austin 14, Slogie 13, Goodman 6, Hogan 2. FG 16. 3-pointers 5. FT 16-23.				

Crittenden Co.	10	25	45	57
South Oldham	17	37	57	82
CRITTENDEN – Boone 20, Evans 6, Holeman 5, Federico 4, Rushing 10, Hodge 8, Stewart 4. FG 21. 3-pointers 3 (Boone, Holeman). FT 12-21.				
SOUTH OLDHAM – Morrison 27, Brickey 10, Young 24, John 2, Turner 12, Hall 1, Flynn 3, Knabel 3. FG 32. 3-pointers 8. FT 10-18.				

### AT CALDWELL CO. HOLIDAY HOOPS CLASSIC

Crittenden County	7	18	33	51	60
Logan County	9	23	38	51	57
CRITTENDEN – Boone 23, Evans 2, Holeman 2, Federico 8, Rushing 6, Hodge 18, Stewart 1. FG 20. 3-pointers 7 (Hodge 5, Boone 2). FT 13-18.					
LOGAN – Holloway 3, Borders 12, Bilyeu 20, Mason 6, Adler 12, Wettan 4. FG 21. 3-pointers 4. FT 11-19.					

Crittenden County	14	28	41	59
Rowan County	18	34	41	61
ROWAN – Wills 10, Ford 17, Thomas 3, Perkins 6, Beach 11, Walker 12, Furnish 2. FG: 19. 3-pointers 5 (Ford, Thomas, Perkins, Beach 2). FT: 18-23.				
CRITTENDEN – Boone 31, Evans 6, Holeman, Federico 7, Rushing 14, Hodge 2, Stewart. FG: 21. 3-pointers 2 (Boone 2). FT: 15-18.				

Crittenden pulled out of the Southwire Holiday Classic in Owensboro last weekend due to team illness and injuries that had whittled the roster down to just 5 players. CCHS was supposed to have played Hancock and McLean at Owensboro.



CCHS senior Turner Sharp works against a Ballard Memorial defender during the Rockets' event-opening win at the St. Mary Christmas Tournament the week before Christmas.





Is soup the ultimate cold medicine?

Metro Creative Services

Having a cold is not fun. A stuffy nose, sniffles, sore throat, and other symptoms make having a cold a generally unpleasant experience. According to data collected by the Consumer Healthcare Products Association, the average consumer shops for over-the-counter medicine 26 times a year, with peak visits occurring in the wintertime, when colds and flu infections are more prominent. To make cold-related matters worse, a U.S. Food and Drug Administration panel concluded in September 2023 that the popular decongestant phenylephrine, which is found in many over-the-counter cold remedies, is ineffective when taken orally. Phenylephrine be-

came the standard decongestant in formulations when pseudoephedrine, another decongestant, became more closely regulated due to its usage in the production of illegal drugs like methamphetamine. Phenylephrine products the became the go-to, as they did not need to be stored behind pharmacy counters and “signed out” like products that included pseudoephedrine. Rather than accepting their cold symptoms this season, individuals may want to turn to something much more natural that also has great promise: soup. It is no old wife’s tale that soup can be helpful for colds and other illnesses. In fact, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a



METRO CREATIVE SERVICES

**Soup can be a go-to food to combat illness because it is light, easy-to-digest, nourishing, and even restorative.** treatment for respiratory tract illnesses as early as the 12th century. Penn Medicine advises that soup can be a go-to food to combat illness because it is light, easy-to-digest, nourishing, and even restorative.

Here’s a look at some of the ways soup can help when people are feeling under the weather. ■ Hydrating broth: Staying hydrated is one of the ways the body can more effectively fight off illness. Broth-based

soups are hydrating and tasty. They may be tolerated more readily than sports drinks or water for a person who needs fluids. ■ Soothing: The warmth of soup can soothe an irritated throat. Furthermore, soups usually have softened ingredients in them, making it much less likely that sharp or tough ingredients will scrape an inflamed throat. ■ Nutrient-dense: Most soups are loaded with vegetables, beans and other healthy ingredients. They provide many of the vitamins and minerals the body needs, and may even help replenish nutrients that have been depleted due to illness. ■ Sodium content: Sodium is an essential mineral the body needs. Pro-active Health Labs says

soup regulates body fluids and transmits electrical impulses in the body. Sodium in moderation may be good when a person is feeling ill. In addition, sodium and other seasonings in soup can awaken taste buds that are dulled when sick with a cold. Salt also helps alleviate sore throat pain and can help clear nasal congestion. ■ Garlic infusion: Soups that contain garlic or garlic extract may reduce the severity of cold and flu symptoms, according to a University of Florida study published in the journal Clinical Nutrition. Soup may be the best medicine when a person has a cold. Its many properties may help make soup as effective, or even more so, than some products at the pharmacy.

Maintain your commitment to exercise

Metro Creative Services

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health. With so much to gain from routine exercise, it’s no wonder so many people aspire to be more physically active. But it’s easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year’s resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year’s resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year’s resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul. ■ Break it up. The Harvard T.H. Chan School of Public Health notes that people don’t need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine. ■ Employ the buddy system. The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology sug-

gested the efficacy of the buddy system may require further study before researchers can definitively say it’s an effective motivation strategy for people who want to exercise more. But there’s no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo. ■ Schedule exercise time. Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you’ll skip a workout, and once results start to manifest you may be more motivated to stay the course. ■ Identify what progress may look like. It’s easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn’t working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going. It’s no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

New Year’s resolutions to benefit the brain


Metro Creative Services

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions. Health and wellness certainly dominates the resolution landscape.

Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider. ■ Get moving: Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aer-

obic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise re-

Resolutions-Continued on page 11



January is  
National Healthy Weight  
AWARENESS  
MONTH

GET YOUR YEAR OFF TO A GOOD START AND IMPROVE YOUR HEALTH


- ✓ Increase Physical Activity
- ✓ Eat Healthily
- ✓ Drink More Water
- ✓ Don't Forget to Laugh
- ✓ Get Enough Sleep
- ✓ Connect with a Primary Care Provider

IDENTIFIED BENEFITS OF A REGULAR EXERCISE PROGRAM

- ✓ Control Weight
- ✓ Reduced risk for cardiovascular disease
- ✓ Reduced risk of Type 2 diabetes and metabolic syndrome
- ✓ Reduced risk of some cancers
- ✓ Strengthened bones and muscles
- ✓ Improve your mental health and mood

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on the road to  
recovery!

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- Incontinence
- Decline in day-to-day functioning
- General weakness

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# Exercising with high blood pressure

*Metro Creative Services*

Hypertension, also known as high blood pressure, is a serious medical condition and a risk factor for cardiovascular disease. The National Library of Medicine National Center for Biotechnology Information offers that hypertension is responsible for the majority of cardiovascular mortality. Hypertension is associated with an inactive lifestyle, so becoming more active can prevent or even reverse a hypertension diagnosis. Hypertension is blood pressure that is 140 or

higher on the systolic (upper) number and 90 or higher on the diastolic (lower) number. Exercise can help lower high blood pressure and may provide an energy boost and relieve stress.

For people adopting a more active lifestyle after a hypertension diagnosis, it is preferential to start off gradually. WebMD says in the event of hypertension, any activity that enables one to breathe harder and make the heart beat a little faster can be sufficient; it is not necessary to purchase a gym member-

ship, but doing so may provide the motivation some need to commit to a workout regimen. Activities like swimming, jogging, brisk walking, biking, or doing rigorous yard work also can help lower blood pressure.

The American Heart Association says for most people, 150 minutes per week of moderate-intensity physical activity is recommended. This amount of exercise can be broken up any way a person desires, like 30 minutes per day, though the U.S. Department of Health and Human Ser-

vices advises exercising over the course of several days each week. People should make time for stretching and muscle-strengthening as well. Regular physical activity can lower blood pressure by anywhere from five to eight mm Hg. By keeping active, a person can prevent blood pressure from creeping up again.

Exercise is a vital component of addressing hypertension. After receiving such a diagnosis, individuals can work with their physicians to devise a safe and effective fitness regimen.

## RESOLUTIONS

Continued from page ?

leases growth factors in the brain, which can help grow new brain cells.

■ **Start a new hobby.** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cogni-

tive standpoint, indicates The Healthy, a Reader's Digest brand.

■ **Make more time for fun.** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

■ **Practice mindfulness more often.** Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often peo-

ple are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

■ **Eat a better diet.** The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's reso-

lutions this year, individuals can benefit for years to come.

# Unveiling Estheticians' best kept secrets for radiant skin

Submitted by Rhonda Kirk Horack  
*Licensed Esthetician*

Estheticians are often praised for their ability to transform dull complexions into radiant glows. Behind the screens, these skincare experts harbor a treasure trove of secrets that contribute to their clients' flawless skin. Here, I will unveil some tools in my toolkit for achieving that coveted healthy and youthful look.

■ **Hydration is key:** The significance of hydration in maintaining skin health goes far beyond just drinking enough water. Healthy well-nourished skin demands basic daily nutrients from what we ingest and what we allow to penetrate our delicate skin. Naturally derived ingredients in skincare products limit the synthetic chemicals and other harsh ingredients that contribute to dry parched skin. Read the labels!

■ **Consistent exfoliation:** Regular exfoliation is a cornerstone of the esthetician's routines. By sloughing off dead skin cells, they reveal fresh, vibrant skin beneath. Sadly, the biggest mistake I see today is many have taken it too far.

Excessive exfoliation has compromised their acid mantle, the very fine film on the surface of human skin that acts as a barrier to bacteria, virus-

es and all such contaminants that could penetrate the skin.

■ **Customized treatments:** One size does not fit all. Tailoring treatments to individual skin types and concerns is a secret weapon in the estheticians's arsenal. Whether addressing acne, fine lines, or hyper-pigmentation, a personalized approach yields optimal results.

■ **Facial massage techniques:** Skilled hands are another secret weapon. Estheticians use facial massage techniques to stimulate blood flow, promote lymphatic drainage, and alleviate tension. These practices contribute to a healthy complexion and a relaxed, glowing appearance.

■ **Quality sleep and stress management:** The impact of lifestyle factors on the skin is easy to spot under the bright light of a skilled esthetician. Adequate sleep, limited alcohol intake, a diet filled with more things that God made instead of the processed foods we make, (think banana vs. Twinkie) and stress management all play pivotal roles in maintaining healthy skin.

Estheticians navigate the complex beauty world armed with a blend of science, experience and education. If she is skilled, well-educated and committed to her craft, an

esthetician will not need social media to keep her calendar booked. It will be her clients who will do their advertising for her.



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Merry Christmas and Happy New Year





# GOOD to KNOW

Nuggets of health, safety and well-being wisdom

## Facts and figures to know as Radon Action Month, Hot Tea Month and Cervical Cancer Awareness Month kick off this January...



### Lung Cancers & Radon

**3% to 14%** of all lung cancers in a country are caused by radon the World Health Organization estimates.

The final percentage depends on two factors: the national average radon level and the prevalence of smoking within the country. Though individuals may think only excessive levels of radon can contribute to lung cancer, the WHO notes that studies conducted in various parts of the world, including Europe, North America and China, have found that even low concentrations of radon like those found in residential settings can contribute to the occurrence of lung cancer.



### Hot Tea = Healthy Dividends

A small study published in the Journal of Hypertension found that **drinking black tea could improve cardiovascular function**. A separate study also found that **drinking black tea and green tea could decrease risk of stroke and coronary heart disease**. Black tea drinkers should keep in mind that, unlike most teas, black tea is caffeinated, so moderation is best to ensure the benefits of black tea are not offset by the overconsumption of caffeine.

### Feeling SAD?



About 5% of the U.S. population experiences seasonal depression, a condition also known as seasonal affective disorder (SAD), in a given year, according to a study published in the journal Progress in Neurology and Psychiatry.

A separate study published in the journal BMC Psychiatry in 2021 found that **12.7 percent of students attending higher education or vocational schools who responded to a survey showed SAD**. The organization Mental Health America notes that SAD is a subtype of depression or bipolar disorder that occurs and ends around the same time every year, typically beginning in fall and continuing into the winter.

## 570,000

cervical cancer diagnoses are made across the globe each year.

Source: World Health Organization



Around **99%** are linked to infection with high-risk human papillomaviruses.

Most of those cancer cases are preventable, as the WHO notes that HPV vaccination and secondary approaches like screening and treatments for precancerous lesions can help to reduce the number of diagnoses.

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