

The Crittenden Press

The All **A** Classic

No. 25 Lady Rockets seek 11th | Sports Page 9

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x24/7 BREAKING AND LOCAL NEWS / THE-PRESS.COM

AN INDEPENDENTLY-OWNED, LOCAL NEWSPAPER SINCE 1879

TWO DOLLARS

Filing deadline Friday

Friday, Jan. 9 is the deadline to file for a partisan race in the May primary election. Here is a list of those who have filed to seek office in Crittenden County as of Tuesday.



County Judge/Executive

Perry A. Newcom (Republican)
Nathan Ratley (Republican)
Todd Campbell (Republican)

County Clerk

Daryl K. Tabor (Republican)

Sheriff

Evan Franklin Head (Republican)
Ray Agent (Republican)

Jailer

Robert P. Kirk (Republican)
Athena Hayes (Republican)

County Attorney

Bart Frazer (Republican)
Chad Nelson (Republican)

Property Valuation Administrator

Todd Perryman (Republican)

Coroner

Brad Gilbert (Republican)

Magistrate 1st District

Robert S. Horack (Republican)
Danny Allen Fowler (Republican)

Magistrate 2nd District

Matt Grimes (Republican)

Magistrate 3rd District

Robert Kirby (Republican)
Pamela A. Todd (Republican)

Magistrate 4th District

Chad Thomas (Republican)

Magistrate 5th District

Brennan P. Cruce (Republican)

Constable – 5th District

Greg Rushing (Republican)

Magistrate 6th District

Craig B. Gilland (Republican)

Bob Rowley (Republican)

Constable – 3rd District

Paul Beard (Republican)

Constable – 4th District

Lynn Goodrich (Republican)



Debuting this week!

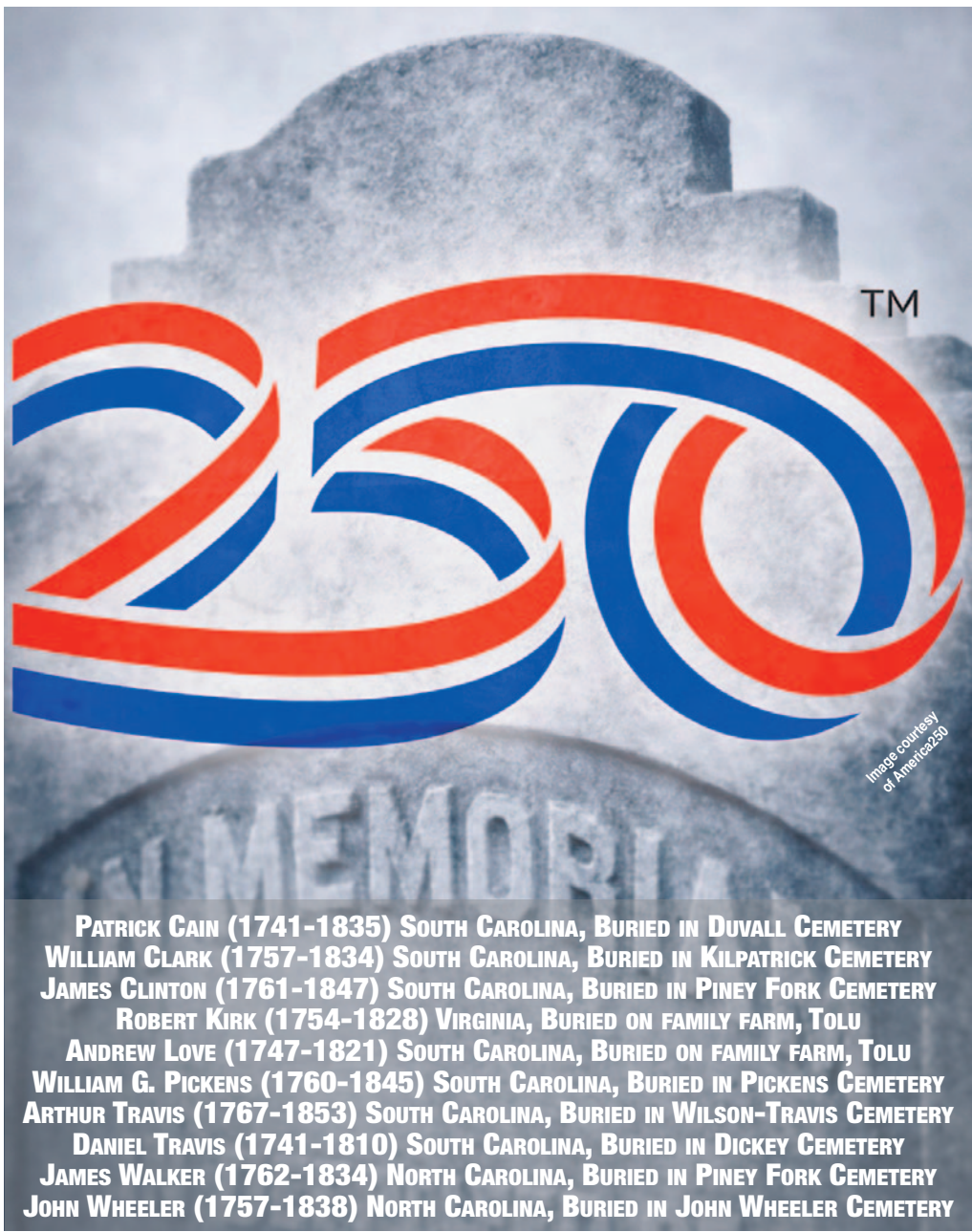
Our newest regular feature in The Press debuts on page 3 this week as Staci Blackburn offers her first segment of Staci Style.

506 closed until spring

A contractor for the Kentucky Transportation Cabinet plans to close KY 506 beginning Wednesday, Jan. 7 for a bridge replacement project. The closure will be near the Caldwell County Line, between KY 1077 in Crittenden County and KY 902 in Caldwell County. Expected completion date is Apr. 30, weather permitting.

UPCOMING MEETINGS

- Crittenden County Board of Education meets at 5:30 p.m., Thursday, Jan. 8 at Rocket Arena for a working session.
- Marion Code Enforcement Board will meet at 5 p.m., Monday, Jan. 12 at city hall.
- Livingston County Board of Education will meet at 5 p.m., Monday, Jan. 12 at the central office.
- Crittenden County Chamber of Commerce will meet at 8:30 a.m., Tuesday, Jan. 13 at the Rocket Arena conference room.
- Caldwell County Fiscal Court will meet at 9 a.m., Tuesday, Jan. 13 at the courthouse.



Revolutionary Recognition

Grant brings graves of colonial soldiers to town

BY CHRIS EVANS
PRESS EDITOR

Crittenden County Historical Society has secured a national America250KY grant to help create a permanent memorial honoring the Revolutionary War veterans who migrated to this region and were ultimately buried within the county's present-day boundaries. The project, which combines a granite monument, interpretive signage and an educational display, will mark one of the most ambitious historical initiatives ever undertaken locally and will culminate with a public dedication ceremony planned for July 4, 2026.

The \$6,207 America250 award will pay for shipping and construction elements associated with the memorial, including a granite marker listing the names of the 10 identified soldiers



A steering committee planning an areawide 250th Anniversary Celebration next summer has met twice and will be convening again at 5 p.m., Monday, Jan. 12 at Crittenden County Public Library. Representatives from Crittenden, Livingston and Caldwell counties are discussing a broad celebration of the area's early history. Committee leaders say it is open to anyone interested in orchestrating a successful event.

and a companion interpretive panel illustrating their journeys from the original colonies to what would become Crittenden County.

While historians have long

known that Revolutionary War veterans settled throughout far western Kentucky, only in recent years have researchers assembled clear documentation linking 10 of those men to Crittenden County. Their stories emerged from land records, pension files, early census notations and family histories. Yet only one of the soldiers, Lt. John Wheeler, has a precisely documented and marked gravesite. The other nine rest in unmarked or lost graves, though historical evidence establishes their burial in local cemeteries or family plots.

Even though most of their stones have disappeared or their exact graves are unknown, the historical record confirms they lived, died and are buried here, says county historian and Crit-

See **GRANT**/page 9



Salem pioneer cemetery has storied history

STAFF REPORT

Livingston County Fiscal Court has pledged to tackle abandoned cemeteries one at a time, focusing its cleanup and restoration efforts on a single site each fall.

This year's work is centered on Mill's Pioneer Cemetery, located just outside Salem along KY 723 (Pinkneyville Road). County employees, volunteers and inmate work crews have been clearing saplings and debris that had overtaken much of the historic graveyard, helping to remind area residents of its significant historical context as the final resting place of some of the area's earliest pioneers, including a brother to the state's first governor.

Livingston Judge-Executive Michael Williams said the project would not be possible without cooperation from neighboring landowners.

"A heartfelt thank you to the Ronnie and Mark Downey family for their support and cooperation in helping preserve this important piece of our local history," Williams said. The family owns property adjacent to the cemetery and has assisted with debris removal and provided space for parking and access during the cleanup.

"Honoring those who came before us matters, and this project does just that," Williams said.

Livingston County is estimated to have about 170 known cemeteries, many of which have been forgotten or left abandoned over time. The county maintains a comprehensive database of cemeteries and gravesites, compiled through genealogical research, that helps guide restoration priorities. It can be found online.

One of the cemetery's grave-stones marks the burial site of Moses Shelby, the brother of Revolutionary War leader Isaac Shelby, who was Kentucky's first governor and co-author of the Jackson Purchase with the

See **SALEM**/page 9

County considers passage of solar energy ordinance

CRITTENDEN FISCAL COURT

STAFF REPORT

Crittenden County Fiscal Court is considering a new ordinance that would establish licensing, setback and decommissioning requirements for large- and intermediate-scale solar energy systems in unincorporated areas of the county.

The proposed ordinance cites the county's authority under KRS 67.083 and recent changes to state law granting local governments authority over state siting standards for solar facilities. It applies to ground-mounted solar projects exceeding 2,500 square feet, including large-scale systems covering more than 40 acres or facilities classified as merchant electric generating facilities under state law.

Based on the ordinance, developers would be required to obtain a county solar energy system license before be-

ginning construction or expanding an existing facility. Applications would include detailed site plans, ownership and lease documentation, a list of neighboring property owners within 2,500 feet, and a professionally prepared decommissioning plan backed by a financial surety.

Setback requirements would mandate a minimum distance of 500 feet from residential dwellings and 250 feet from non-participating property lines and public roadways or rail lines. Facilities would also be required to install perimeter fencing at least 8 feet tall, along with vegetative screening designed to reach 90 percent opacity within three years.

The ordinance would require developers to submit a decommissioning plan prepared by a licensed engineer and update it every five years. The plan must outline removal costs, land restoration procedures and timelines,



Listen to audio of our interview with Ellie McGowan on the Dec. 29 podcast at The Press Online.

McGowan's path to Washington

STAFF REPORT

Ellie McGowan's path from Fredonia to Capitol Hill has been shaped by small-town roots, a Murray State education, newsroom experience and a family legacy of public service that spans decades in western Kentucky.

A 2020 graduate of Crittenden County High School, McGowan is now a professional staff member and administrative clerk for the U.S. House Oversight Committee under Chairman

See **SOLAR**/page 3

See **McGOWAN**/page 9

The Crittenden Press

USPS 138-260 / Marion, Ky.



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Deaths

Myrick

Jacqueline Myrick of Livingston County's Lola community died Thursday, Dec. 25, 2025 at Livingston Hospital.



Myrick was employed at Salem Bank for 30 years and also worked for many years at Boyd Funeral Directors and Cremation Services. She was a member of Hopewell Cumberland Presbyterian Church since 1965.

Surviving are two sisters, Jane Slayden and Doris Ann (Frankie) Henry; nephews Ronnie (Sharon) Slayden and Tracy Myrick; nieces Jolinda Henry, Natalie Slayden, and Linda Myrick (Steve) Glenn.

She was preceded in death by her husband, James A. Myrick, and her parents, Mark and Katherine McCune Coneyer.

Graveside funeral services were Sunday, Dec. 28 at Lola Cemetery.

Memorials may be made to the Livingston Hospital Auxiliary, 131 Hospital Drive, Salem, KY 42078, or the Hopewell Cemetery Fund, c/o Missy Newcomb, 748 Johnson Road, Salem, KY 42078.

Arrangements are under the direction of Boyd Funeral Directors and Cremation Services in Salem. Condolences may be left online at [boydfuneraldirectors.com](#).

Bearden

Jerry Lee Bearden, 91, of Marion died Friday, Dec. 26, 2025, at Crittenden Health and Rehabilitation in Marion.



He was born April 5, 1934, in Hernando, Fla., to the late Jewel and Myrtle Strange Bearden. He proudly served his country in the U.S. Air Force, retiring after more than 20 years of service. He later retired as a corrections officer with the Kentucky State Penitentiary in Ed-dyville. Bearden loved ministering and sharing the gospel of Jesus with everyone he came in contact with. He especially enjoyed going to the Crittenden County Jail to minister to inmates.

Surviving are his wife, Pearl "Vicki" Tabor Bearden of Marion; children, Carole (Stephen) Engler of Colorado Springs, Colo., Joseph (Micky) Bearden of Lake Bay, Wash., Edward (Karen) Bearden of Marion and Melody Tabor of Marion; grandchildren, Lee Brooks, Shannon Olin, Theresa Bearden, Lauren Miley and Jonathan Miley; four great-grandchildren; sisters, Barbara (David) Tidwell and Paula (Ronald) Filer; and a brother, William Bearden.

Visitation was Tuesday, Dec. 30, 2025 at Gilbert Funeral Home in Marion followed by funeral services with Bro. John Robertson officiating. Burial, with full military honors, was at Mapleview Cemetery in Marion.

Chipps Evans

Mildred Lewis Chipps Evans, 82, of Fort Wright, Ky., died Thursday, Dec. 25, 2025. She was born in Paducah to the late Lewis Davis Chipps and Mildred Nunn Perry Chipps. She was raised in Marion by her parents, her grandmother, Beulah Perry, and family friend, Carrie Rawlings, all of whom played a meaningful role in shaping her life. She was also preceded in death by her brother, Robert Perry Chipps, and his wife, Mary Louise Chipps.

Surviving are her husband of 60 years, Henry Prewitt Evans; her son, David Clay Evans, M.D.

(Allison Evans, Ph.D.), of Columbus, Ohio; and her granddaughters, Greta and Lucy Evans. She also leaves behind her nieces, Rachel King of Paducah and Rebecca O'Brien of Summerville, S.C., as well as her cousins.

She held education in the highest regard, attending Vanderbilt University before transferring to the University of Kentucky, where she met her beloved husband. She was a longtime and devoted member of Erlanger Methodist Church and dedicated her professional life to education, teaching math and social studies at Jessie Clark Middle School in Lexington and Holmes Middle School in Covington.

She was a proud member of numerous historical and service organizations, including the Colonial Dames of the XVII Century, Colonial Daughters of the Seventeenth Century, Daughters of the American Revolution, Daughters of Colonial Wars, The Jamestowne Society, and Sons and Daughters of the Pilgrims.

The funeral was Dec. 30 at Erlanger Methodist Church in Erlanger, Ky. Burial was at Highland Cemetery in Fort Mitchell, Ky. Memorial donations may be made in her honor to Erlanger Methodist Church. Online condolences may be left for the family at [Stithfuneralhome.com](#).

Gaston

Lonso Barton "L.B." Gaston, 92, of Marion died Friday, Dec. 26, 2025 at Livingston County Hospital.



Gaston was born April 29, 1933, in Belton, Ky., to the late Veachel and Girtie Carroll Gaston. He was a proud graduate of Murray State University, earning a master's degree in industrial arts and physical education. He devoted his career to educating and guiding generations of students in the Crittenden County School System.

Outside the classroom, Gaston avidly enjoyed hunting and fishing and took great pride in wood-working and fine wood projects; whether in the garden or in the shop, he loved working with his hands.

Survivors include his daughter, Rita (John) Keller; daughter-in-law, Michelle Gaston; grandchildren, Tommy (Emily) Gaston Jr., Patrick (Jamie) Carter, Lance Carter, Lauren (Joshua) Knight, Jacob Gaston and Nicole (Griffin) Manning; great-grandchildren, Brodie Beard, Elizabeth Knight, Rachel Knight, Sarah Gaston and Riley Merrill Carter; and beloved friend, Hugh Highfil.

In addition to his parents, Gaston was preceded in death by his wife, Edna Merrill Gaston; son, Tommy Gaston Sr.; and sister, Carol Ann Jones.

Funeral services were Friday, Jan. 2, 2026 at Gilbert Funeral Home with Hugh Highfil officiating. Burial was at Rose Hill Cemetery in Central City, Kentucky.

A live webcast of Mr. Gaston's service may be reached at [www.gilbertfunerals.com](#).

Paid obituary

Tomlin

Beatrice Collins Tomlin died Monday, Dec. 29, 2025 at Salem Springleake Health and Rehab Center.

She was born April 5, 1944 in Johnston County, N.C., to Joseph Arthur and Elizabeth "Lizzie" Godwin Collins.



She was a homemaker and previous resident of Marion. She was of the Baptist faith and enjoyed quilting, crafting and going to yard sales.

Surviving are a daughter,

Donna Phelps Harmon of Calvert City; and a sister, Elvie (George) Manning, Littleton, NC; numerous nieces and nephews.

She was preceded in death by her husband, Doug Bichon; her parents and four brothers and nine sisters.

She was cremated per her wishes and there are no services scheduled at this time.

Donations can be made in her honor to Pennyrile Allied Community Services, 210 North Walker St., Marion, KY 42064.

Paid obituary

Alsobrook

Christine Alsobrook, 81, died Saturday, Dec. 6, 2025 at Providence Point in Paducah.

For many years she worked as co-owner of a data company, when punch cards were a thing. Many times she had to take one or several children with her to work. While Alsobrook was still a child herself, she became the mother to four small children. She did the best she could, which was honorable, loving and firmly guiding.



As an organized person, she worked very well as a secretary for Hamilton Avent Electronics until her retirement and move to Kentucky. She had a green thumb and had a talent for flower arranging. She would craft the most beautiful arrangements. Her love of the arts later had her seek out a job as a volunteer at the Carson Center.

Though not affiliated with any denomination, she recently became a 'Child of God,' professing her faith in Jesus Christ as her savior. She will be missed by all her children, grandchildren and great-grandchildren.

Surviving are two daughters, Jenny (Richard) Obermark of Paducah and Traci Parson of Marion; four sons, Kenny Alsobrook of Marion, Carter Alsobrook of Salem, Scott (Carina) Alsobrook of Lake Havasu, Ariz., and Brian (Bridgette) Alsobrook of Menifee, Calif.; a brother, Steve (Ava) Bicknell of Culver City, Calif.; 11 grandchildren, Sean Hanson, Mitchell (Tonya) Alsobrook, Michael Alsobrook, Adam (Kayla) Alsobrook, Kyler Alsobrook, David Maiden, Xzana (Keaton New) Parson, Andy (Caitlyn) Alsobrook, Amber (Steven) McGovern, Rylie Alsobrook, Ryan Alsobrook; and 12 great-grandchildren, Jade Maiden, Brian Hanson, Clayton Alsobrook, Isabelle Alsobrook, Hadley Alsobrook, Jaymes Coursey, Kayleigh McGovern, Conner McGovern, Bryce Alsobrook, Zane Drew, Cora Alsobrook and Rosa Alsobrook.

She was preceded in death by her husband, Harold Drew Alsobrook; one child, Dana Baylis; three grandchildren, Christina Hanson, Justin Coursey, Jeremy Coursey; a great-grandchild, Makayla Maiden; and her parents, Albert John Bicknell and Ruth Christine Johnson Bicknell.

A celebration of life will be held at a later date in Lake Arrowhead, Calif.

In lieu of flowers donations may be made to St. Jude Children's Research Hospital.

Martin

Joseph Z. "Joe" Martin, 52, of Fredonia, died Friday, Dec. 26, 2025 at Baptist Health of Paducah. He was born in Marion on May 22, 1973 to the late Kenneth Martin and Peggy Bland.

Martin began working as a teenager and continued throughout his whole life. He retired from the Department of Corrections in 2018, having held many positions throughout his tenure. He began his career as a correctional officer and advanced through the

ranks as a correctional sergeant, lieutenant, internal affairs officer, administrative specialist and eventually program administrator. After retirement, he continued his commitment to work and was employed most recently as a security officer at West Lake Chemical in Calvert City.

Survivors include his wife of 27 years, Tina Martin; three children, Benjamin Martin of Johnston, R.I., and Oli Martin and Elizabeth Martin both of Fredonia; his mother, Peggy Bland of Golconda, Ill.; and three brothers, James Martin of Eddyville, Ken Martin (Amanda) of Herod, Ill., and David Martin of Marion.

He was preceded in death by his father, Kenneth Martin and nephews, Jacob Martin and Brandon Martin.

Lakeland Funeral Home was in charge of arrangements. Graveside services were Saturday, Jan. 3 at Blue Spring Church Cemetery.

Hensley

Garnet L. "Bumpy" Hensley, 93, of Dayton, Ohio, formerly of Salem died Sunday, Dec. 28, 2025 at Wellington Assisted Living in Dayton.



Garnet was a member of Salem Baptist Church. He was a watchmaker his entire life and owned and operated Hensley Jewelers in Salem. He was a United States military veteran and a private pilot, a passion he greatly enjoyed.

Surviving are his son, Greg Hensley, and daughter-in-law, Sandra, of Dayton.

He was preceded in death by his first wife, Sue Hensley; his second wife, Carol Hensley; a son, Brian Hensley; a brother, Davis Hensley; and his parents, Granville Loftis and Launa Utopia (Cunningham) Hensley.

Graveside services were Thursday, Jan. 1 at Salem Cemetery. Arrangements were under the direction of Boyd Funeral Directors and Cremation Services.

Mayhugh

Robert "Bobby" Mayhugh, 70, died Saturday, Dec. 27, 2025 at his home in Grand Rivers.



He was born at home in Smithland on Aug. 8, 1955 to the late James Willard Mayhugh and Bonnie Farmer Mayhugh. He spent many years over the road as a truck driver.



Beyond his work, Mayhugh was a jack-of-all-trades, from working on farm equipment and cars to fixing homes. There was nothing he couldn't fix. Robert

had a deep love for his family and friends.

Survivors include his wife of 49 years, Regina Ladd Mayhugh; children, Jennifer (Steven) of South Carolina, James (Sara) of Calvert City and Johnathan of Grand Rivers; a brother, Jim of Eddyville; a sister, Betty of California; five grandchildren, Trae, Blaire, Dayton, Gauge and Lakyn; and several nieces, nephews and close friends.

He was preceded in death by his parents, James and Bonnie (Farmer) Mayhugh, and a brother, William Mayhugh.

Funeral services were Friday, Jan. 2 at noon in the chapel of Boyd Funeral Directors and Cremation Services. Burial was at Groves Chapel Cemetery.

Condolences may be left online at [boydfuneraldirectors.com](#).

Paid obituary

Woodall

Keith Woodall, 54, of Smithland, died Jan. 1, 2026, in Salem.

He was a lifelong farmer who grew up in the country, where he developed a strong work ethic that remained with him throughout his life. He was also a skilled mechanic, known for his ability to fix nearly anything. A devoted and loving father, he always put his family first. Known as a loyal friend, he would do anything to help someone in need and was always there when it mattered most. His kindness, generosity and steady presence will be deeply missed by all who knew and loved him.



Surviving are two daughters, Jessica (Ryan) Conger of Marion and Ashley (Justin) Wood of Marion; one sister, Lisa Jo Holloman; and grandchildren, nieces and nephews, Keshia Shaffer, Chassity McDonald, Whitney Russell, Grant Shuecraft, Stormi Baize, Michelle Woodall, Kyle Woodall and Tyler Woodall.

He was preceded in death by a sister, Teresa Faye Shuecraft; a brother, John William Woodall Jr.; and his parents, John William Woodall Sr. and Brenda Faye (Watson) Woodall.

Funeral services were Tuesday, Jan. 6, 2026 in the chapel of Boyd Funeral Directors and Cremation Services with Bro. Gary Hardesty officiating. Burial was at Crayne Cemetery.

Condolences may be

left online at [boydfuneraldirectors.com](#).

Paid obituary

Grimes

Joanna Marie (Croft) Grimes, 89, of Calvert City, died Friday, Jan. 2, 2026 at the University of Tennessee Medical Center in Knoxville.



She was a faithful member for over 56 years at Reidland United Methodist Church, where she served as treasurer of UMW, and was a member of OWLS women's group for many of those years. She also worked in retail for Sears for over 30 years. She loved her family, cats, gardening, quilting and sewing, and she loved cooking on special occasions for her family.

Surviving are two daughters, Deborah (Tony) Shirley of Taylorsville and Gayla (Mark) Westfall of Gilbertsville; a brother, Charles Croft of Evansville; seven grandchildren, Kathryn Shirley (David) Akers of Taylorsville, Emily Shirley (Matt) Williamson of Lexington, Mason (Rachel) Shirley of Taylorsville, Ragon (Megan) Grimes of Cadiz, Reed Grimes of Hopkinsville, Brian Westfall of Gilbertsville and Kayla Westfall of Gilbertsville; and eight great-grandchildren.

She was preceded in death by her husband, T.R. Grimes; a son, Brent Grimes; and her parents, Louis and Dolcie (Watson) Croft.

Services are at 1 p.m., Thursday, Jan. 8 in the chapel of Boyd Funeral Directors and Cremation Services, with Pastor's Ragon Grimes and Katie Minnis officiating. Burial will follow in Salem Cemetery.

Friends may visit with the family from noon-1 p.m., Thursday, Jan. 8 at the funeral home.

Paid obituary

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Let’s do this! Staci’s style on monthly display

When The Crittenden Press first asked if I'd consider joining its team as a lifestyle columnist, my initial reaction wasn't excitement – it was pure panic. Me? A lifestyle columnist? The same woman who can't get anywhere on time, has a laundry pile so large my family lovingly calls it Mount St. Laundry, and is famous for starting new projects even though there are already three unfinished ones begging for attention? Surely they meant someone more... put-together. More adult. More June Cleaver and less Frankie Heck. More Ethel Tucker and far less – well – me.

After sharing the news and receiving a round of lovingly sarcastic comments from my family, encouragement from my friends and a few heart-to-hearts with Jesus, here we are. Anyone who knows me knows two things: I rarely back down from a challenge, and “no” is not a word I practice often. Still, before anyone assumes I'm about to provide polished, Pinterest-worthy instructions on folding fitted sheets or organizing a pantry by color and can height – please rest assured, I am not qualified for that level of adulthood, and most everyone around me agrees. If you don't, then I have somehow fooled you, along with Chris and Allison Evans at The Press.

Yet, somewhere in the conversations with friends and family, I realized that maybe that's exactly the point of view people need – a point of view from those of us who are surviving but not necessarily thriving at all times. For those of us wearing mismatched socks and not caring who notices. Those of



Staci

STYLE

Home | Lifestyles | Food | Fashion | Design

A monthly feature of The Crittenden Press

us who will invite you to dinner at their secondhand-but-newly-repainted kitchen table. Those of us who show up to birthday parties with a pretty gift bag holding a \$20 bill only because the Facebook reminder popped up an hour earlier. Those of us who will cook you a homemade meal with old pots and pans. Those of us who can offer you a coat, gloves and a snack at a freezing baseball game, all because we haven't cleaned out the vehicle since Obama was president.

Those of us whose houses are clean and hair is done – but never both at the same time.

If anything, I'm more of a professional chaos coordinator and seasoned disguiser of all things broken, dusty or a little junky. I can make things look pretty. I can cook a good meal. I can start DIY projects with Olympic-level enthusiasm – finishing them is a different story. I can throw together a cute outfit like I'm in a

hurry, which works out well since I'm always in a hurry. I don't gentle parent, but I do parent with love, humor, a raised eyebrow and the occasional “Lord, give me strength” whispered into the abyss. And usually, with all that going on, life turns out pretty fun – and gives me plenty of material to share with all of you.

Since announcing this new gig, I've been asked, “Where do you find the time?” and “How do you keep up with everything?” Here's the honest truth, though it may not be the most clever or well-thought-out answer: I just do. I run on little sleep and large cups of caffeine, but I genuinely enjoy the chaos that life throws my way. I literally wrote this article while shuffling between birthday parties and basketball practice – typing sentences in five-minute bursts and reminding my kids not to lick the icing off someone else's cupcake. If there's a perfect time to do everything I do, I haven't found

it yet. But I've always enjoyed sharing my life with others, and God gave me a way to share it with another group of people I may not otherwise reach. Though I may feel underqualified, when He says do it – you do it. Who am I to turn that away?

So no, I'm not the expert who will guide you to spotless counters or serene morning routines. But if you need someone to remind you that a good life doesn't have to look perfect – and that the best stories often come from the biggest messes – then you've found your people in me. Trust me, I've learned many lessons and skills through the ability to look past the mess I created while laughing at myself in the process.

If you see me in public with two kids parkouring off the grocery store shelves and you have an idea for a topic, stop me and tell me. Even though my life is sure to provide plenty of material, I welcome all ideas. After all, Ryan Blackburn's favorite place to wait is the grocery store parking lot because, as he often reminds me, I like to talk – to everyone.

If you follow me on social media, send me a message. If we aren't friends on social media, we should be. I share recipes, family happenings and plenty of embarrassing stories that will make it worth your while.

It's 2026 – the year I became a writer(ish), heavy on the “ish.” I'm excited, honored and only slightly unprepared.

But that's never stopped me before. Let's do this!



Marion resident Travis Kinnis (right) of Kentucky Transportation Cabinet District 1 was among transportation professionals statewide recognized for completing the Kentucky Roads Scholar Training Program. Kinnis was honored Dec. 18 during a graduation ceremony in Bowling Green after completing the program offered through the Technology Transfer Program of the Kentucky Transportation Center at the University of Kentucky. He joins more than 4,600 Roads Scholars who have completed the training since the program began. The Roads Scholar program consists of nine full-day courses totaling 95 hours of instruction and is designed for employees of local and state transportation agencies as well as private industry. Awards at the Bowling Green ceremony were presented by John Moore (left), deputy state highway engineer with the Kentucky Transportation Cabinet.

A safe piece of Salem’s bank history

STAFF REPORT

A massive piece of Salem's financial history is now on public display at Salem City Hall, where a 123-year-old bank safe once used by the Bank of Salem stands as a reminder of the town's early-20th-century commerce.

The Mosler Patent Screw Door Bank Safe was manufactured in August 1902 by The Mosler Safe Company of Hamilton, Ohio, one of the nation's premier safe makers of the era. Original purchase and specification documents preserved with the safe confirm it was custom-ordered for the Bank of Salem and delivered later that year.

According to the Mosler specifications, the safe was ordered Aug. 26, 1902, at a cost of \$1,050, which was a substantial investment at the time, and shipped by rail through Marion.



Salem Mayor Gary Damron peeks at the safe which is now on display at city hall.

Built for security rather than appearance, the safe features a patented screw-door design and multiple layers of uniformly tempered, drill-proof steel. Mosler advertised the model as having no

holes through the door or body and no combination spindles that could be exploited by thieves. The door alone measures four inches thick, while the safe body is constructed with three-inch steel walls.

Despite its relatively compact footprint, roughly 35½ inches tall on wheels, the safe weighs an estimated 2,400 pounds.

The safe remained in the former bank building for decades before being moved to City Hall, where it can now be viewed by the public. The relocation required careful planning and manpower due to its weight and age. The move was carried out with the help of Doug Slayden, Donnie Willbanks and T.L. Maddux.

City officials said the display preserves not only a physical artifact but also a tangible link to Salem's early banking history, when institutions relied on heavy mechanical security to protect cash, deeds and records long before the digital age.

Survival of both the safe and its original Mosler paperwork adds to its historical value, providing rare documentation that traces the artifact from its manufacture in Ohio to its service in a small Kentucky banking community.

Quarter of this century behind us

Good Grief, Charlie Brown!

Can you believe it? Charlie Brown has turned 60! Like many of you, I watched the very first airing of “A Charlie Brown Christmas” back in December 1965. In fact, we watch this classic every December. The CBS executives were quite nervous about airing this prime-time TV special written by Charles Schulz, the very first of several TV specials based on Schulz's wildly successful “Peanuts” comic strip. One of the main issues with those CBS executives was that they did not want the Bible read on prime-time television for fear of public backlash and poor ratings.

Schulz refused to back down, so he had Linus actually quote the familiar Luke 2:8-14 portion of the Christmas story. What creative genius by Schulz, having the forever insecure, thumb-sucking Linus - with his familiar “security blanket” in tow - stepping to the center of the stage, calling for lights, then proceeding to quote verbatim that well-known passage from Luke 2. To top it off, at the exact moment that Linus says “Fear not” (quoting the angel), he suddenly turns loose of his beloved security blanket and confidently orates the timeless message presented by the angel(s).

What an amazing rendition of biblical truth by the most unlikely of characters. Sound familiar? Who would have picked Mary and Joseph to be the parents of the Savior of the world? Who would have picked a cold, damp, smelly “stable” in a cave for the birthplace of the King of Kings? (Sorry folks, no barn in this Bible story.)

CBS could have never imagined the huge success of Schulz's innovative project, with the show coming in at No.

2 in the ratings (behind “Bonanza”) with a whopping 45% of the viewing audience tuned in. One reviewer referred to the Bible quotation scene with Linus as “the dramatic highlight of the season.” Happy birthday, Charlie Brown.

Can you believe it was 70 degrees on Christmas Day? This brought back many memories, both of warm and cold Christmases. I think back to Christmas 1982. I had left Salem on Jan. 1, 1982, and moved to Campbellsville with my wife and young son in order to begin classes at Campbellsville College during the spring 1982 semester. We were really excited about being home for Christmas.

My dad had installed a brand new wood furnace about three weeks prior to our arrival. The wood furnace had been performing admirably in the cold December weather, minimizing the amount of propane Daddy was burning. Then came Christmas Day with a high of 69 degrees (according to Barkley Regional Airport). That night it was literally 90 degrees in the house. I was sweating terribly and could not go to sleep, so I opened our bedroom windows wide open in order to cool things down a bit.

The next day I encouraged Daddy to not put any more wood in the furnace until we went back to Campbellsville. He listened and let the fire go out. Thankfully, he had that fire fully stoked a year later as the low temperature on Christmas Eve 1983 plummeted to minus 20 degrees, according to Daddy's thermometer on the front



Chris CLARKE
Press Columnist
Happy Trails

porch. That is not a misprint; it was minus 20 degrees. The official high on Christmas Day at Barkley Regional was 12 degrees, although Daddy's house was nice and toasty, thanks to that wood furnace.

Can you believe another January has arrived? I'm writing this on Dec. 27, but unless Gabriel blows his horn and Jesus rides in on the big white stallion, I feel reasonably sure that Jan. 1, 2026, will arrive right on time. Plus, it looks like our New Year's Day weather will be pretty much normal January weather for us. (Normal January weather in our neck of the woods consists of highs in the mid-40s and lows in the mid-20s.)

My personal weather station shows that our lowest temperature in December was 5.9 degrees on Dec. 14; our lowest high temperature was 18.1 degrees on Dec. 13. (Remember, this was before winter officially arrived.) Hopefully, this will be one of those crazy years in which our coldest weather of the winter was actually in December.

Let's think about the big picture for a moment - can you believe that one-quarter of this century is now behind us? We know that time marches on. What have you been putting off? Do you have a so-called bucket list of things you hope to accomplish or experience before you are physically unable to do so? Mammoth Cave? The Grand Canyon in Arizona? Giant sequoia trees in California? What's stopping you?

Make a list. Formulate a plan. Put it on your calendar. Do it now. Go experience God's vast creation and be awed by His creative genius. What a mighty God we serve.



SOLAR

Continued from page 1

and disposal or recycling of system components. A surety instrument would be required to ensure the county could complete decommissioning if a developer defaults.

Licensing fees would be set at \$100 per acre, with a minimum fee of \$10,000 and a maximum cap of \$500,000, payable to the county general fund. The fiscal court would have 60 days to approve, approve with conditions, or deny a completed application.

The ordinance includes provisions for public notice and comment, license revocation, transfer of ownership, enforcement and penalties. Violations could result in misdemeanor charges and fines of up to \$500 per day.

The measure received its first reading during the December fiscal court meeting and magistrates will consider it for final passage at its regular meeting in January.

In light of interest in solar energy farms in western Kentucky, several communities have begun to develop local ordinances to protect the rights of landowners and residents. A large-scale solar farm has recently gone online in Lyon County just south of Fredonia and another is planned for Livingston County, on property west of Joy. Another company is planning a solar facility in Caldwell County southeast of Fredonia.

ELECTED CITY MAYOR | COUNCIL MEMBERS

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270.705.4697 (c)

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

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

Boom believed to be tannerite blast

A loud boom reported across Crittenden County just before midnight on New Year’s Eve now appears most likely tied to celebratory activity rather than any natural or regional event.

In the hours following the incident, officials confirmed there was no seismic activity in or near the area at the time of the reports, according to the U.S. Geological Survey. The National Weather Service also reported no weather-related phenomenon that would have produced such a sound.

The Crittenden County Sheriff’s Department and Marion Police Department said they received several calls from concerned residents on New Year’s Eve, but no damage or injuries were reported and no ongoing threat was identified.

While the exact source of the boom has not been officially confirmed, information gathered since the incident suggests the noise was likely caused by New Year revelers detonating a large quantity of tannerite, a commercially available target-shooting explosive. Some accounts indicate the blast may have been intensified by additives, though authorities have not verified that detail.

USPS issues notice regarding postmark

U.S. Postal Service has issued a notice clarifying that postmarks may no longer reflect the day a piece of mail is deposited by a customer.

Under guidance effective Dec. 24, 2025, postmarks generally show when an item is first processed at a regional mail facility, not when it is dropped in a mailbox or accepted at a local post office. As a result, the postmark date may be later than the day the mail entered the system.

The Postal Service said the update reflects current operations that rely more heavily on centralized processing centers and is intended to clarify what a postmark actually signifies,



not to change how mail is handled.

The clarification could affect time-sensitive mail such as tax returns, legal filings, rent payments and mail-in ballots that depend on postmark deadlines. Customers who need proof of the exact mailing date are advised to request a manual postmark at a postal counter or use services such as certified mail or a certificate of mailing.

KY Rep. Gooch to seek re-election this year

State Rep. Jim Gooch Jr. of Providence has announced his intention to seek re-election to Kentucky’s 12th House District, which includes Crittenden, McLean, Union and Webster counties.

Gooch, a longtime advocate for Kentucky’s coal industry and energy independence, said he is running to continue protecting the state’s energy economy and rural way of life.

Currently in his 16th term, Gooch has represented the district since 1995 and serves as chair of the House Natural Resources and Energy Committee. In that role, he has been a leading voice for coal communities, opposing federal overreach and promoting affordable, reliable energy for Kentucky families.

Gooch also serves on the Banking and Insurance Committee; Elections, Constitutional Amendments, and Intergovernmental Affairs Committee; and the Veterans, Military Affairs, and Public Protection Commit

Before joining the General Assembly, Gooch served as mayor of Providence from 1982 to 1986 and as a city councilman from 1990 to 1993. He has held leadership roles in multiple civic organizations

and was named Providence Citizen of the Year in 1990.

Professionally, Gooch worked in insurance and real estate, founding Gooch Insurance Associates Inc., in 1982 and serving as its president until 1998. He has been a licensed real estate sales associate since 1987.

Local students are named to Dean’s List

Midway University has announced its Dean’s List for the 2025 fall semester, recognizing 446 students who earned a grade point average of 3.60 or higher while enrolled full time.

Local students named to the list include Amanda Hicks of Morganfield and Elizabeth Myers of Fredonia.

County makes notice of 2026 meetings

Following are meeting notices for 2026: Crittenden County Project Development Board (PDB) meets the first Tuesday of each month at 4:30 p.m., at Crittenden County Office Complex and the Marion-Crittenden County 911 Board meets the third Monday of each month at 3:30 p.m., at Marion City Hall.

Extension contests

Crittenden County Extension Service is inviting students across Kentucky to participate in two upcoming youth contests focused on financial literacy and environmental awareness. The 2026 Piggy Bank Design Contest is open to students in kindergarten through 12th grade attending public, private or home schools in Kentucky. Entry forms may be picked up at the Crittenden County Extension Office, 1534 U.S. 60 East. Also, entry forms for the 2026 Trash Sculpture Contest are available. Sculptures may not exceed 24 inches in any direction or weigh more than 15 pounds. Entries are due at school Wednesday, Jan. 21. Teachers whose classrooms have the highest percentage of entries will receive \$50 for classroom use.



From the Press Archives – 25 Years Ago

Members of the Marion City Council raise their right hands as they are sworn into office during a ceremony at City Hall during January of 2001. Mayor Mick Alexander administered the oath to the six council members. Pictured from left are Allen Lynn, Ronnie Hughes, Janet Pierce, Mike Byford, Dwight Sherer and Fred Brown. Hughes and Byford were the only incumbents returned to office in the November 2000 General Election.

50 YEARS AGO

January 8, 1976

■ Two local girls, Robin Hamilton and Joni Binkley, performed in a television special on Channel 9. The students of Mrs. Duncan performed classical dances, gymnastic routines, soft shoe and jazz.

■ Crittenden County Middle School defeated Dawson Springs 49-23, marking its sixth win of the season. Spencer Cozart led the Rockets with 21 points, while Mike Belt added eight.

■ Two women were installed as officers for the 1976 Crittenden County Democratic Women at the organization’s meeting. Denise Hamilton was named treasurer and Cloyce Hughes became president. Also serving were Linda Cook as vice president and Mary Byrum as secretary.

25 YEARS AGO

January 11, 2001

■ The Crittenden County Rocket football team held its annual awards banquet to celebrate another season of Rocket football. David Maddux won the Greg Belt Memorial “Dozer” Award, Most Tackling Points, RBI Leader, Captains Award and Offensive MVP. Zach Brantley was named Most Valuable Player; Judd Woodward received JV MVP, Most Improved Award and Hit Man Award; Keith Wilcox was Defensive MVP; Will Topp earned Offensive Line MVP and the Captains Award; Cody Hunt received JV and Most Improved awards; and Brandon Travis was presented the Paul Mick-Crittenden Press Leadership Award.

■ Jeanne Hodge, executive director of the Crittenden Chamber of Commerce, presented the First Dollar Award to Rick Hatfield of Aaron Mortgage Co. Hatfield operated Aaron Mortgage.

■ Dennise Porter and Kayla Bebout’s strong performances led the Rockets to a 42-34 win against Lyon County. Both girls scored in double figures, boosting the Lady Rockets’ district record to 3-1.

10 YEARS AGO

January 7, 2016

■ Junior Cassidy Moss made history in Lady Rocket basketball by scoring her 1,000th career point. She was on track to become the program’s all-time leading scorer, potentially surpassing Tim Hill’s record of 1,822 points. Moss was averaging 18.5 points per game.

■ The Blue Knights chess team won second place in a competition in Lexington. Team members included Evan McDowell, Marley Phelps, Abbey Swinford, Hayden Hildebrand, Wyatt Russell, Dominic Rorer, Gage Russell, Chase Stevens, Cole Swinford, Clay Stevens, Benny Tucker and Skyler James. Wyatt Russell placed third in the individual competition.

■ The first alumni basketball game between Crittenden and Livingston counties was held, with Livingston outscoring Crittenden in each game. The event brought together many former Rockets and Lady Rockets, including David Perryman, Kenny Jackson, Joe McCord, Shawna Collins-Sharp, Kristi Beavers, Rashelle Brantley Perryman, Shari Smiley, Kayla Bebout, Michelle McKinney Yates, Kim Lemon Cosby, Spencer Cozart and Sean McKinney.

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

Crittenden Press Obituaries of 2025

Area deaths of 2025 as published in The Crittenden Press.

Jackie Myrick, no age given
Jerry Bearden, 91
Mildred Lewis Chipps Evans, 82
Lonso Barton “LB” Gaston, 92
Beatrice Tomlin, 81
Christine Alsobrook, 81
Joseph Martin, 52
Garnet L. “Bumpy” Hensley, 93
Robert “Bobby” Mayhugh, 70
Peggy Campbell Rich, 78
Elizabeth Hopson Mills, 76
Densiel L. Maraman, 74
Philip Wane Wright, 65
Gary Steven Lanham, 75
Christine Alsobrook, 81
Janice Kaye Howard, 69
Terry Eugene Guess, 68
Joyce Atwood, 80
William Earl Byarley, 85
Bill McDowell Sr., 78
Donna Byrer Erickson, age not stated
Sharee Lynn Faulkner, 39
Benny W. Walker, 81
Alice Elizabeth Greenwood, 96
Shelby Lawless, 84
Brandy DaNise Baxter, 48
Tommy Woodward, 81
Doris Annette Ivy-Angel, 49
Michael “Mike” Elwood Lott, 51
Kaden Travis Guill, 18
Robert Darold Mitchell, 89
Todd Stephen Peek, 56
Gladys Lois Donohue, 74
Betty Ann Miller Gray, 67
Robert Eugene “Bobby” Bebout, 91
Michael Wayne Little, 60
Clifford Cecil Shoemake, 68
Angela Marie Mullins, 49
Sherry Lee Cox, 51
Monty Keith Hollis, 64
William Johnson “B.J.” Guill, 51
Jeffrey E. Sisco, 69
Bruce Allen Johnson, 63
Terry Edward Mathis, 74
James Patrick “Pat” Jamison, 86
Ronnie “Chicago” Damron, 63
James Dale “Jimmy” Harris, 79
Steve Tramel, 69
Charlotte Leidecker Kirk, 76
Ann Callaway Christian Greenwell, 82
Linda Diane “Nonnie” Reddick, 83
Bertha Irene Whitson, 90
John W. Boyd, 84
Donna Sue Knight, 73
Richard Keith Hart, 71
Marion Ivy Phelps, age not stated
Myra Monfort Runyan, 87
Claudean Cone, 91
Chantel Denyse “Chicken” Millikan, 54
William Jerry L. Deatherage, 81

Michael John Croft, 44
Linda Sue Tosh, 85
Regina S. Cook, 69
Gregory A. Watson, 71
Rebecca Ann Tyner, 69
Walter “Roger” Phelps, 80
Kristie Rene Grimes, 51
Cassidy Ann Pinson, 34
Minnie Wanda Ditty, 93
Timmy Glenn Penn, 67
Janice V. Wright, 90
Donna Jo Johnson, 72
Harvey Lee Davis, 68
Tammy Jean Gernigin, 58
Grace Evelyn Shelby McConnell, 96
Zack Anthony Woodall, 51
Lester Theodore Thomas Sr., 89
Jacqueline “Jacqui” Prowell Morris, 64
Brad Lee Jones, 59
Joan Adelle Moore, 88
William Gerald Butler, 84
Glenda C. Osborne, 89
Danny Lovell Cronin, 76
Geneva Gahagen Franks, 100
William Douglas Bebout, 94
Nicky Marlon Porter, 70
Jonathan Ray Dunbar, 36
Thomas H. George, 86
Barbara Jean Goodson Cherry, 93
Rebecca Lorraine James, 72
Eddie Dale Hunt, 82
Bobby Fraliex, 74
Vera Elizabeth Frazer, 84
Dwight Edward Brasher, 76
Jerry Allen Woodall, age not stated
Sandra Lucille Martin, 76
Fannie Belle Martin, 101
Janet M. Schuessler, 80
William Edward Wicker, 66
Dora Mildred “Peachie” Long, 98
Barbara Ann Thurmond, 69
Zackery L. Leidecker, 36
J. W. Fox, 77
Joseph Earl Estes, 49
Lewis Everett Morris, 83
Shallyn Nicole Martin, 44
Carlos Errol Leet, 92
Kevin Wayne Hurley, 55
Mary Elizabeth Silva, 65
Kathy McNeely Hodge, 73
William Edward “Junior” Martin Jr., 77
Naoma Jennings, 87
Robert Bruce Belt, 88
Steven Mark Harris, 65
Emil “Wayne” Crider, 88
Donald C. Conway, 91
Maurice Ray Rudd, 84
Jerry Lee Fuller, 75
Curtis Wayne Love, 53
William Roberts “Ole Bill” Frazer, 79
Beverly Bleuer, 90
Anna Elaine Shinall, 76
Kenneth “Kenny” W. Hicks, 77

Marcy Jean Shelton, 59
Dorothy Emma Hickey, 95
Michael Edward Jennings, 67
Diane Steelman, 75
Donald Wayne Perry, 73
Elizabeth Ann Baker, 69
Betty JoAnn Kinnis, 85
Betty Morgan, 98
Donald William Ramage, 84
Janet Acener Westendorff, 77
Charles Francis “Chuck” Conner Jr., 71
Homer Ray Travis, 86
Cohen Lee Gilbert, infant
Avery Harold Croft, 62
Sharon Faye Board, 74
Geraldine Oliver, 93
Albert Rell Peck Sr., 87
Daniel Lee Stoner, 67
Rose Ann Glore, 84
Melva Blanche Moore Porter, 94
Woodford Lee Garrett, 81
Mary Linda Hicks, 74
Elizabeth Suzian Cunningham, 54
Marlon Elmo Miniard, 82
Sandy Green, 75
Donald Russell Jr., 64
Karla Gail Conner, 77
Allen D. Martin Sr., 88
Peter Andrew Derby, 66
Maura Lynn Corley, 79
Breanna Renee Driver, infant
Larry Curtis Yarbrough, 80
Jeffery Lee Shepherd, 52
Rev. Charles “Charlie” Peyton Love, 96
Fred Allen Lynn, 87
Georgie Ann Lamb, 84
Johnny Ray Sizemore, 74
Nancy Clare Barnes, 73
Clara Marlene Wring, 86
Donald E. “Red” Slaton, 86
Gary L. Dunkerson, 75
Billy “PeeWee” Deon Hardin, 79
Wayne Alan Wrenn Jr., 66
Theodore Nichols Jr., 67
Robbie Deane Lynn Fritts, 95
Verna Mae Kinnis, 91
Loretta Hinchee, 86
Jimmy Roberts, 73
Brandon David Martin, 27
Ava Lois Belt, 89
Ted “T-3” Frazer III, 64
Linda Sue Campbell, 74
Joseph Kenton King, 96
Melva Laverne Doane, 82
Larry Alvis Samuel, 77
Angela Tosh, 100
James D. “J.D.” Grimes, 78
Larry Don Porter, 76
Nora Marlene Mitchell, 82
John Albert Starnes, 80
Harold Wendall Marshall, 79
Gareth Shane Floyd, 54

The Crittenden Press

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The Press typically has old newspaper bundles available for free. Check at our office for availability.

Marion smashes former building records in 1926

This interesting and informative article was written the latter part of 1926 by W. P. Hogard, then publisher of The Crittenden Press. Completion of Fohs Hall and addition to the high school were big events of the year.

The year 1926 in Marion was one of the greatest in the history of the city from the standpoint of buildings erected, both business and residence property. Not since the great fire of 1905, which wiped out more than half the business houses in town, has there been a greater activity in business property construction.

The outstanding feature of this activity is the Fohs Hall addition to the Marion High School system. This magnificent structure cost more than \$100,000 and the building and grounds in their entirety are the gift of a former Marion High School student F. Julius Fohs, widely known oil geologist, who has accumulated a fortune of considerable proportions and made his home town an absolute gift of this property.

The building contains the music, home economics, agriculture and athletic departments of the local high school and is the scene of all the winter recreational activities of the town, Mr. Fohs having asked that it be used as much as possible for a community center. The gymnasium and auditorium are of ample size for these purposes.

The structure is three stories high, the lower floor being half basement containing the showers and lockers and the agriculture and home economics departments. Mr. Fohs also fitted out these departments complete. The main floor contains the gymnasium, auditorium, music and lounge rooms. The public library occupies the entire third floor.

Early in 1926 the Masonic lodge completed two additions to their home on the corner of Main and Bellville streets, one of the new buildings fronting on Main Street, two stories in height. It was occupied by D. B. Moore as soon as completed, who conducted a grocery there. During Christmas week fire ravaged the contents of the store and considerable damaged to the building. Plans are being made to replace the structure with one of three stories in height.

Community Calendar

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

- Thursday, Jan. 8
- Line dancing begins at 9:30 a.m., at the Crittenden County Senior Center.
 - New Era meets at 5:30 p.m. at the Crittenden County Extension Annex.
 - The Virgil Jones VFW in Marion will have a meeting at 6:30 p.m. at the VFW located at 412 N. College St. Refreshments will be served.
- Friday, Jan. 9
- Laugh and Learn will start at 10:30 a.m. at the Crittenden County Public Library.
- Tuesday, Jan. 13
- Hooks and Needles meet at noon at the Crittenden County Public Library.
 - After Hours begins at 5:30 p.m. at the Crittenden County Extension office.
- Wednesday, Jan. 14
- Challengers meet at noon at the Crittenden County Extension Annex.
- Wednesday, Jan. 21
- Extension District Board meeting is scheduled for noon at the Crittenden County Extension office.

Fronting Bellville Street, the Masons added a two-story building last year, the ground floor being occupied by The Crittenden Press with one of the most modern and completely equipped newspaper plants to be found in the smaller towns. The second floor is tenanted by the Travis Photography Studio.

Early 1926 also saw the completion of the Shelby building on the north side of the public square. This structure is occupied by the local company of the National Guard and used as an armory and by the Sunrise Cafe. It is a very handsome addition to the business section of Marion, the front being constructed of cream colored face brick. (This is the building that was torn down to make room for the new fire station in July 2010.)

The Woman's Club of Marion erected a club building on Carlisle Street adjoining the post office grounds. It contains an exceptionally beautiful auditorium for the club meetings, a restroom which is open to the women of the community at all hours, and two business rooms, one of which is occupied by the local office of the Kentucky Utilities company, and the other by the Kalos Beauty shop. Officials of the club claim that their club is the smallest in the country to own such a splendid home.

Local contractors J. N. Boston & Sons, erected all of these buildings, the Fohs Hall job being the largest contact they have every handled.

Residential Section

There has been considerable activity in the residence section of town, the largest part of it on North Main Street. O. S. Denny, cashier of the Farmers Bank and Trust Company, built one of the most beautiful homes in Marion at the corner of North Main and Poplar streets.



The Masonic temple is seen with an addition for Moore's Grocery on the right. Facing East Bellville St. was the addition for The Crittenden Press and Travis Photography Studio.

It is a brick veneer bungalow type. The residence was built by J. N. Boston and Sons and is one of the most attractive in Marion, being constructed of brick with pretty windows and roomy porches, with a large sun parlor on the north. (This home has since been torn down).

Just a little father north on the same street is the beautiful new Spanish stucco bungalow recently completed by George P. Roberts, one of the county's largest mining operators. (This house was taken down and The Peoples Bank drive-through built in its place.)

Aubrey Grady built a handsome frame bungalow on North Main near the city limits and moved into it with his bride during the summer of 1926. (This home is located at 428 N. Main St., and Louise Allen Watson lived there for many years.)

Work was started in the closing weeks of the year on a brick bungalow Ted Boston is to erect on the corner of South Main and West Depot streets. The "Wilsonia" for many years in the early history of Marion the finest residence in Crittenden County, was razed to make room for the new Boston dwelling.

Last year the Kentucky theater leased the building on Main Street occupied for a number of years by The Crittenden Press and remodeled it into a handsome motion picture house. (This was where Robards Drug Store/Babb's Drug Store/Nelson's was later located.)

The Strand Theater also underwent extensive

alternations, though it was operated only spasmodically during the latter part of the year. (The Strand Theater was located in the building that would later be home to the Kentucky Theater.)

Business Changes

A number of business changes were made during the year. The Kentucky Utilities company in February purchased the plant and franchise of the local electric light company from S. M. Jenkins, who had owned it for more than 20 years. Marion was cut over to the higher tension circuit from Earlington for its electric supply in the early fall.

S. M. Jenkins Purchased from George R. Orme his interest in the Orme Drug company, one of the best known drug stores in this section. The business was founded by James H. Orme many years ago and he had sold it to the Orme Drug Company, composed of George R. Orme, Ted Frazer and G. N. Rankin two years ago. (The Marion Cafe building, now home to Bowtanicals Florist and Gifts.)

J. R. Daugherty, for a number of years a merchant at Casad, in this county, purchased an interest in the W. W. Runyan and Company, motor car dealers, and the style of the firm was changed to the R. & D. Motor Company.

Harold Yates purchased the interest of R. S. Elkins in the firm of



Fohs Hall, completed in October of 1926, was Marion's wonderful gift from Julius Fohs to the beloved hometown of his childhood.



The Woman's Club Building on Carlisle Street built in 1926 was a beautiful addition to Marion and furnished the first ladies' restroom in Marion.

Clark & Elkins, automobile dealers, and the firm became Clark & Yates.

R. S. Elkins purchased the Weldon Coal Company and is now the proprietor of the Elkins Coal company. Mr. Elkins was in the coal business for many years before associating with Mr. Clark in the automobile business.


Albert M. McConnell purchased the Marion Coal Company from S. J. Sullenger, but no change was made in the name of the business.

It really is interesting to

THANK YOU

The family of Philip Wright would like to extend our greatest gratitude and humble, heartfelt thankfulness for all those who have visited, called/text, sent gifts and food, prayed and loved on us during this time. Especially the exceptional team that went above and beyond to provide the most amazing care to Philip in his last days at Livingston Hospital (Dr. Yazigi, the entire care team, nursing staff, and case management). Philip always had a humility and thankfulness as a result of his relationship with Jesus Christ, and he would be overwhelmed by all the compassion for his family. May God bless and keep you all.

Julie Wright
Michael Wright and family
Sallie (Wright) Hunter and family



In Loving Memory of

Roger Franklin Boone

January 9, 1950—April 29, 1995

How could you be having your 76th birthday when you had just turned 45 the last time we saw you? It's hard to believe you've been gone so long, yet at times it seems like forever. It's been so long since we've been a complete family. You left such an empty hole in our hearts when we lost you.

So much has happened in the years you've been gone. We lost more people that we love but we also gained the most wonderful grandsons ever. You would have been the best Papaw to Rex and Jax. They would have finally taught you to love fishing because they love it! They'd rather fish than eat, lol! You would have cheered them on at their baseball and basketball games. It's so exciting to watch them play. They are great boys and you would have loved them so much. They helped fill the empty place for me and kept me going.

You'd be so proud of your sons Alan, Lee and Jared. Alan and Jared have done so well in their jobs and they are hard workers and such good men. Lee, he came further than all of us. He's our miracle son. He came from death's door to be able to have a life, get stronger and get over his biggest hurdle, to be able to eat and drink again. It took 9 months to eat and a year to drink but God just kept giving him miracles. God gave him back to us and I'm thankful every day for all the blessings he gave us. I missed you so much then, for it was one of the hardest times I've ever had to go through without having you to lean on. But God helped me to keep going and gave Lee the strength to live a good life.

We miss you Roger, more than any words I can say. I think of us as two young kids who thought we had forever to love each other but that time was cut short. But I'm forever grateful for the time we had together.

Time has passed and the day I see you again gets closer every day, until then know I love you with all I have and all I am. Me and the boys miss you and love you so much. We love you Daddy, you were the BEST, the best husband, father, son, brother, friend, just the very best. Until we see you again.

All our love,
Linda, Alan, Lee, Jared, Bridget, Rex & Jax



Scheduling Interior Painting

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legal notices

COMMONWEALTH OF KENTUCKY
CRITTENDEN CIRCUIT COURT
CASE NO. 25-CI-00035
MORTGAGE RESEARCH CENTER, LLC D/B/A PLAINTIFF
VETERANS UNITED HOME LOANS, A MISSOURI LIMITED LIABILITY COMPANY
vs.
JEREMIAH BAUER; ALYSSA JONES;
CRITTENDEN COUNTY; CREDIT ACCEPTANCE CORPORATION, DEFENDANTS
RE-NOTICE OF SALE
Pursuant to a Judgment and Order of Sale and to satisfy the judgment of the Plaintiff in the above styled action, the Commissioner will offer for sale on or about the hour of 10:10 a.m., Tuesday, January 20, 2026, at public auction to the highest bidder at the Crittenden County Office Complex at 200 Industrial Drive, Marion, Kentucky, the following described property:
PROPERTY ADDRESS: 2728 State Route 688, Marion, Kentucky 42064, also known as 2728 Chapel Hill Road, Mar-

ion, Kentucky 42064
PVA MAP NUMBER 059-00-00-001.01
A certain lot or parcel of land located and being in Crittenden County, Kentucky, and bounded and described as follows:
BEGINNING at an iron pin on the north side of KY. 688, being about 2.5 miles Northwest of Crayne and about ¼ mile East of Chapel Hill Church, and being 20 feet North of the center of the highway, also being 822 feet West of Davidson's corner with Condit; thence with said highway and its meanders N 84 deg. 36' W 127 feet, N 86 deg. 51' W 134 feet to an iron pin, a new corner; thence with a division line N 0 deg. 14' W 175 feet to an iron pin, a new corner; thence with another new division line S 85 deg. 54' E 277 feet to an iron pin, a new corner; thence with another new division line S 5 deg. 00' W 175 feet to the beginning, containing 1.072 acres by survey of Billy J. May, LS 878, dated August 9, 1980.

Being the same property conveyed to Jeremiah Bauer by Deed dated November 6, 2020, recorded November 9, 2020, in Book 241, Page 503, in the record of the Crittenden County Clerk. 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 following terms are in effect unless otherwise mentioned above:

At the time of sale, the successful bidder shall either pay full cash or make a deposit of ten percent (10%) of the purchase price with the balance 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 7.25% per annum 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 and pay over to the Master Commissioner the balance and any costs of sale apportioned to their interest in the property. To the extent applicable, the property will be sold subject to the statutory right of redemption. The purchaser shall be responsible for ad valorem taxes for the year 2025 and subsequent years. No written bids are allowed and any announcements made at the sale take precedence over printed matter contained herein. The Master Commissioner does not warrant title. The Master Commissioner only conveys pursuant to the Judgment and Order of Sale. The successful bidder has 10 days after the sale to examine title and file exceptions.

Dated this the 23rd day of December, 2025.
REBECCA J. JOHNSON
MASTER COMMISSIONER
217 WEST BELLVILLE STREET
P.O. BOX 415
MARION, KY 42064
270-965-2222 (01-01-c)

COMMONWEALTH OF KENTUCKY
CRITTENDEN CIRCUIT COURT
CASE NO. 24-CI-00015
ANP TAX LIEN COMPANY, LLC PLAINTIFF
v.

DAVID D. TUCKER, ET AL.
DEFENDANTS
ELECTRONICALLY FILED
NOTICE OF SALE

Pursuant to a Judgment and Order of Sale and to satisfy the judgment of the Plaintiff in the above styled action, the Commissioner will offer for sale on or about the hour of 10:00 a.m., Tuesday January 20, 2026, at public auction to the highest bidder at the Crittenden County Office Complex at 200 Industrial Drive (the Crittenden County Courthouse being under construction), Marion, Kentucky, the following described property:
PROPERTY ADDRESS: 218 W Depot Street, Marion KY, 42064
PIDN NO.: 058-20-15-003.00
A house and part of Lot # Seven (7) in Crawford's Addition to the City of Marion, Kentucky, and being about 70 feet front on south side of West Depot Street and 161 feet deep and bounded as follows:
Beginning on said street

at northeast corner of said lot; thence with line of the street to a stake at the cross fence which is about 70 feet; thence, a south course with said fence about 161 feet to Bigham's line; thence an east course about 50 feet to the southeast corner of said lot' thence a north course 161 feet to the beginning.
SOURCE OF TITLE: Being the same property conveyed to David D. Tucker and Lisa J. Tucker, husband and wife, by a deed dated June 19, 2017 and recorded in Deed Book 208, Page 593 in the Crittenden County Court Clerk's records.
ALL REFERENCES HEREIN 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 following terms are in effect unless otherwise mentioned above:
At the time of sale, the successful bidder shall either pay full cash or make a deposit of ten percent (10%) of the purchase price with the balance on credit for sixty (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 12% 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 and any costs of sale apportioned to their interest in the property. The purchaser shall be responsible for ad valorem taxes for the year 2025 and subsequent years. No written bids are allowed and any announcements made at the sale take precedence over printed matter contained herein. To the extent applicable, the property will be sold subject to the statutory right of re-

demption.
The Master Commissioner does not warrant title. The Master Commissioner only conveys pursuant to the Judgment and Order of Sale. The successful bidder has 10 days after the sale to examine title and file exceptions.
Dated this the 11th day of December, 2025.
REBECCA J. JOHNSON
MASTER

COMMISSIONER
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- NEW! Crittenden County, KY – 8.51 Acres - \$199,900**
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- NEW! Crittenden County, KY – 20.50 Acres - \$100,450**
This 20.5+/- acre tract in Crittenden County, Kentucky offers diverse timber, food plot potential, established trails, and excellent deer and turkey hunting habitat with build site opportunities.
- NEW! Crittenden County, KY – 30.91 Acres - \$151,459**
This 30.91+/- acres in Crittenden County, Kentucky offers prime deer and turkey hunting with food plot potential, diverse timber, trail system, and build site opportunities.
- REDUCED! Crittenden County, KY – 13.42 Acres - \$649,900**
This stunning hobby farm offers the perfect blend of comfort, space, and functionality in a quiet rural setting. Includes a 6-bedroom, 4-bathroom home, two-car attached garage, two shops and a barn.
- Crittenden County, KY – 12.42 Acres - \$357,500**
This 12.42+/- acre tract features a brick 3 bed/2 bath one-level home with stainless steel appliances, island kitchen, covered porch and back patio. Also includes a barn, fenced pasture, workshop, and mixed use opportunities.
- Crittenden County, KY – 16.41 Acres - \$335,000**
This 16.41+/- acres near Marion features a 3 bed/2 bath, 1,760 sq. ft. home with new metal roof, open concept, stainless steel appliances, partial covered deck, 3-car garage, two ponds, and pasture and woods mix.
- Crittenden County, KY – 70 Acres - \$244,900**
Located less than a mile from the Ohio River, this exceptional hunting property offers a diverse blend of habitat types, making it ideal for deer, turkey, and waterfowl hunting.
- Crittenden Co. KY 175 Acres - \$774,900**
This 175+/- acres in Crittenden County includes a rustic 2BR, 1BA cabin, food plots, blinds, ponds, Coefield Creek, and diverse habitat. Prime layout for whitetail and turkey hunting with multiple access points.
- Crittenden Co. KY 401.50 Acres - \$2,290,000**
401+/- acres in Crittenden County with a 4BR lodge, proven hunting history, food plots, blinds, creeks, pond, and diverse habitat managed for trophy deer and turkey. Turn-key and ready to hunt.
- Crittenden & Union Counties, KY – 4,291 Acres – OFFERED IN MULTIPLE TRACTS – CONTACT AGENT!**
With various landscapes, fantastic habitat variations, proven history, and multiple lodges with various improvements, this is your chance at a once in a lifetime opportunity! A part of this listing is under contract – contact agent.
- Crittenden Co. & Webster Co. KY 159.913 Acres - \$499,000**
This 159+/- acre property in Crittenden and Webster Counties includes a 2BR home, garage, 2.35 miles of Tradewater River frontage, WRP habitat, blinds, food plot sites and proven hunting history.
- Livingston County, KY – 88 Acres - \$288,200.00**
Livingston County, KY – 105 Acres - \$357,000.00
Livingston County, KY – 159 Acres - \$520,725.00
Livingston County, KY – 161 Acres - \$547,400.00
Livingston County, KY – 353 Acres - \$1,129,600.00
Livingston County, KY – 718 Acres - \$2,243,750.00
Livingston County, KY - 989 Acres - \$3,016,450.00
These tracts are part of a trophy-managed hunting community designed for like-minded hunters dedicated to growing and hunting mature deer.
- PENDING! Crittenden County, KY – 2 Acres - \$35,000**
This 2+/- acre commercial lot in Marion city limits features flat terrain with shade trees, 700 feet of road frontage, utilities, and a prime build site near the park.
- SOLD! Crittenden Co. KY 0.50 Acre - \$144,900**
Three-bed, 1.5-bath home with open living area, fireplace, eat-in kitchen, newer roof, carport, storage, yard, washer/dryer access on half-acre lot in Marion city limits.
- SOLD! Crittenden County, KY – 13.99 Acres - \$124,900**
This 13+/- acres includes a 3BR, 2BA home in Crittenden County, quiet rural setting with outbuildings, yard, food plot areas, timbered ridges, and deer and turkey hunting opportunities.



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BASKETBALL
Upcoming Ball Games

TUESDAY
Rockets & Lady Rockets host Trigg. Co.

GIRLS ALL A CLASSIC
Monday's Results
Caldwell County, bye
Livingston Central, bye
Lyon County 80, Fort Campbell 18
Crittenden Co. 64, Dawson Springs 13
SEMIFINALS AT DAWSON
Thursday, Jan. 8
Caldwell Co. v Livingston, 6 pm
Crittenden Co. v Lyon County, 7:30pm
Saturday, Jan. 10
Championship at Dawson, 4pm

BOYS ALL A CLASSIC
Tuesday's Results
Dawson Springs 67, Livingston 59
University Hts 73, Fort Campbell 64
Lyon County 80, Caldwell County 43
Crittenden Co. 68, HCA 48
Friday, Jan. 9
At Fort Campbell
Dawson Springs v UHA, 6 pm
Crittenden Co. v Lyon County, 7:30pm
Saturday, Jan. 10
Championship at Ft. Campbell, 7:30pm

- Boys 2nd Region Rankings
- 1. Lyon County
 - 2. Henderson County
 - 3. Webster County
 - 4. Hopkinsville
 - 5. Hopkins Central
 - 6. Christian County
 - 7. Union County
 - 8. University Heights Academy
 - 9. Caldwell County
 - 10. Livingston Central

- Girls 2nd Region Rankings
- 1. Henderson County
 - 2. Crittenden County
 - 3. Lyon County
 - 4. Hopkins Central
 - 5. Christian County
 - 6. Madisonville
 - 7. Caldwell County
 - 8. Trigg County
 - 9. Union County
 - 10. Webster County

OUTDOORS
Hunting Seasons

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

Deer archery	Sept 6 - Jan 19
Turkey archery	Sept 6 - Jan 19
Deer crossbow	Sept 20 - Jan 19
Raccoon	Oct 1 - Feb 28
Bobcat trapping	Nov 10 - Feb 28
Squirrel	Nov 10 - Feb 28
Quail	Nov 10 - Feb 10
Rabbit	Nov 10 - Feb 10
Raccoon trapping	Nov 10 - Feb 28
Coyote trapping	Nov 10 - Feb 28
Bobcat	Nov 15 - Feb 28
Canada goose	Nov 27 - Feb 15
Snow Ross goose	Nov 27 - Feb 15
White-fronted goose	Nov 27 - Feb 15
Coyote night, lights	Dec 1 - March 31
Duck	Dec 7 - Jan 31
Dove	Dec 20 - Jan 11
Crow	Jan 4 - Feb 28
Youth waterfowl	Feb 14
Coyote daytime	Year Round
Ground hog	Year Round

FOOTBALL
All Purchase selections

Crittenden County receiver and defensive back Caden Howard was named to the All Purchase Football Team, which is sponsored by the Paducah Sun. Howard was his team's MVP this past season. Also named to the team was Tilghman's Avery Thompson, son of former Rocket coach Sean Thompson.

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Lady Rockets seek 11th All A crown

STAFF REPORT
Ranked by MaxPreps as the No. 25 high school girls' basketball team in Kentucky, Crittenden County's sights are trained on something closer to home this week. After beating All A Classic host Dawson Springs 64-13 in Monday's opening round, the Lady Rockets need two more victories in the tournament to capture its fourth straight regional crown. Crittenden County (11-3) has won a record 10 small-school regional titles. Standing in their way for Thursday's semifinal will be Lyon County, which took CCHS to overtime before losing to the Rocket girls at Marion last month.

Crittenden County has won three consecutive All A Second Region championships and four of the last five. The girls have reached the state semifinals twice over the last five seasons, including last year. Lyon County (11-3) won 80-18 at Fort Campbell in Monday's opening round. The Lady Lyons are fresh off a holiday championship in the Kelly Holiday Classic in Paris, Ky. First-year head coach Ricky Baker has three players who average in double figures, including reigning Second Region Player of the Year Piper Cotham who nets 20.

Girls avoid jet lag breakdown
Crittenden County returned from the Sunshine State battle-tested and better for it. The Lady Rockets went 2-1 at the KSA Holiday Tournament at Gaylord Palms Resort, finishing third in a field that featured size, physicality and elite talent, including two Division I commits. The trip capped a demanding stretch that also included a road win two days before Christmas at Union County and pushed Crittenden to 9-3 entering the new year. Crittenden closed tournament play Dec. 30 with a 59-51 win over Quaker Valley, Pa., leaning on senior leadership at both ends of the floor.



Lady Rocket Anna Boone steals a ball and heads down court during Crittenden's home win Saturday against Mayfield.

Anna Boone poured in 26 points and was named Crittenden's tournament Most Valuable Player, while Bristyn Rushing added a season-high 16. Andrea Federico anchored the defensive effort against Quaker Valley stand-out Mimi Thiero, a 6-foot-4 Maryland commit, limiting her interior touches late as the Lady Rockets sealed the win at the free-throw line.

The semifinal proved to be the difference between a title shot and the consolation bracket. Crittenden let a 16-point lead slip away in a 46-44 loss to undefeated Keyser, W.Va., a perennial Class 3A state contender. Junior guard Riley "Bibs" Felton, a Radford commit with additional Division I interest, scored 31 points to fuel the comeback after Crittenden controlled the first half. Cold shooting and foul trouble slowed the Lady Rockets late, though Jordyn Hodge's 3-pointer tied the game with just over a minute remaining before Felton closed it at the line. The tournament opened with a convincing 59-36 win over Medina, Ohio. After a physical first half, Crittenden flipped the game after the break, holding Medina scoreless from the field in the third quarter and pulling away behind Boone and Hodge.

The Florida trip followed a 61-45 win Dec. 23 at Union County, where Hodge scored 29 points to lead an 18-2 third-quarter surge. Between the pre-holiday road win and three games in three days against high-level competition, the Lady Rockets entered January sharper, deeper and well aware of what awaits as district play and the All A Classic approach.

Crittenden County	22	37	60	64
Dawson Springs	2	10	11	13
CRITTENDEN — Boone 17, Evans 5, Hodge 7, Federico 10, Rushing 8, Holeman 3, Stewart 2, Berry 4, Champion 4, Grau 2, Rich 2, Kemmer, FG 24. 3-pointers 4 (Boone 3, Holeman).				
DAWSON — Swatzell, Allison 3, Sawyer 2, Colson, Hines 3, Cook 1, Scott 2, Lowe 2. FG 4. 3-pointers 1. FT 4-8.				
Crittenden County	17	29	45	59
Quaker Valley, Pa.	11	28	39	51
CRITTENDEN — Boone 26, Evans 7, Hodge 12, Federico, Rushing 14, Stewart. FG 20. 3-pointers 5 (Boone 3, Evans, Rushing). FT 12-14.				
QUAKER VALLEY — Thiero 30, Watson 12, Cline 4, Campbell 3, Floro 2. FG 18. 3-pointers 4. FT 9-11.				
Crittenden County	20	30	39	44
Keyser, West Va.	6	20	31	46
CRITTENDEN — Boone 8, Evans 6, Hodge 17, Federico 10, Rushing 1,				



Hodge cracks Top 30

Lady Rocket skipper Shannon Hodge's storied coaching career reached a remarkable milestone on Monday as the win at Dawson Springs pushed her into an elite group of winners. She now ranks among the top 30 career winningest girls' coaches of all time in Kentucky. Her 446 victories have been amassed over 33 seasons. Perry County's M.C. Napier heads the career wins list with 886 over 38 years. Two other western Kentucky legends rank No. 2 and No. 3, Henderson's Jeff Haile (821) and Marshall County's Howard Beth (794). Another Rocket close to a key milestone is senior guard Anna Boone, who now has 1,953 career points, just 47 from the 2,000 mark.

Holeman 2, FG 16. 3-pointers 3 (Hodge). FT 7-10.				
KEYSER — Urice 7, Healy, Alt 2, Felton 31, Kesner 6. FG 18. 3-pointers 4 (Felton 2, Urice, Kesner). FT 5-9.				
Medina, Ohio	20	28	30	36
Crittenden Co.	20	30	49	58
MEDINA — Fischer 2, Kelos 9, Miller 4, Kurke 2, Gilber 7, Dress 3, Shook 6, Novak 3. FG 14. 3-pointers 5. FT 3-11.				
CRITTENDEN — Boone 23, Evans 5, Hodge 18, Federico 4, Rushing 7, Holeman 2. FG 22. 3-pointers 8 (Boone 3, Hodge 4, Evans). FT 9-11.				
Crittenden	18	38	53	61
Union	18	22	36	45
CRITTENDEN - Boone 12, Evans, Hodge 29, Federico 2, Rushing 12, Holeman, Stewart 6, Berry, Champion, Grau, Rich, Kemmer FG 24 3-pointers 5 (Boone, Hodge 4) FT 8-13				
UNION - Davis 2, Bell 15, Gentry, 4, Martinez 12, Beaven 6, Boyd 6. FG 18. 3-po9inters 3 (Gentry, Beaven 2). FT 6-10.				

51 and Done! Rocket Losing Streak Ends

STAFF REPORT
No ladder was hauled onto the floor cut down the nets and there was no parade planned down Main Street, but for Crittenden County, Tuesday carried the feel of something worth celebrating. After nearly two full years without a victory, the Rockets finally broke through, defeating Heritage Christian Academy 68-48 in the opening round of the All A Classic at Rocket Arena. The win snapped a 51-game losing streak and marked Crittenden County's first victory since Feb. 3, 2024 – a drought that lasted 703 days. It was not a championship night, and it may not signal an overnight turnaround, but it was unmistakably a release. For a program that had come close, endured long nights and carried the weight of that streak into every tipoff, the significance of simply winning again could not be overstated.

Crittenden County entered the night 0-15 and winless in three previous meetings with Heritage Christian dating back to 2024. The Warriors, 1-14, led early and were up 10-5 in the first quarter before the Rockets found their footing, and then their energy. JJ Jones ignited the surge with a 3-pointer that put Crittenden ahead 12-10. He followed with a putback at the first-quarter buzzer to give the Rockets a 14-10 lead, and the tone was set. From there, Crittenden turned the game into a track meet. A relentless full-court press forced turnovers, five-second calls and hurried decisions, while the Rockets rotated players freely and attacked in waves. Brady Dayberry scored off a steal to make it 18-10, Jones banked in another 3-pointer, and Brayden Poindexter scored on consecutive possessions as Crittenden stretched the margin to 25-13. Heritage Christian steadied itself late in the half and closed within 25-20 at the break, but the Rockets answered again in the third quarter. Poindexter



JJ Jones works against the press in the Rockets win over HCA Tuesday.

and Dayberry opened with baskets, Roane Topp finished through contact for an and-one, and Emmitt Ellington buried a 3-pointer as Crittenden pushed the lead to double digits. The Flames trimmed the margin to single digits briefly in the fourth quarter, cutting it to 53-44, but Crittenden never lost control. A mid-range jumper by Logan Martin stopped the Warriors' momentum, Poindexter followed with a spinning layup, and Topp scored three straight baskets in the final two minutes to put the game away. Poindexter led all scorers with 24 points and added nine rebounds. Topp finished with 14 points, while Jones and Dayberry scored 10 apiece. Dayberry also recorded 11 steals and eight rebounds as the Rockets' pressure dictated the pace throughout the night. Heritage Christian struggled at the free-throw line, converting just 17 of 37 attempts, and managed only one 3-pointer. For Crittenden County, the final horn

brought something that had been missing for far too long – relief. The streak is over. The win column is no longer empty. And for one night at least, the Rockets could finally exhale. Now, their attention will turn to one of the best teams in west Kentucky. They meet Lyon County on Friday in the semifinal round of the small-school tournament at Dawson Springs.

Heritage Christian	10	20	36	48
Crittenden County	14	25	48	68
HCA — Arvin 10, Askew 2, Hensley 9, Morgan 6, Travis 5, Brown 6, Desch 3, Wheatcraft 7. FG 15. 3-pointers 1. FT 17-37				
CRITTENDEN — Ellington 3, Porter 2, Bumpus, Topp 14, Dayberry 10, Jones 10, Myers 1, Martin 2, C.Poindexter 2, Murray, B.Poindexter 24, Counts 2. FG 29. 3-pointers 4 (Jones 2, Ellington, B.Poindexter). FT 6-15.				
OTHER PREVIOUS GAMES				
Crittenden County	6	12	18	22
Webster County	26	45	64	79
CRITTENDEN — Ellington, Porter 2, Bumpus 2, Topp 4, Dayberry, Jones 2, Myers 2, Martin, C.Poindexter 4, Murray, B.Poindexter 6. FG 11. 3-pointers none. FT 0-3.				
WEBSTER — Altstadt 13, Pumps 14, McDyer 11, Hardison 8, Phelps 3, Gerard 2, Shelton 2, Newton 4, Dunn 9, Hardrick 2, Whitsell 4, Wright 5, Puelles 2. FG 30. 3-pointers 6. FT 13-20.				
Mayfield	21	48	60	68
Crittenden County	6	11	20	28
MAYFIELD — Morris 9, Byrd 9, Flint 10, Hoover 6, Robbins 2, Kirby 16, Isiam 3, Todd 3, Taylor 2, Shultz 4, Davis 4. FG 29. 3-pointers 3. FT 5-13.				
CRITTENDEN — Porter, Dayberry 2, C. Poindexter 2, Topp 6, B. Poindexter 4, Young 3, Martin, Ellington 11, Bumpus, Myers, FG 11. 3-pointers 3 (Ellington 2, Young). FT 3-7.				
Crittenden County	9	14	20	25
Murray High	38	65	84	95
CRITTENDEN — Ellington, Porter, Bumpus 2, Bryant, Topp 3, Dayberry 7, Jones, Myers, Young 2, Martin 2, C.Poindexter 3, Hughes, B.Poindexter 6, Counts. FG 9. 3-pointers 1 (Dayberry). FT 6-10.				
MURRAY — Mitchell 15, Lovett 2, Bomar, Acreman-Nyamwala 13, Cunningham 2, Parker 10, Patterson 10, Moore 17, Burkeen, Walls 6, Carmen 6, Bautista 3, Poynor-Knox 11. FG 42. 3-pointers 8. FT 3-7.				

Wildcats capture local youth league championship

SPECIAL TO THE PRESS
The third- and fourth-grade Little League Basketball Tournament concluded last month at the Crittenden County Middle School gym with a full day of competitive play. In the first semifinal matchup, the Gonzaga Bulldogs faced the Kentucky Wildcats. Kentucky trailed at halftime but responded with a strong second half to earn a spot in the championship game. The second semifinal featured a tightly contested game between the Louisville Cardinals and the Ole Miss Rebels. Ole Miss held a slight advantage late, but Louisville answered in dramatic fashion. Trailing by two points with three seconds remaining, Ayden Oliver connected on a 25-foot three-

pointer at the buzzer to secure a 26-25 win. In the championship game, the Kentucky Wildcats erased a four-point halftime deficit to defeat the Louisville Cardinals, 30-27. Louisville led 14-10 at halftime after Ayden Oliver sank a buzzer-beating three-pointer to end the half. The game remained close throughout, with Kentucky's second-half effort proving decisive. Kentucky was led by Dagen Taylor with 25 points. Additional scoring for the Wildcats came from Jagger Renfro and Beckett Hunt with two points each, and Easton Burton with one point. Louisville was led by Ayden Oliver with 17 points, followed by Cooper Ellington with five, Heaton Davis with four, and Arrow Jent with one.



Pictured are (front from left) Easton Burton, Rayleigh Batuang, Kaden Quertermous, Head Coach Andy Hunt, (back) Dagen Taylor, Jagger Renfro, Beckett Hunt and Aiden Vasquez. Not pictured Bray Brown.

Some revolutionary heroes are buried at Fredonia cemetery

STAFF REPORT

Drawn from “Veterans of the Fredonia Valley,” a publication of the Fredonia Valley Heritage Society, the following biographies trace the Revolutionary War service of men whose lives and legacies became intertwined with the Fredonia Valley and surrounding parts of present-day Caldwell and Crittenden counties – both originally part of Livingston County. They are buried at a pioneer cemetery just north of Fredonia.

Using pension records, militia rolls, family histories and firsthand testimony preserved in the Society’s archives, the accounts document local Patriots who fought at pivotal engagements such as Kings Mountain, Cowpens, Guilford Courthouse and Eutaw Springs, or who supported the war effort through militia service, supply and leadership, before later helping to settle and shape the early Kentucky frontier.

•John Elder (1754–1799) was born in Hopewell Spring, Randolph County, North Carolina, and served in 1782 under Captain Elder and Col. Roebuck, including being present at the fall of Charleston. He married Mary Ann Morrow about 1778 in Spartanburg, South Carolina. The couple migrated to Kentucky in the late 1790s, settling near Centre-



Gravestone of John Elder is one of several in the early pioneer cemetery just north of Fredonia on the east side of US 641.

ville, and Elder died October 21, 1799, leaving Mary with seven children. Both are buried at Centerville Cemetery, also known as the Livingston Presbyterian Church Cemetery.

•Robert Leeper, Jr. (1759–1823) enlisted as a teenager in the South Carolina militia and is documented as being paid for militia service beginning December 8, 1778. He participated in the Georgia Campaign (December 1778) in Captain Bratton’s Company of Col. Thomas Neel’s Regiment and

served multiple militia terms. The biography states he served as a captain at the Battle of Kings Mountain in October 1780. After the war he married Jane Neel (1766–1850) and migrated with related families to the Fredonia Valley area by about 1798–1800, later serving as a church elder and local official in early Kentucky government.

•James Hawthorn (c. 1750–1808), an early Fredonia Valley settler, enlisted July 10, 1775 as a private under Captain Ezekiel Polk, rising to lieutenant (1777), captain (1778), major, and then lieutenant colonel (1780). The account says he commanded Hill’s Regiment at the Battle of Kings Mountain (1780) and served under General Thomas Sumter. His recorded actions include the Snow Campaign (1775), Cherokee Campaign (1776), Florida Campaign (1778), and numerous 1780–81 engagements, including Rocky Mount, Hanging Rock, Fishing Creek, Fish Dam Ford, Blackstock’s Plantation, Cowpens (Jan. 17, 1781), and Camden-area operations in April 1781. He was wounded at Cowpens and again at Camden, remained active until August 1782, then later organized migration to Kentucky and donated land for the Centerville Presbyterian



Church and cemetery.

•William Armstrong (1753–1834) appeared in Caldwell County Court on May 20, 1833 to obtain a Revolutionary War pension based on service with the North Carolina Militia and North Carolina Line. He testified to being drafted for three months and commissioned a captain, marching with Gen. Griffith Rutherford’s brigade toward Camden in 1780, then later being re-commissioned, returning to the field, and remaining in service until after Yorktown, during which time Tories destroyed his property. He died August 20, 1834, with burial location uncertain in the account.

•William Asherst (born 1762) was drafted into the Virginia Militia in 1780 in Augusta County as a private, serving under Captain Trimble in Col. Mathews’ regiment, and the account places him under Gen.

Greene at Guilford Courthouse (March 15, 1781). His Kentucky pension commenced March 4, 1834. William H. Blackburn (1757–1841) testified in an October 15, 1832 pension hearing that he enlisted in 1776 for one year in the Virginia State Line under Captain Andrew Russell and served as Second Sergeant; he also described later volunteer service guarding public stores to the Falls of the Ohio in an expedition associated with Gen. George Rogers Clark. Nathan Frizzell (1759–1843) volunteered in South Carolina in October 1780 under Capt. Deason in Gen. Sumter’s brigade, later joining Gen. Greene’s army and fighting at Eutaw Springs, with total service described as about twelve months.

•Other early Kentucky Patriots summarized include John Brasher (b. 1760), drafted and later volunteering in North Carolina militia service in 1780–81 and stating he fought at Guilford Courthouse; Adam Perkins (b. 1765), a private on the North Carolina Line beginning April 17, 1777; and James Shaw, who served as issuing commissary to the Illinois Regiment at Kaskaskia and later in the North Carolina militia defending Ft. Nashboro during the Battle of the Bluffs (April 1781).

GRANT

Continued from page 1
tenden Press contributor Brenda Underdown, whose research was central to the grant application.

Underdown says this memorial will finally give them a permanent place of honor and she’s proud of the work the historical society has done to honor them.

The 10 veterans include Wheeler, who served under Col. Evan Shelby (father of Isaac Shelby, Kentucky’s first governor) and later settled near what became the Tolu area, as well as Patrick Cain, William Clark, James Clinton, Robert Kirk, Andrew Love, William G. Pickens, Arthur Travis, Daniel Travis and James Walker. Eight of them served in South Carolina units, a reflection of migration patterns that drew many former Patriot militiamen and Continental soldiers west after the Revolution in search of new land and opportunity. Some served under Francis Marion, the legendary war hero known as the “Swamp Fox” for his cunning tactics in the South Carolina swamps. Marion, Ky., earned its name from that connection.

The July 4, 2026 dedication ceremony is being developed as a signature America250 event for the county. Organizers expect it to be one of the centerpiece observances in western Kentucky during the nation’s 250th anniversary year.

Meanwhile, a separate and broader two-day America250 celebration is in development for



Podcast

Hear further discussion about this issue on our Jan. 5 podcast at The Press Online.

June 2026, with its own slate of activities marking not only the Revolutionary era but the full 250-year span of regional history.

Early discussions have included historic interpreters, living-history displays, period musicians and possibly an encampment of Revolutionary War re-enactors. The event would also highlight early Marion pioneers and the county’s roots in what was once the original, much larger Livingston County, which had its seat in the now-vanished community of Centerville near Fredonia, in the edge of Caldwell County.

Organizers have met twice, most recently last week, and are exploring funding options to support the June festival. The goal, they say, is to involve neighboring counties – including Livingston and Caldwell – in recognition of the shared early history of the region.

Before Crittenden County existed, this entire area was part of a larger frontier community, say organizers. America250 will provide an opportunity not only to honor the soldiers who came here after the Revolution, but to look at 250 years of settlement, growth and the people who shaped the broader community.

To honor the Revolutionary soldiers buried

here, a granite monument will be installed at the Crittenden County Office Complex, a location chosen for its visibility and daily public traffic. Anyone recording a deed, paying taxes, registering a vehicle or attending a civic meeting will pass the memorial, providing an ongoing educational presence in the civic heart of the county, said Crittenden County Clerk Daryl Tabor, a member of the historical society who helped write an application for the grant.

“An attractive and colorful interpretive sign will be added to the memorial site to educate and engage visitors by providing context to the names of the Revolutionary War veterans, showing in colorful detail their migration from the original colonies to their new home in Kentucky along with depictions of era uniforms and Gen. Francis Marion,” Tabor said.

The Historical Society views this project as an extension of its long-standing mission to preserve and illuminate the area’s past. Funded solely by donations and trust income, the organization operates the Crittenden County Historical Museum and periodically sponsors memorial and heritage projects, including the 2016 installation of a white cross at Mapleview Cemetery honoring Korean War casualty Junior R. McDowell.

Local planners say the America250KY memorial will stand not only as a tribute to the soldiers but as a landmark tying modern residents to the foundational years of the American republic.

SALEM

Continued from page 1
Chickasaw tribe. Moses Shelby and his son Isaac (named after the first governor) and others in his family are interred there.

In the years immediately following the Revolutionary War, Moses Shelby played a quiet but essential role in securing the Kentucky frontier during a critical transition from war to settlement. Rather than serving in the Continental Line, Moses Shelby functioned as part of the frontier militia network that protected surveyors, commissioners, and settlers tasked with transforming wartime promises into reality. In early 1783, he was among the armed men assigned to guard survey parties working under authority granted to distribute Revolutionary War bounty lands along the Cumberland and in central Kentucky, a dangerous duty carried out amid lingering conflict with Native tribes and the absence of stable civil authority.

This post-war service placed Moses Shelby alongside other members of the extended Shelby family, including Evan Shelby III, reinforcing the family’s reputation not only for battlefield leadership but for frontier governance and stabilization. While his brother Isaac

Shelby moved into formal political leadership, Moses contributed on the ground, helping ensure that land surveys could be completed, claims honored, and settlements secured. His role exemplifies the often-overlooked class of Revolutionary veterans and auxiliaries whose militia and security service after 1781 was indispensable to Kentucky’s orderly development and, ultimately, to the success of the new Commonwealth.

Livingston County crews and volunteers worked to clear away underbrush at Mill’s Pioneer Cemetery in December. Similar work has also been done at a portion of Old Good Hope Cemetery near Lola.

“We owe it to those who built Livingston County into what it is today to make a sincere effort to maintain these cemeteries,” Williams said. “Preserving these important pieces of our local history, and honoring those who came before us, truly matters. This project does exactly that, and it is my hope that we can continue and expand this important work in the years ahead.”

County officials say the long-term goal is to repeat the process annually, gradually restoring abandoned cemeteries across Livingston County and ensuring that early settlers and their families are not forgotten.

Jail payments ease immediate strain; but further financial issues expected

STAFF REPORT

Tensions appeared noticeably calmer at an end-of-year meeting of the Crittenden County Fiscal Court in late December. Magistrates convened two days before Christmas for a special meeting to wrap up end-of-year business and accept bids for 2026 services and materials, following a more confrontational session earlier last month.

As has been the case in recent months, discussion again centered on the financial condition of the Crittenden County Detention Center. Judge-Executive Perry Newcom said recent receipts have provided the jail some short-term breathing room after weeks of bleak projections, though officials cautioned that long-term challenges remain.

“There’s a little relief right now, but the overall picture is still difficult,” Newcom said, yet cooperation between county government and jail leadership appeared to be improving.

Jailer Athena Hayes

CRITTENDEN

FISCAL COURT

told the court that transportation reimbursements from the state are expected soon, with December federal housing funds anticipated later in January. She also reported the retirement of two staff members Tuesday, adding to payroll pressures, and said medical expenses continue to strain the jail’s budget due to a small number of inmates with serious health conditions.

Financial reports illustrated the volatility of the jail’s cash position. The detention center carried a balance of \$47,608.54 on Dec. 17, which temporarily rose to nearly \$98,000 following a \$50,000 transfer from the road department. That increase was largely offset by nearly \$84,000 in payroll and operating expenses, leaving just over \$13,000 on hand.

Relief followed Dec. 22 and 23, when multiple state, federal and inter-county reimbursements were posted, including

more than \$46,700 from Tennessee federal housing, \$43,605 from Kentucky federal housing, \$15,336 from Lyon County and \$20,340 from a litter abatement grant. An additional \$21,630 in inmate incentive funds brought the balance to \$169,997.70.

Even with that influx, projections show continued strain. Upcoming obligations include an \$83,500 payroll transfer, utility bills, a \$38,414 bond payment and another payroll in mid-January that could again reduce the balance to roughly \$30,800. County officials said the cycle of short-term relief followed by recurring expenses is likely to continue.

Tension has been high and cooperation strained since the fiscal court in September asked the jailer to resign. Hayes said the court had no authority to force her out of office and that she planned to fulfill her term.

McGOWAN

Continued from page 1
James Comer, working in Washington, D.C., on one of Congress’ most influential investigative panels.

Before her move to the nation’s capital, McGowan gained early professional experience at The Crittenden Press, where she worked while still in high school. The newsroom exposure, paired with a longstanding interest in public affairs, helped reinforce her interest in government and policy.

After graduating valedictorian from Crittenden County High School in 2020, McGowan went on to attend Murray State University, where she was active in the agriculture department and was recognized as Miss Murray State. She earned an undergraduate degree in agricultural business with a minor in economics in 2024 and later completed graduate-level coursework there as well. While at Murray State, mentors encouraged her to pursue opportunities in politics, leading to internships in Washington.

She completed two in-

ternships with Comer, first in his personal office during the summer of 2022, then with the House Oversight Committee in the summer of 2023 after Comer became chairman. Those experiences led to a full-time offer, and McGowan began her current role in May 2024.

The House Oversight Committee is among the largest and most active committees in Congress, with approximately 70 staffers. Comer also maintains a separate congressional office staff in Washington, along with field staff across Kentucky’s 1st Congressional District.

In her role, McGowan assists with hearings, reports and research while also supporting committee operations. Her work includes coordinating hearings, managing communications with witnesses and ensuring official materials are properly entered into the Congressional Record. The committee’s mission centers on identifying and addressing waste, fraud and abuse within the federal government.

Public service is a familiar calling in McGowan’s family. Her grandfather, Elbert Bennett, has represented

Caldwell County’s District 1, including the Fredonia area, as magistrate for 24 years and previously served 18 years on the Fredonia City Council. Bennett, a former president of both the Kentucky Association of Counties and the Kentucky Magisterial Association, has signaled he will not seek re-election, closing a long chapter of local leadership.

Growing up, McGowan frequently accompanied her grandfather to county and statewide meetings, experiences she credits with shaping her interest in public service. She is the daughter of Mollie (McGowan) Tabor, a longtime elementary school teacher in Marion.

Now settled in Washington, McGowan works in person at the Capitol, walking to work each day and contributing behind the scenes to committee activity that often draws national attention. While her future plans remain open, she said the experience has been formative, providing mentorship and perspective that will guide whatever path comes next whether in Washington or back home in western Kentucky.



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. Proactive 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.

Risk factors for stroke

Adults from all walks of life likely know at least one individual who has suffered a stroke. That person could be a family member, friend, colleague, or other acquaintance. The likelihood of knowing someone who has had a stroke underscores just how prevalent stroke is and how necessary it is that people understand its risk factors. According to the World Stroke Organization, there are more than 101 million people currently living who have experienced stroke. That group includes men, women and even children. No one is immune to stroke, but many instances of stroke can be prevented. Prevention involves recognition of risk factors individuals can control and subsequent action to reduce exposure to those factors. But the risk for stroke also is heightened by factors beyond individuals’ control, and it’s vital that individuals recognize they might be at elevated risk for stroke even if they’re otherwise healthy.

Risks factors beyond your control

The American Heart Association notes the importance of knowing the following risk factors for stroke, even if there’s nothing people can do to change them. ■ Age: Stroke is more common among individuals age 65 and older. That includes both men and women. ■ Family history: Individuals could be at greater risk of stroke if they have a parent, grandparent, sister, or brother who has had a stroke. Various factors could be behind that link, including a genetic disorder known as CADASIL (cerebral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy) that affects blood flow in the brain. ■ Race: The AHA reports that African Americans are more likely to die from stroke than Caucasians. Part of that is undoubtedly due to socioeconomic factors such as inadequate access to health care, but the AHA also links this elevated risk to higher rates of high blood pressure, diabetes and obesity within the Black community. ■ Gender: Stroke kills more women than men and women have more strokes than men. ■ Medical history: Individuals with a personal history of stroke and/or transient ischemic attacks, often referred to as “mini strokes,” are at elevated risk for stroke.

Risk factors you can control

The good news is that individuals, even those with risk factors beyond their control, can lower their risk for stroke. That’s because many of the risk factors for stroke can be monitored and treated before a stroke occurs. ■ High blood pressure: The AHA defines high blood pressure as the most significant controllable risk factor for stroke. Annual well visits are vital to preventive health care, which include monitoring blood pressure. When doctors diagnose high blood pressure, individuals should follow their advice in regard to getting blood pressure back to a healthy level. ■ Smoking: The dangers of smoking are well-documented. The AHA characterizes smoking as paving “the way for stroke.” Never smoking or quitting smoking immediately can lower risk for stroke. Women should know that the AHA reports the use of birth control combined with cigarette smoking can greatly increase the risk of stroke. ■ Diabetes: It’s important that individuals with type 1 or 2 diabetes control their blood sugar, as diabetes mellitus is an independent risk factor for stroke. ■ Diet: A poor diet that’s high in saturated fat, trans fat, sodium, and cholesterol elevates the risk for various conditions, including high blood pressure and obesity, that increase the likelihood of suffering stroke. ■ Physical inactivity: The AHA reports that physical inactivity increases risk for stroke. Individuals who live a predominantly sedentary lifestyle, including office workers, are urged to discuss exercise with their physicians. There are numerous risk factors for stroke, many of which are beyond individuals’ control. However, recognition of these risk factors is often the first step toward adopting a healthy lifestyle that can greatly reduce the chances a person will suffer a stroke.

3 vitamins that promote healthy eyes



As adults and parents plan diets for themselves and their children, they can make an effort to ensure these three eye-friendly vitamins feature prominently at mealtime. A nutritious, well-balanced diet is a vital component of a healthy lifestyle. Though a healthy diet is often and correctly cited as a means to maintaining a healthy weight, a diet rich in various vitamins also can be good for both kids’ and adults’ eyesight. As adults and parents plan diets for themselves and their children, they can make an effort to ensure these three eye-friendly vitamins feature prominently at mealtime. ■ Vitamin A: The World Health Organization reports that vitamin A deficiency is one of the more common nutrient deficiencies across the globe, particularly among children. In fact, the American Optometric Association notes that vitamin A deficiency is the leading cause of preventable blindness in children. So why is vitamin A so vital to eye health? The AOA reports that vitamin A supports functioning of the con-

junctival membranes and cornea. In addition, the Chicago-based Kraff Eye Institute notes that vitamin A deficiency can contribute to problems with night vision. Foods such as carrots, milk, eggs, and pumpkin are good sources of vitamin A. ■ Vitamin E: The AOA reports that vitamin E can help to reduce the progression of age-re-

lated macular degeneration, which the National Eye Institute characterizes as an eye disease that can blur central vision. The NEI also notes that AMD is a leading cause of vision loss among older adults. Vitamin E also can reduce the risk of cataracts. Almonds, sunflower seeds and peanuts are good sources of vitamin E. ■ Vitamin C: Also

known as ascorbic acid, vitamin C helps to neutralize oxidative damage that can contribute to the formation of cataracts and AMD. The Kraff Eye Institute notes that oxidative stress is responsible for various aging processes and occurs when the body experiences an imbalance between harmful free radicals and helpful antioxidants. Vitamin C is an antioxidant that can help combat a number of age-related eye issues, which underscores the need to include vitamin C in a diet. Cauliflower, cabbage, lemon, and oranges are good sources of vitamin C. Vision loss is often accepted as an inevitable side effect of aging. Though certain individuals may not be able to avoid some degree of vision loss as they grow older, a diet rich in vitamins A, E and C can reduce risk for various age-related eye health issues.

Dos and don’ts for healthy weight loss



Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do. Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese. Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do. ■ DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat. ■ DON’T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up. ■ DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full. ■ DON’T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss. ■ DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can’t cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well. ■ DON’T go shopping while hungry. If you do, you may make impulse buys that compromise

healthy eating plans. ■ DO speak with a doctor if you are vetting diet and exercise plans. A health-care professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status. ■ DON’T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute “points” or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss. ■ DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods. Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.



Did You KNOW?

Despite their diminutive size, blueberries pack quite a powerful, healthy punch. Blueberries contain a compound known as anthocyanin, which gives them their blue hue but also contributes to their nutritious properties. For example, the Mayo Clinic notes that studies have found consumption of foods that are high in anthocyanins can help individuals lower their risk of developing coronary heart disease. In addition, blueberries are a good source of vitamin C and dietary fiber, making them worthy of addition to anyone’s diet.

Healthy snack ideas kids will love

Parents know that growing children need a lot of food. According to pediatric dietitian Hanna Leikin, MS, RD, CSP, LD, kids need a higher calorie demand per body weight compared to adults to support bone development, muscle growth and other bodily functions. Perhaps that's why it seems like a stocked refrigerator or pantry can become barren in just a few days when kids are in the house.

Children are frequently looking for snacks between meals, which means that parents need to have a variety of snack foods at the ready for their youngsters. But it can be a struggle to find healthy snacks children will eat. With that in mind, parents can consider these eight healthy alternatives to less nutritional fare like chips or sugary treats.

■ Fruit on a stick: It seems any food enjoyed on a stick is fun to eat. This is certainly an item for older kids, as parents won't want to worry about younger children getting injured with the pointy wooden skewers. Simply slide a variety of chopped or sliced fruit onto the skewers and make a healthy, colorful snack. For an added bonus, include a small cup of low-fat vanilla yogurt for a fruit dip.

■ Baby carrots and hummus: Who can resist baby carrots? After all, they seem tailor-made for kids' small fingers. Pair with a homemade or store-bought hummus, which is full of protein and fiber. You can even

find dessert hummus, which may prove particularly appealing to children's palates.

■ Crackers and cheese: Choose whole-grain crackers and a low-fat cheese. This provides the crunch of chips without the fat and calories. In addition, cheese adds protein and the benefits of calcium and other nutrients found in dairy.

■ Frozen smoothie bowl: This is a great alternative to ice cream. Simply blend your child's favorite frozen fruits (and toss in a few veggies) with low-fat Greek yogurt. Serve in a bowl with toppings like granola, finely chopped nuts or coconut flakes.

■ Energy balls or bars: Mix dates, nuts, seeds,

and rolled oats and press into bar shapes or roll into bite-sized balls when kids need a sweet and energizing snack.

■ Turkey and cheese roll-ups: Ensure that kids are getting enough protein by offering a lean protein source like sliced turkey. Roll up a slice of turkey or sliced chicken breast around a cheese stick for a portable and fun snack.

Healthy snacks for children are easier to dream up than one may think. It can take children several times of seeing a new food on his or her plate before being inclined to try it, so parents should stay the course with healthy snacks even if kids are initially reluctant to try them.

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The Livingston County Cooperative Extension Office in Smithland, KY is accepting bids for a General Contractor to assess work needed and to determine costs of each job individually. Bids will be accepted until Friday, Feb. 13, 2026.

Scope of Work:

Project Description-

The Livingston County Extension Office will be doing work to all public spaces, as well as office areas;

- Electrical – replacing light fixtures, upgrade to LED
- Ceiling Grid/Tile- replacing all ceiling tiles in building
- Drywall/Paint- Repair cracks in drywall and paint all public areas, repair damage in meeting space.
- Flooring- Repair/replace cracked floor tiles
- General Construction- Add chair rail molding and repair walls in meeting space.

This project will need to be bid by cost of each of area of work to determine order in which we will complete these items.

General Requirements:

- Contractor holds all licenses required to conduct business in jurisdictions of the site location.
- Contractor is able to pull all necessary permits
- Contractor is able to meet project timelines
- Contractor is able to provide all materials necessary to complete the work outlined.

Jobs can be seen/assessed on-sight at the Livingston County Cooperative Extension Office located at 803 U.S. 60 East, Smithland, KY 42081 between the hours of 8 a.m.–4 p.m. Monday through Friday. Job must be started within 30-60 days of the time the bid is accepted and agreed upon by both parties. Detailed, itemized bids should be delivered in-person or by mail (Livingston County Extension District Board, P.O. Box 189, Smithland, KY 42081) no later than Feb. 13, 2026 by 4:30 p.m. For questions, please call (270) 928-2168 or email Sharee Schoonover at sharee.schoonover@uky.edu.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English.



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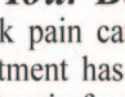
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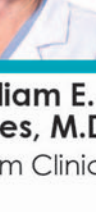
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