



# The Crittenden Press

Between Snowfalls « All A Classic Basketball, Page 4

12 PAGES | VOLUME 144 | NUMBER 1  
TUESDAY, JANUARY 9, 2025

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

AN INDEPENDENTLY-OWNED, LOCAL NEWSPAPER SINCE 1879

ONE DOLLAR

## KU contributes to city Hero banner project

Marion has received a substantial contribution toward its tribute to military heroes. The city's Hometown Heroes program set to debut this year is the recipient of \$500 from Kentucky Utilities. Mayor D'Anna Browning, alongside Marion Tourism and Recreation Commission, unveiled plans a few weeks ago to honor past and present military personnel with banners displayed on decorative light poles. Mayor D'Anna Browning was notified last week about KU's investment in the project. The Hometown Heroes effort will spotlight Crittenden County's Fallen Heroes, veterans and active service members on Memorial Day, Fourth of July and Veterans Day with banners hanging from decorative light posts along downtown streets. Anyone can sponsor a banner, which will include a soldier's name, rank and branch of service. Deadline to sponsor a banner is April 1. The KU grant will help pay for banners for soldiers who died in action and those banners will be posted along Carlisle Street.



## UPCOMING MEETINGS

- Crittenden County Board of Education meets for a working session at 5:30 p.m., Thursday, Jan. 9 at Rocket Arena.
- Marion City Council meets at 5:30 Monday, Jan. 13 at city hall.
- Livingston County Board of Education meets at 6 p.m., Monday, Jan. 13
- Caldwell County Fiscal Court meets at 9 a.m., Tuesday, Jan. 14 at the courthouse.
- Fredonia City Council will meet at 7 p.m., Monday, Jan. 20 at city hall.
- Marion Tourism and Recreation Commission will meet Tuesday, Jan. 21 at 8:30 a.m., at the Marion Welcome Center.
- Salem City Council will meet at 5 p.m., Tuesday, Jan. 21 at Deer Lakes meeting room.
- Crittenden-Livingston Water District will meet at 4 p.m., Monday, Jan. 27 at Deer Lakes meeting room.
- Crittenden County Conservation District will meet at 6:30 p.m., Thursday, Jan. 16 at its office on East Bellville Street.
- Crittenden County Fiscal Court meets at 8:30 a.m., Thursday, Jan. 16 at Crittenden County Office Complex.
- Crittenden County Board of Education meets at 5:30 p.m., Tuesday, Jan. 28 at Rocket Arena.
- Livingston Fiscal Court meets at 5 p.m., Tuesday, Jan. 28 at the county office complex in Smithland.
- Crittenden County Board of Education meets at 5:30 p.m., Tuesday, Jan. 28 at Rocket Arena.
- Caldwell County Fiscal Court meets at 9 a.m., Tuesday, Jan. 28 at the courthouse.
- Crittenden County Public Library Board meets at 5:30 p.m., Thursday, Jan. 30, at the library.



## What Area Schools Spend Per Athlete

County	Participants Girls	Participants Boys	Total Spent for Girls	Total Spent for Boys	Girls Expense Per Athlete	Boys Expense Per Athlete	Avg Expense Per Athlete
Caldwell *	244	289	\$659,194	\$736,277	\$2,701.61	\$2,547.67	* \$2,622.48
Crittenden	171	195	\$164,485	\$176,779	\$961.90	\$906.55	\$933.88
Webster	192	258	\$116,431	\$120,827	\$606.41	\$468.32	\$521.55
Trigg	211	247	\$103,824	\$147,103	\$492.05	\$595.55	\$547.67
Union	244	212	\$78,992	\$113,701	\$323.73	\$536.32	\$445.89
Lyon	131	152	\$73,347	\$68,867	\$559.90	\$453.07	\$507.63
Livingston	127	144	\$37,651	\$31,373	\$296.46	\$217.86	\$255.28

Data is from 2022-23 athletic seasons as submitted on mandatory 2024 Title IX Internal Audit Reports  
\*Caldwell County made capital investments in this reporting year, creating a statistical anomaly

## By the numbers: Sports funding in high schools

■ The Press reviewed public records and other data to extrapolate information for broad insight into spending and equity issues in scholastic sports. The following are those findings.

BY CHRIS EVANS  
PRESS EDITOR

Crittenden County High School's athletics department in the fall underwent a routine on-site Title IX review by Kentucky High School Athletic Association representative Gary Lawson.

The full-day audit included inspection of gear, facilities, financial records and a meeting with the school district's Title IX Compliance Committee to discuss points for improvement. Overall, Crittenden County received a satisfactory review, meeting its primary obligations of the federal mandate.

Title IX of the Education Amendments of 1972 is a federal law that prohibits discrimination on the basis of sex in any education program or activity receiving federal financial assistance. In the context of high school sports, Title IX ensures that male and female students are provided equal opportunities to participate in athletics. This does not mean schools must offer identical sports programs but that they must allocate resources, funding, facilities and support equitably. Schools are required to address any disparities in participation,

equipment, coaching and scheduling to ensure fair treatment. Compliance is assessed through factors like participation rates proportionate to enrollment, expanding opportunities for underrepresented sexes and accommodating interests and abilities of all students.

Over the years, Crittenden County's and other area schools' compliance with Title IX provisions have improved as awareness and accountability have increased, prompting the addition, in some cases, of more sports for females. Finding that balance is made more difficult by schools with football teams, which tend to attract high numbers of male athletes. The sport is also the most expensive to provide.

Following the on-site audit at Crittenden County, The Press reviewed Title IX Internal Audit reports for the past three years from Crittenden and other schools in the area. The findings indicate that Crittenden County is among the highest spenders per athlete. Consequently Crittenden raises the most support funds through its booster organization. Observers say that is necessary because Crittenden has a lower tax base than other schools; therefore, fewer school district dollars are available for athletics.

Retired coach and teacher Denis Hodge has decades of experience observing trends in spending for

See SPORTS/page 3

## SPORTS OFFERINGS

During the 2022-23 school year, here are the number of sports offered for boys and girls at each school. The figure includes teams for levels of competition in the Freshman, JV and Varsity divisions.

**Union County**  
Girls: 19 sports  
Boys: 15 sports  
**Total: 34**

**Trigg County**  
Girls: 17 sports  
Boys: 15 sports  
**Total: 32**

**Webster County**  
Girls: 14 sports  
Boys: 16 sports  
**Total: 30**

**Caldwell County**  
Girls: 12 sports  
Boys: 13 sports  
**Total: 25**

**Crittenden County**  
Girls: 13 sports  
Boys: 10 sports  
**Total: 23**

**Lyon County**  
Girls: 10 sports  
Boys: 11 sports  
**Total: 21**

**Livingston Central**  
Girls: 8 sports  
Boys: 9 sports  
**Total: 17**

## Big hair Bygones

The 1980s was an era of big hair, cassette tapes, neon fashion and simpler times – but it was also a period when life felt more affordable. While wages were lower than today, the cost of essentials like housing, healthcare, education and even luxuries like cars and vacations were within reach for most middle-class families. Looking back, the affordability of that era feels like a stark contrast to the financial pressures of today.

Take housing, for example. In the 1980s, the median home price was about \$47,000—roughly 2.5 times the median household income.



Chris EVANS  
Press Editor & Publisher  
About Town

Homeownership was attainable for young couples, often in their 20s or early 30s. Fast-forward to today, and the median home price has skyrocketed past \$400,000, while wages haven't kept pace. For younger generations, the dream of owning a home is increasingly out of reach. My daughter, who lives in Charleston, S.C., pays about half of her income for rent. Buying a home there is out of the question for a single fifth-grade teacher.

Higher education also tells a similar story. College tuition was far less of a financial burden in the '80s. A four-year public university education cost about \$3,500 annually, adjusted for inflation. Students could work part-time jobs to cover tuition – a concept that now seems laughable when average annual costs exceed \$23,000 for in-state students. Today's graduates are often saddled with tens of thousands of dollars of debt, a burden that their '80s counterparts rarely faced. A University of Kentucky four-year education is expected to cost around \$140,000.

Even healthcare, though not perfect in the '80s, was far more manageable. Family health insurance premiums averaged under \$1,000 annually (around \$3,000 in today's dollars), compared to over \$23,000 now. Hospital stays cost hundreds of dollars, not tens of thousands. Prescription drugs, bolstered by the introduction of generics, were generally affordable. Medical debt was uncommon, and bankruptcies due to healthcare costs were a rarity. Today, families can be financially devastated by a single medical emergency.

Transportation was another area of accessibility. A new car in the 1980s cost around \$7,000 (about \$25,000 today), making it affordable for the average household. Compare that to today's average new car price of over \$48,000. Even family vacations, made affordable by cheap gas and lower airline costs, didn't break the bank.

The 1980s weren't perfect, but life felt more balanced. Essentials and luxuries alike were within reach for families willing

See COSTS/page 8

## City will consider LED switch

STAFF REPORT

City of Marion is considering a comprehensive conversion of its street lamps to energy-efficient LED lighting, a move that could lead to significant cost savings and environmental benefits.

The LED conversion process will begin with the city receiving a detailed estimate for the project. Marion City Council is expected to get the proposal at this month's regular meeting on Monday. Following a review of esti-

mates, the city will decide whether to proceed. If the decision is made to move forward, Marion will determine its preferred billing arrangements, which can be either a one-time lump

See LED/page 8



The Crittenden Press

USPS 138-260 / Marion, Ky.



0 4 8 7 9 0 8 7 4 3

©2025, The Crittenden Press Inc.

The contents of this newspaper, including stories and advertising, are protected by U.S. copyright laws.

## Deaths

### Samuel

Larry Alvis Samuel, 77, of Marion, died Wednesday, Jan. 1, 2025 at his home. He was a graduate of Crittenden County High School and Murray State University and attended First Baptist Church in Fredonia.



Surviving are his mother-in-law, Marie Rushing; four sisters-in-law, Charlotte Chandler, Teresa (Howard) Hughes, Anita (Tim) Pritchett and Linda (Jerry) Thacker; a son, Chad (Lorye) Chandler; two daughters, Heather (Loren) Champion and Holly Jo (Chad) Lewis; three nieces and nephews, Kennedy Hughes and Ethan and Braxton Lewis; and best friends Brad, Tina and Jessie Walker, Frank, Damita and Jake Papi-neau and Jennetta, Jamie and Cody Travis.

He was preceded in death by his wife, Brenda Samuel; his parents, James Loren and Marie Samuel; two brothers, Dale and Roscoe Samuel; a brother-in-law, Tommy Chandler; and a sister-in-law, Barbara Qualls.

Graveside services were Friday, Jan. 3 at Mapleview Cemetery.

Gilbert Funeral Home was in charge of arrangements.

### Tosh, 100

Angela Tosh, 100, of Marion, died Wednesday, Jan. 1, 2025 at Baptist Health Madisonville.

Surviving are two daughters, Cathy Campbell and Janie (Leon) Butler, both of Marion; three grandchildren, Jeff Campbell, Todd Campbell and Wendi Bingham, all of Marion; a great-grandson, Chase Bingham of Marion; and three great-great-grandchildren, Rion, Reese and Reid Bingham, all of Marion.

She was preceded in death by her husband, Glenn Tosh; a great-grandson, Logan Bingham; her parents, Otho and Amby Morgan; and two brothers, Glynn and Mark Morgan.

Services are at 11 a.m., Friday, Jan. 10 at Gilbert Funeral Home. The family will receive visitors from 5-8 p.m., Thursday, Jan. 9 and from 9 a.m., Friday, Jan. 10 at the funeral home. Burial will follow the service at Rosebud Cemetery.

### Grimes

James D. "J.D." Grimes, 78, of Marion, died Tuesday, Dec. 31, 2024 at Western Kentucky Veteran's Home in Hanson.

First, we want to thank the Lord that he used

LeRoy Hodge to resuscitate J.D. at the age of 16 when he drowned in the Ohio River. Without this miracle we would not have had 54 years of marriage and a wonderful family.

In the early 1970s he was Crittenden County Fire Chief and helped to get the Crittenden County Rescue Squad started. J.D. served in the United States Army from 1969-1970 and was a Vietnam veteran. He was employed at Siemens for 34 years and Western Kentucky Correctional Complex for 7 years.

The most important event in his life was in 1969 at Marion Church of God after a Sunday night service he went to the altar and accepted Jesus as his Savior.

Surviving are his wife, Kay Grimes of Marion; a son, Timothy (Debbie) Grimes of Marion; a granddaughter, Cheyenne (Kevin) Tinsley of Marion; a grandson, Wesley Shepherd of Elizabethtown, Ill.; two great-grandchildren, Brooklynn and Emma Tinsley; a step-grandson, Zachariah Robinson of Louisville; and a sister, Jessica Wyatt of Marion.

He was preceded in death by his parents, Jessie and Vivian Grimes; and two grandsons, Noah and Joshua Grimes.

Services were Saturday, Jan. 4 at Gilbert Funeral Home with burial in Mapleview Cemetery.

Memorial contributions may be made to the Mary Hall Ruddiman Animal Shelter, 24 Just A Mere Road, Marion, KY.

### Porter

Larry Don Porter, 76, of Salem died Monday, Dec. 30, 2024 at Continuum Care Hospital in Paducah.

He was a United States Army veteran who served in the Vietnam War. He was also a member of the Kentucky Lake Cowboy Church and the Burna American Legion Post #217. He was a heavy equipment operator by trade. He enjoyed fishing, bird hunting and horses.

Surviving are two sons, Chad (Tracy) Porter of Paducah and Cory Porter of Salem; his mother, Melva Porter of Salem; two sisters, Fleshia Birk of Hampton and Mitzi Vaughn of Salem; two brothers, Greg (Jenny) Dae of Hampton and Tim (Lisa) Porter of Eustis, Fla.; and three grandchildren, Emma Porter, Camron Porter and

Chance Porter.

He was preceded in death by his wife, Sandra Porter; his father, Leon Dae; and a sister, Shari Ruschmeyer.

Funeral services were Saturday, Jan. 4, 2025 at Boyd Funeral Directors and Cremation Services with Bro. Chris Clarke and Bro. Matt Grimes officiating.

Burial was in Salem Cemetery.

### Mitchell

Nora Marlene Mitchell, 82, of Smithland, died Saturday, Dec. 28, 2024 at Calvert City Convalescent Center.

She was a 1960 graduate of Livingston Central High School. She worked at Smithland Elementary School in the cafeteria for over 28 years. She was a member of Riverview Full Gospel Church in Smithland. She especially loved to fish with her husband, Jim, whom she usually out fished.

Surviving are three children, Ed Decker of Smithland, Tina (Joe) Kemp of Hampton and Crystal (Derek) Thorning of Paducah; four siblings, Ronnie (Dorothy) Smith of Metropolis, Ill., Betty Hawkins of Tiline, Bobby Smith of Smithland and Jane (Bill Taber) Littlejohn of Smithland; four grandchildren, Cole Grimes, Ella Byers, Landon Byers, Ainsley Thorning; and her special furry friend, Bo.

She was preceded in death by her husband, Jim; and her parents, Ronald "Speed" Smith and Ina Mae (Dodds) Smith.

Funeral services were Thursday, Jan. 2, 2025, in the chapel of Boyd Funeral Directors and Cremation Services. Burial was in the Cothron Cemetery.

### Starnes

John Albert Starnes, 80, of Marion, died Tuesday, Dec. 24, 2024 at Salem Springlake Care Center.

Surviving are his wife, Marsha Starnes; a son, Sean Starnes; two stepsons, George Claypool and Robert Claypool; three grandchildren; four great-grandchildren; and two step-grandchildren.

He was preceded in death by his parents, Johnny and Anna Starnes; and a son, Scott Starnes.

There were no services. Gilbert Funeral Home was in charge of arrangements.

### Marshall

Harold Wendall Marshall, 79, of Marion, died Thursday, Dec. 26, 2024 at Livingston Hospital. He was a veteran of the United

States Army.

Surviving are three children, Charles Marshall of Sapulpa, Okla., Jenny Marshall of Marion and Lorie Marshall of Marion; a brother, Jerry Marshall; four sisters, Bonnie Jackson, Reta Qualmann, Roberta Parish and Eva Hutchison; seven grandchildren and several great-grandchildren.

He was preceded in death by his wife, Virginia Paula Marshall; a daughter, Jodi Sleeper; three brothers, Chuck, Teddy and James Marshall; a sister, Ann Scott; and his parents, Frank and Onia Marshall.

Services were Tuesday, Dec. 31, 2024 at Gilbert Funeral Home with burial in Whites Chapel Cemetery.

### Floyd

Gareth Shane Floyd, 54, of Mayfield, (formerly of Albuquerque, NM) died Sunday, Dec. 29, 2024 at Jackson Purchase Medical Center in Mayfield. He was born May 18, 1970 in Salem to the late Robert Michael and Diana Kay Anderson Floyd.

His life was marked by his passion for his work and his love for sports. He dedicated many years to the trucking industry, where he excelled as a transportation manager. He was an avid sports enthusiast. His love for the Chicago Cubs was only rivaled by his devotion to coaching Little League. He poured his heart and soul into the "SOX TEAM," inspiring young athletes with his enthusiasm and sportsmanship. His influence on the field helped shape the lives of countless children, instilling in them the values of teamwork, dedication, and fair play.

Surviving are his wife, Sarah Floyd of Mayfield; a daughter, Jordan Floyd of Albuquerque, NM; two

sons, Evan Floyd and Colton Floyd, both of Albuquerque, NM; and a brother, Kreg Floyd of Springfield, Tenn.

No services scheduled.

Milner & Orr Funeral Home and Cremation Services of Lone Oak is in charge of all arrangements.

## Community Calendar

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

### Thursday, Jan. 9

- Line dancing begins at 9:30 a.m., at the Crittenden County Senior Center.
- Virgil Jones VFW in Marion will meet at 6:30 p.m., at 412 N. College St., in Marion.
- New Era Homemakers meet at 5:30 p.m., at the Crittenden County Extension Office.

### Monday, Jan. 13

- A Wits Workout begins at 1 p.m., at the Crittenden County Public Library.

### Tuesday, Jan. 14

- Hooks 'n Needles meets at Crittenden County Extension Annex.
- After Hours Homemakers meet at 5 p.m., at Crittenden County Extension Office.

## Auditions Jan. 13-14 CAF play

Auditions for the 2025 Community Arts Foundation spring musical will take place Jan. 13-14 in Marion.

The musical, which will be performed at Fohs Hall, is designed for youth in grades 5-12.

The name of the musical will not be determined until after auditions, when directors will assess the vocal ranges and number of auditioners.

To schedule an audition, parents should register their youth through a link on the Community Arts Foundation Facebook page.

Participants should be prepared to present a

monologue of their choice or a reading provided by the director. One song from any genre will also be presented during audition that demonstrates the auditioner's ability.

**SMITH TREE SERVICE**

**NO JOB TOO SMALL OR TOO BIG**

**Take Downs or Trims**

Call Steve at  
**(270) 704-5822 or**  
**(270) 704-3444**

**Crittenden County Animal Clinic**

**SURGICAL PROCEDURES**

Crittenden County Animal Clinic performs surgical procedures including spays, neuters, a variety of small animal surgeries castrations, enucleations, lacerations, dentals and extractions.

Dr. Elizabeth A. Maddux • Dr. Michelle Hughes  
3841 US Hwy. 60 West, Marion, KY 42064  
**(270) 965-2257**

Have you ever considered  
**PRE-PLANNING YOUR FUNERAL?**

Contact Brad Gilbert,  
Your Licensed Pre-Need Agent

*Our family caring for yours...*

Many people are planning for their funeral in advance in a sincere effort to ease the stress loved ones will face at an emotional time. It takes only a little time and can be handled in the privacy of your home or at Gilbert Funeral Home.

EST. 1976

**Gilbert Funeral Home**

117 W. Bellville Street • Marion, KY 42064 • (270) 965-3171

Visit us online at [gilbertfunerals.com](http://gilbertfunerals.com)

*for information on obituaries, funeral arrangements, pre-need arrangements and background information about the funeral home.*

*"Our Family Serving Your Family Since 1881"*

**HENRY & HENRY MONUMENTS**

207 STURGIS RD. • MARION, KY 46064  
**270-965-4514** find us [henryandhenrymonuments.com](http://henryandhenrymonuments.com)

**Andy Fox**  
Owner, Funeral Director & Embalmer, Licensed Pre-Need Agent, Monument Specialist

No matter what services you choose, you can always be assured of receiving compassionate, superior service, exceptional facilities and local people tending to every detail.

*Just like our families have for over 120 Years*

**Brandon DeBoe**  
Funeral Director & Embalmer, Licensed Pre-Need Agent, Monument Specialist

**Boyd Funeral Directors**  
— & CREMATION SERVICES —

212 East Main Street • Salem, Ky. • (270) 988-3131 • [BoydFuneralDirectors.com](http://BoydFuneralDirectors.com)

**Boyd Monument Company**  
*— Memorials that Will Stand the Test of Time —*

*Funerals, Cremation, Pre-Planning and Monuments Since 1902*

### Three Year Average Athletics Spending

Chart lists average booster expenses, school expenses and total spent on athletics over a three-year reporting period from 2022 to 2024.

County	Booster Average	School Average	Total Average
Crittenden	\$117,296	\$161,390	\$278,686
Union	\$98,985	\$124,416	\$223,401
Lyon	\$54,013	\$84,471	\$138,485
Trigg	\$49,961	\$164,883	\$214,844
Webster	\$40,349	\$168,597	\$208,947
Livingston	\$14,311	\$57,498	\$71,809
Caldwell	\$0	\$614,059	\$602,059

## SPORTS

Continued from page 1 scholastic sports.

“Some schools need to raise more,” Hodge said.

He cautions that reading too much into all of the numbers from the accompanying reports because raw numbers are unable to explain themselves.

For instance, some schools don’t have football, which means they spend a great deal less. Football is by far the most expensive sport to operate. Also, some schools provide fewer options for student-athletes. Livingston shows just 17 sports offerings while Union, Trigg and Webster offered 30 or more during study period.

“I am just saying that statistics can get easily skewed from one reporting entity to another,” Hodge said. “Sometimes you’re comparing apples to oranges.”

Comparing numbers across counties takes a broad understanding that includes many factors.

#### Tax bases make a difference

Examining tax bases around the area, it’s apparent that Crittenden faces challenges in generating local school taxes because it has the lowest base. Without lakefront properties or prime farmland like some of its neighbors, Crittenden County Schools has a smaller pot of local money to work with, so it gets a bit more assistance in paying for education from state and federal funds. Some school districts have higher local tax rates and larger tax bases, which provide greater resources for things like teacher salaries.

The tax base in Crittenden County is the lowest among the seven schools included in this analysis. According to data from 2023, Crittenden County’s assessed property value – including real property, tangibles, vehicles and boats – was just over \$572 million. Trigg County was the highest at \$1.3 billion.

In the 2024 tax year, which just ended, Crittenden had the third highest real property tax rate among the school district’s examined in this report. Union had the highest rate at 70.4 cents per \$100 of assessed value. Webster’s rate is 56.5 cents and Crittenden’s 51.4 with Trigg not far behind at 49.9. Livingston and Caldwell have rates of 44.8 and 44.6, respectively, and Lyon’s was the lowest at 41.8.

Much of Lyon County’s land mass lies inside of Land Between the Lakes, a national forest. Because of that, Lyon receives a government subsidy to make up for the lost tax base. However, that compensation has been greatly reduced in recent years.

#### Booster support

Title IX compliance figures include both school and booster club expenses. While most schools have some type of booster organization, Caldwell County has not over the past few years raised money through booster groups. It did begin over the past year, re-establishing a booster fundraising organization for football, according to its athletic director, Jeff Riley.

Based on an analysis of figures from the past three reporting years, Crittenden County has raised an average of \$117,296 per year through the Crittenden County Booster Organization (CCBO), a non-profit group which is independent from the school district. Its function is to raise funds to support school athletics and other non-athletic school organizations. While it is independent of the district, it is still held accountable by Title IX rules. Within the booster organization there are support groups for each sport. Each submits a monthly financial report to the CCBO to validate its fundraising and expenses. The CCBO tracks all fundraising activities and all fundraising activity requires pre-approval from the board of education.

Booster funds supplement school spending. Each athletic team is provided a certain amount of money from the school district. Anything spent beyond that must be raised by

boosters. For instance, if a team outspends its travel budget, the booster organization for that sport reimburses the school district \$1.50 per mile for use of a bus or other board vehicle.

Paja Crider, president of the CCBO, says Crittenden County’s booster organization is unlike most others. Although it is independent of the school district, it was created a few years ago under former Superintendent Dr. Rachel Yabrough at the behest of the Crittenden County Board of Education in order to provide some continuity, accountability and structure to fundraising efforts. The CCBO is a 501(c) organization to which contributions are tax deductible.

“The whole point of it was to organize the efforts of volunteers so that students benefit from their hard work,” Crider said. “None of it would be possible without volunteers. None of this fundraising happens unless people volunteer their time to operate concession stands, cook pork chops or conduct T-shirt sales. There are no labor costs in the dollars raised by these volunteers. When compared to other counties, I think it’s something we should be very proud of.”

The CCBO is an umbrella organization for 17 booster programs, but not all are athletics related. The organization also provides oversight for groups such as the elementary school’s parent-teacher organization (PTO) and project graduation. Those non-sports groups are among the CCBO’s biggest fundraisers. Typically, about 40 to 50 percent of dollars raised by booster groups goes to support Crittenden County athletics.

#### Participation by gender

Crittenden County’s most recent Title IX audit reveals that female athletes represent 46.72% of total participants, while their male counterparts make up 53.28%. These figures align closely with the school’s overall enrollment percentages, which stand at 52.06% female and 47.94% male. The percentage of difference in the gender-specific figures falls within the threshold of acceptance by compliance regulations.

The report outlines athletic expenditures of \$341,264 in Crittenden County, with 48.2% of these funds allocated to girls’ athletics and 51.8% to boys’. This slight disparity – measuring a difference of just 1.48% – is also within acceptable margins.

On a per-participant basis, expenditures are nearly identical, with \$961.90 spent per female athlete and \$906.56 per male athlete. The small gap suggests equitable distribution of resources for participants across genders.

Despite these positive indicators, the audit flagged one key issue: the average participation rate for girls is slightly below 50% of the total participation rate for boys’ teams when compared to the school populations. Otherwise, Crittenden County meets standards that examine overall program accommodations and resource allocations for underrepresented genders.

Interesting is how much schools and their boosters around the area allocate, raise and spend on athletics. Comparing figures across counties reveals trends and compelling numbers.

Over the three-year period from 2022 to 2024, participation trends in athletics at the analyzed schools reveal distinct patterns in both gender participation and total involvement. Schools like Caldwell County and Trigg County consistently demonstrated higher participation numbers for both boys and girls. Union, Trigg and Webster offer the most opportunities for student-athlete participation, each fielding 30 or more teams at varsity, junior varsity and freshman levels.

Caldwell County tends have more participants although Caldwell is not in the top three when it comes to the number of sports offered by the district. Tiger sports have seen an average of more than 220 female participants and nearly 282



### Football Expenses

County	Coaching Expense	Overall Expense
Crittenden County	\$16,750	\$94,727
Caldwell County	\$28,550	\$87,568
Trigg County	\$25,525	\$60,484
Union County	\$18,800	\$43,623
Webster County	\$17,500	\$41,856

### Basketball Expenses

County	Coaching Expense	Boys Expense	
		Boys	Girls
Caldwell	\$15,500	\$38,436	\$36,727
Union	\$13,160	\$31,254	\$23,133
Lyon	\$19,946	\$28,052	\$27,355
Crittenden	\$13,400	\$27,477	\$64,744
Webster	\$16,000	\$24,982	\$27,537
Trigg	\$14,256	\$22,289	\$23,246
Livingston	\$10,721	\$15,648	\$14,020

### COACHING EXPENSE

#### IN OTHER POPULAR SPORTS

TRACK & FIELD		Caldwell bbl	\$6,900
Boys and girls		Lyon	\$6,560
Caldwell	\$3,650	Crittenden	\$5,950
Webster	\$5,300	Trigg	\$5,498
Trigg	\$3,529	Livingston	\$4,839
Crittenden	\$2,675		
Union	\$1,900		
Livingston	\$1,650		
Lyon	\$620		
BASEBALL & SOFTBALL		SOCCER	
Union	\$7,900	Boys and Girls	
Caldwell sbfl	\$7,400	Caldwell	\$7,400
Webster	\$7,000	Union	\$6,300
		Webster	\$6,000
		Trigg	\$5,498
		Crittenden	\$4,800
		Lyon	\$2,360

males over the last three reporting cycles. Trigg averaged 217 girls and 236 boys while Livingston Central displayed significantly lower participation levels, with averages of just 81 female participants and 80 males. Livingston offers fewer sports than any of the schools examined.

#### Football affects expenses

Clearly, non-football playing schools spend less per athlete. Across all three years (2022, 2023 and 2024), football is consistently the most expensive sport, reflecting its popularity and extensive resource needs.

Cost to uniform and equip a football player far outpaces other sports, largely due to its inherent hazards that necessitate more safety equipment, such as a helmet that can cost \$700 to \$900, according to Crittenden County football coach Gaige Courtney. Shoulder pads are a \$350, pants \$100 and jersey \$160. Football teams have multiple sets of uniforms and further expenses for accessories and practice gear. The cost of suiting up one player for one night of football can range between \$1,300 and \$1,500, Courtney explains.

Ironically, Crittenden spends more on football than any of the other teams analyzed, but pays its coaches the least. The 2024 Title IX report indicates that football costs \$94,727 at Crittenden County. Caldwell and Trigg were closely behind, expending \$87,568 and \$60,484, respectively. Boosters were largely responsible for Crittenden leading the pack as fundraising amounted to \$41,898, or 44% of the team’s overall expenses during the fall of 2022. Rocket football boosters far out-raise others. For instance, Union County boosters raised \$16,585, amounting to about 38% of football costs. Trigg County’s football boosters spent just under \$13,000 over the same fall.

#### Girls basketball spending

Continuing to extrapolate interesting points from the data, Crittenden’s girls’ basketball far outpaces other area basketball teams in spending despite gender. For the 2024 reporting period, which encompasses the 2022-23 season, the Lady Rockets spent \$64,744, but its booster club raised \$34,775 of that figure. The spending was higher that season than in a typical year because the team traveled to Florida over Christmas to play in a holiday tournament at Orlando. The team is currently fundraising for another trip to Florida next season.

Even without a Christmas trip South, the Crittenden girls still outspend others. Their expenses during the 2021-22 season were \$53,959 and in the 2020-21 season the spending was \$45,859 – both still significantly greater than other

## EDUCATIONAL SPENDING

This data below detail the amount of money each school district in the examination area spends per student on general education. Data reflects spending from the 2022-2023 school year showing enrollment for each district, federal spending per student, state and local spending per student lumped together and overall spending per student. Additional funding, such as grants and donations, supplement school budgets to complete overall spending per student.

District	Enrollment	Federal	State/Local	Total
Trigg County	1,879	\$2,393	\$12,752	\$21,370
Caldwell	1,778	\$2,128	\$11,775	\$18,555
Union County	2,057	\$2,028	\$13,422	\$16,588
Lyon	939	\$1,446	\$12,573	\$15,864
Webster County	2,056	\$1,786	\$12,055	\$15,587
Crittenden	1,312	\$1,921	\$12,062	\$14,955

Source: Georgetown University’s Edumomics Lab

teams in the area.

#### Salaries vary by county

Area schools show significant differences in salary allocations for coaching staffs across various sports, reflecting differing priorities and investment levels in athletic programs. Additionally, extracurricular offerings like varsity archery and tennis add to the unique athletic cultures at individual schools. Livingston, Webster and Trigg counties stand out by offering archery as a varsity sport, while tennis is available at Lyon, Caldwell and Webster counties. Golf and tennis consistently rank among the least expensive sports to operate, with annual spending ranging from \$620 to \$1,200 per school.

Football reveals wide salary disparities. Caldwell County spends the most, with \$28,550 allocated for its football coaching staff, followed by Trigg County at \$25,525. Webster County allocates \$17,500, while Union and Crittenden counties’ spending data show \$18,800 and \$16,750, respectively. Boys’ and girls’ basketball coaching staff salaries also vary widely. Lyon County spends \$19,946, followed by Webster County at \$16,000 and Caldwell County at \$15,500. In contrast, Livingston County’s \$10,721 reflects a much smaller investment in basketball coaching staffs.

Combined baseball and softball coaching staff salaries show moderate differences across districts. Caldwell County allocates \$6,900 for baseball and \$7,400 for softball, while Union County leads in total compensation at \$7,900 for each diamond sport’s staff. Livingston County remains at the lower end at \$4,839.

Soccer coaching salaries for boys’ and girls’ programs vary as well, with Caldwell County leading at \$7,400, followed by Union County (\$6,300) and Webster County (\$6,000). Lyon County lags significantly, offering only \$2,360 for its soccer coaching staff.

Track and field coaching salaries demonstrate the most dramatic disparities. Webster County allocates the highest

### County Tax Bases

Data are from 2023 tax year and include all property, including real, tangible and automobiles.

County	Total Tax Base
Trigg	\$1,333,437,405
Livingston	\$1,162,566,568
Lyon	\$1,142,888,770
Union	\$1,224,035,404
Caldwell	\$822,046,528
Webster	\$848,543,387
Crittenden	\$572,121,881

amount at \$5,300, while Lyon County offers just \$620.

#### Participation rates

While trends vary by school, most institutions exhibited either steady participation or slight fluctuations over the three years examined by this report. Notably, Union County and Webster County saw balanced participation increases for both genders.

Over the three-year period, trends in athletic expenditures reveal significant variation across schools, both in total spending and per participant investment. Caldwell County led in total expenditures, but this figure is skewed due to the capital investment Caldwell made at its track and indoor practice facility. Outside of the anomalous year on the 2024 report, Caldwell’s figures were more in line with other schools offering a similar number of sporting activities. Removing the 2024 report and calculating Caldwell’s average spending for only reporting years of 2022 and 2023, the district spent an average of \$477 for male athletes and \$423 for females, which falls close to the overall seven-county average.

Livingston Central demonstrated the lowest average expenditures, with \$39,832 for girls and \$31,977 for boys.

Volleyball has shown significant growth, becoming the second most expensive girls’ sport over the three years, with total expenses reaching \$22,190. Between 2022 and 2024, Caldwell County and Livingston Central reported sharp increases in volleyball spending, driven by equipment upgrades and travel costs for competitive play.

# Lady Rockets open defense of All A title runs

STAFF REPORT

The Second Region All A Classic tipoff was delayed early this week due to wintry weather, but two-time defending champion Crittenden County (9-3) and Lyon County, which has nine straight regular-season wins, are likely on course for Saturday's 4 p.m., title bout at Rocket Arena.

Lyon might be the region's hottest team right now. The Lyon girls defeated Crittenden County 75-44 in Eddyville late last month. However, the Lady Rockets, who have won the last two All A titles and three of the last four, are the winningest team in Second Region small-school history with nine championships.

After wintry weather shook up the schedule, CCHS is scheduled to host Livingston Central Wednesday at 6 p.m., to open the tournament at Rocket Arena. Lyon beat Dawson Springs in Tuesday's first round. Semifinal games will be Thursday night at Rocket Arena and the championship at 4 p.m., Saturday.

## Federico career high

Junior forward Andrea Federico scored a career-high 18 points to lead the Lady Rockets to a 61-43 victory over Webster County Friday.

Crittenden led by seven at the half and extended its margin to 10 in the third period before pulling away late as Federico scored six points in the final frame. Federico's offense was a dozen points above her season average.

## Runnerup at Bowling Green

Incredibly poor shooting on Sunday, Dec. 29 left the Lady Rockets helpless against Owensboro in the championship game of the First Bank Holiday Bash at South Warren High School. Crittenden fell behind in the third period and could never recover in the 58-

32 loss.

Owensboro's quickness on defense created problems for the Lady Rockets, who could not get open on the perimeter and shot poorly in the paint.

Crittenden won two out of three pool play games to earn a berth in the championship against the Lady Red Devils.

•The Lady Rockets secured a spot in the championship game of the holiday tournament with a commanding 69-38 victory over South Oldham on Saturday, Dec. 28. Freshman Jordyn Hodge scored a career-high 29 points, all in the first three quarters. By the fourth period, Crittenden County was in full control and cleared its bench. Juniors Elliot Evans and Anna Boone contributed 15 and 12 points, respectively.

•Despite being outgunned in depth and size, Crittenden County put up a spirited fight in an 80-65 loss to a talented Walton-Verona squad on Saturday morning, Dec. 28 during the holiday tournament.

Morgan Stewart, stepping in as Crittenden's starting center for the third consecutive game due to Bristyn Rushing's injury, dominated early, scoring 11 of the game's first 13 points to give the Lady Rockets a quick lead. However, Walton-Verona's sharpshooting guards and 6-foot-2 center Braylin Terrell, a Grace College (Ind.) commit, took control before halftime with a commanding 21-7 run. Crittenden battled back to within seven points late, but couldn't get over the hump.

•In a closely played contest Friday, Dec. 27 in the Bowling Green tournament, Crittenden County erased a six-point deficit to edge out the tournament hosts 63-59. In the third quarter, Anna Boone found her rhythm, scoring 9 of her game-



Lady Rockets Anna Boone (on knees) and Andrea Federico (on the floor) fight for a loose ball during the girls' victory Friday over Webster County at Rocket Arena.

high 24 points.

## Before the break

Before Christmas break, on Dec. 23, Crittenden County fell behind early and lost to Fifth District rival Lyon County 75-44 for the third straight time.

CCHS led by three at the end of the first period, then Lyon outscored CCHS the rest of the way 60-26.

Lyon's press created some problems for the Lady Rockets, who made uncharacteristic turnovers and shot poorly missing several shots in the paint and making just one three-pointer in the game. Andrea Federico made that try to start the game.

•The Lady Rockets won their sixth straight game to start the season on Saturday, Dec. 21 despite missing starting center Bristyn Rushing, out with an injury. Rushing would miss the next several games, before returning late last week. Crittenden County beat visiting Carlisle County 61-40 in a game CCHS led from the jump. Junior Anna Boone scored 19 points to lead a trio of Rocket girls in double figures. Elliot Evans added 13 and Jordyn Hodge a dozen.

Webster County	12	24	35	43
Crittenden Co.	14	31	45	61

WEBSTER - Yates 5, J.Wright 9, Cates 7, Braden 4, Cartwright 14, A.Wright 4. 3-pointers 3 (A.Wright, J.Wright, Yates). FT 4-9.

CRITTENDEN - Boone 7, Evans 11, Hodge 9, Rushing 9, Federico 18, Stewart 4, Holeman 3, Berry, Matthews, Champion, Grau. 3-pointers 3 (Evans, Holeman, Federico). FT 6-7.
--

Owensboro	12	24	46	58
Crittenden Co.	10	19	25	32

OWENSBORO - Swanagan 8, John 8, Sprinkles 18, Hams 12, Board, Whitlock 4, Sapp 5, Carothers 3. 3-pointers 2. FT: 12-21.

CRITTENDEN - Boone 10, Evans 6, Hodge 3, Federico 5, Stewart 6, Holeman 1, Champion 1, Berry, Matthews. 3-pointers 0. FT: 14-23
---

Crittenden Co.	14	35	59	69
South Oldham	15	23	32	38

CRITTENDEN - Boone 12, Evans 15, Hodge 29, Federico 5, Stewart 4, Berry 4, Holeman, Matthews, Champion. 3-pointers 4 (Boone 2, Evans, Hodge). FT 11-17.

SOUTH OLDHAM - Mayday, Brickey 11, Stahl 2, Turner 2, Touro, Pratt 7, Young 14, Buckman, Harding 2. 3-pointers 1. FT 3-12.
--

Crittenden County	19	28	47	65
Walton-Verona	18	39	59	80

CRITTENDEN - Boone 18, Evans 15, Hodge 8, Stewart 18, Champion 2, Federico 4, Berry, Holeman. 3-pointers 3 (Hodge 2, Evans). FT 26-33.
--

CRITTENDEN - Boone 24, Evans 11, Hodge 17, Federico 6, Stewart 5, Holeman, Berry. 3-pointers 7 (Boone 4, Hodge 2, Evans). FT 10-16.
---

SO. WARREN - Lindsey 4, Gatewood 2, Hudson 30, Strop 13, Overbay 5, Calvert 5, Cater, Osborne, Carter, Fugate. 3-pointers 9. FT 6-9.
--

Crittenden Co.	15	28	38	44
South Warren	17	33	53	59

CRITTENDEN - Boone 17, Evans 4, Hodge 10, Federico 5, Stewart 4, Holeman 2, Champion 2, Berry, Matthews, Grau, Rich. 3-pointers 1 (Federico). FT 15-17

LYON - Taylor 6, P. Cotham 33, Collins 19, Coursey, L. Perry 9, Lucas 2, S. Cotham 2, M. Perry 2, Prow 2. 3-pointers 4 P. (Cotham 2, Collins). FT 15-17
---

Crittenden County	24	31	45	61
Carlisle County	11	21	29	40

CRITTENDEN Boone 19, Evans 13, Hodge 12, Stewart 6, Federico 4, Holeman 7, Berry, Matthews, Champion, Grau. 3-pointers 9 (Boone 4, Evans 3, Hodge, Holeman). FT 6-9

## SportsShorts

### BASKETBALL

#### UPCOMING GAMES

##### ALL A CLASSIC

###### BOYS

at Dawson Springs

##### Friday's Semifinals

UHA vs Lyon County, 6pm

Dawson/Livingston v Cald/FIC, 7:30pm

##### Saturday's Championship

Tipoff 6pm at Dawson Springs

State Tournament starts Jan. 23 at Owensboro SportsCenter.

###### GIRLS

at Rocket Arena

##### Thursday's Semifinals

FIC/Caldwell vs Lyon County, 6pm

CCHS/LCHS vs Heritage Christian, 7:30pm

##### Saturday's Championship

Tipoff 4pm at Crittenden County

State Tournament starts Jan. 22 at Owensboro SportsCenter.

### OUTDOORS

#### Hunting Seasons

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

Deer Archery	Sept. 7 - Jan. 20
Turkey Archery	Sept. 7 - Jan. 20
Deer Crossbow	Sept. 21 - Jan. 20
Raccoon	Oct. 1 - Feb. 28
Rabbit	Nov. 11 - Feb. 10
Quail	Nov. 11 - Feb. 10
Raccoon Trapping	Nov. 11 - Feb. 28
Bobcat	Nov. 16 - Feb. 28
Squirrel Fall	Nov. 28 - Feb. 15
Canada Goose	Nov. 28 - Feb. 15
Coyote Night (lights)	Dec. 1 - March 31
Duck	Dec. 7 - Jan. 31
Dove	Dec. 21 - Jan. 12
Coyote	Year Round
Ground hog	Year Round

■ LBL is hosting Eagle Tours every Saturday and Sunday starting at 1 p.m., through Feb. 2. Contact the Nature Station for details.

FOLLOW THE ROCKETS AT THE PRESS ONLINE

www.The-Press.com Sports Tab

@CrittendenPress on Twitter

CrittendenPress/youtube.com

# Rockets knocked out of All A Classic

STAFF REPORT

Outmanned from the start, Crittenden County's upset bid in the All Classic fell well short of pay dirt as Lyon County cruised to a 90-30 win in the opening round of the All A Classic Tuesday at Rocket Arena.

Lyon County, last year's Second Region small-school champion, improved to 6-4 and will advance to Friday's semifinal round of the All A Classic. The Rockets remain winless in 11 games this season.

Crittenden trailed 44-11 midway through the second period before both teams substituted liberally in the second half. Andrew Candelario led CCHS with 8 points, courtesy of two three pointers.

## Post-holiday action

Starting to heal up from injury and illness, the Rockets got balanced scoring, but couldn't overcome a Herculean performance by Heritage Christian Academy senior guard Jason Leek in an 84-60 loss on the road.

Leek, who is among the top three scorers in Kentucky, dropped a school-record 51 points with help from six threes as HCA (3-8) jumped ahead to a 50-28 halftime margin and won by a similar margin. Leek made 21 of 26 shots including six of eight from 3-point distance to set the scoring mark. He also had 13 rebounds and six assists in the game. Defensively, Crittenden double-teamed Leek without success.

Senior CamRon Belcher played his first full game in about two weeks and scored a team high 19 for the Rockets. Kaiden Travis and Brayden Poindexter added 14 and 13, respectively.

Crittenden fell to 0-10 after the loss.

•Crittenden managed just 7 field goals against Mayfield Friday and lost 61-25 to the 10-1 Cardinals, coached by CCHS graduate Payton Croft.

Crittenden fell behind early and trailed by 16 at the half.

CCHS had a couple of threes and one two-point goal in the second half as Mayfield won going away.

Brayden Poindexter scored nine points to lead the Rockets. He scored five of those at the foul line.

•Battling through sickness and injuries between Christmas and the New Year, Crittenden County faced a tough challenge in their matchup against South Panola, Miss., at the West Kentucky Hoops Classic, ultimately falling 69-36. The tournament was held at Caldwell County High School.

The Rockets struggled to generate consistent offense, scoring just four points in three of the game's four quarters. A remarkable third-quarter saw the team put up 24 points, offering a glimpse of fire, but it wasn't enough to close the gap against a dominant South Panola squad. By the end of the third quarter, the Rockets trailed 67-32, leaving little room for a comeback.

Missing from the lineup were two key players: leading scorer CamRon Belcher and center Chase Conyer, both sidelined due to injury or illness. In their absence, freshman Drake Young stepped up and led the Rockets with 12 points, sinking four three-pointers.

## At St. Mary Tournament

Crittenden led at the half in a game before Christmas in their second consolation contest at the St. Mary Christmas Tournament. However, HCA rallied in the third quarter and won 58-34.

The Rockets were ahead 25-24 at the break before Heritage Christian outscored CCHS 20-2 during a third-quarter run.

Crittenden was led in scoring by three players with seven points apiece - Jack Porter, Drake Young and Kaiden Travis.

•The Rockets opened its play in the St. Mary Tournament on Dec. 27 with a 79-37 loss to South Fulton, Tenn.

Due to so much injury and



Crittenden's Jack Porter brings the ball up the court against Mayfield Friday at Rocket Arena.

illness CCHS was unable to play its opening matchup in the holiday tournament, so it was relegated to two consolation contests.

Leading scorers CamRon Belcher and Brayden Poindexter were unavailable for most of the holiday action.

Against South Fulton, Coby LaRue led the scoring with 11 points, including two three-pointers, while Drake Young added 8 points with two treys of his own.

Lyon County	35	50	75	90
Crittenden Co.	8	18	25	30

LYON - Kirk 18, C.Collins 9, Coffman 21, Ca.Collins 3, Defew 10, Lucas, Baker 11, Reddick 9, Phillips 3, Prow, Herring 3, Ramey 3, Thompson. 3-pointers 8 (Coffman 3, C.Collins, Baker, Reddick, Phillips, Ramey). Ft 4-8.

CRITTENDEN - LaRue, Porter, Belcher 7, Dayberry 3, Stokes, Young 3, Candelario 8, Martin, C.Poindexter 4, Ellington, Travis, B.Poindexter 5, Thomas. 3-pointers 6 (Candelario 2, Belcher, Dayberry, Young, B.Poindexter). FT 4-4.
---

Crittenden County	15	28	46	60
Heritage Christian	25	50	65	84

CRITTENDEN - LaRue 0, Belcher 19, Young 3, Candelario 2, C.Poindexter Travis 14, B.Poindexter 13. 3-pointers 1 (Young). FT 7-12.

HGA - Miles, Gresham 3, Leek 51, Travis 5, Wells, Wheatcraft 7, Arvin 2, Thompson 11, Morgan 5. 3-pointers 11 (Gresham, Leek 6, Travis, Wheatcraft 2, Morgan). FT 9-16.
---

Mayfield	13	28	52	61
Crittenden Co.	5	12	17	25

MAYFIELD - Flint 9, Kirby 5, I.Byrd, O.Byrd 15, Higdon, Power 10, Webb 10, Robbins 2, England 3, Taylor, Todd 3, Houston, Shultz 2, Neely, Isiah 2. 3-pointers 8. FT 9-16

CRITTENDEN - LaRue 6, Porter, Belcher 2, Dayberry, Stokes, Young 3, Candelario, C.Poindexter, Ellington, Travis 5, B.Poindexter 9. 3-pointers 4 (Travis 2, Young, LaRue 2). FT 7-11.
--

Crittenden Co.	4	8	32	36
South Panola	17	38	67	69

CRITTENDEN - LaRue 9, Travis 7, B.Poindexter 8, Porter, Dayberry, Stokes, Young 12, Candelario, C.Poindexter. 3-pointers 5 (Young 4, LaRue). FT 5-7.

SOUTH PANOLA - Wright 2, Hines 18, Smith 3, Edwards 1, Bibbs 3, Norwood 6, Houston 12, Miles 1, Pope 2, Griffin 21. 3-pointers 6. FT 9-11.
--

Crittenden County	14	26	28	34
Heritage Christian	12	24	44	58

CRITTENDEN - LaRue 4, Porter 7, Belcher 3, Stokes, Young 7, Candelario 3, C.Poindexter 3, Travis 7. 3-pointers 1 (Candelario). FT 9-20.

HERITAGE CHRISTIAN - Kirkmark 2, Leek 23, Miles 14, Travis 7, Askew 3, Wheatcraft 5, Arvin 2, Morgan 2. 3-pointers 4. FT 4-7.
---

Crittenden County	313	31	37
South Fulton, Tenn.	20	33	57

CRITTENDEN - LaRue 11, Porter 2, Dayberry 2, Stokes, Young 8, Candelario 3, C.Poindexter 2, Murray 2, Travis 6. 3-pointers 4 (LaRue 2, Young 2). FT 3-8.

# Religion *The Crittenden Press*

CrittendenPress.Blogspot.com



## How to remember the life of Jimmy Carter

Social media has done its part in remembering Jimmy Carter. His legacy is mixed, as are those of all our presidents. Even the greatest of our national leaders have flaws and the worst have done some good. How we assess our presidents is most obviously dependent upon one's perspective, political party, and priorities.



**Sean NIESTRATH**  
Faith-based columnist  
**Guest Columnist**

It is nearly universally accepted that he might be our best ex-president because of the humanitarian work he continued to do up until the very end of his life. He never wavered from what I consider to be the better parts of his Southern Baptist faith. He held himself personally accountable to God while understanding that government cannot force such faith on others. I sometimes wonder how our former presidents would be assessed by those who wrote Kings and Chronicles in our Bibles. We have, I believe, an inverse example of this with the story of Ahab and Jezebel. Ahab was a great builder of cities. He was a master diplomat. He increased the wealth of Israel. He led a coalition of armies against Assyria, including Egypt at the battle of Qarqar in 853 B.C. Ahab was of the house of Omri, whom the Assyrians held in high honor. So much so that Israelite kings were said to be of the house of Omri after it ceased to exist. Ahab and

Omri were great kings if we only had the secular historical assessments.

But we have another side. The Bible passes over Omri with a mere six verses. Ahab is known for his wicked queen Jezebel, drought, robbery and slaughter of the poor. The biblical accounts consider Ahab amongst the worst of Israel's leaders. Perspective matters.

I was young when Jimmy Carter was president. He inherited a nation that had completely lost confidence in its government (which has never been regained), and the hangover from Vietnam and failure to act in Angola (probably the right decision). Inflation was high and due to a policy mistake by the federal reserve called on Paul Volker to restore order, which caused even more pain on the inflation front that leeches into Reagan's first years.

There were reasons he did not get re-elected. Probably good ones. He may not have been a good president, but he was on balance, a good man.

He wanted to go the United States Naval Academy through the influence of a beloved uncle and to re-

ceive a good, free education in an economically difficult time. After his time in the Navy, he went back home to help his father, who was terminally ill. Here is what he said in an interview with Bill Moyers on PBS on May 6, 1976.

"And I had always wanted, I guess, ultimately to be the Chief of Naval Operations, which is, you know, it's top of the Navy. But when I went back home to where I had lived and saw what my father's life meant—in the view of those who knew him best—his service on the school board, his working for a new hospital, his dealing with the education of farmers who bought seed and so forth from him, his life in the church and his life in politics. He'd just been elected to the legislature and served one year when he died...But I think I had a choice to make. Did I want to be the Chief of Naval Operations and devote my whole life to that one narrowly defined career, which was a good one, or did I want to go back and build a more diverse life with a lot of friends, permanence, stability, in a community, in a relationship, in the life of a whole group of people? And I chose the latter."

In dealing with faith in politics here is part of his response to the question, "What do you feel is the basic responsibility of a state under God?"

"We have had from the

very beginning of our nation a dependence upon religious faith as part of our political framework—the Constitution, the Declaration of Independence, our laws, our coins, "In God We Trust," "One Nation Under God, Indivisible"—and this, I think, caused us, in moments of strife, moments of uncertainty, moments of crisis, to look for a higher authority than man's laws for the proper relationship between people in our nation and also between our nation and other nations. And these are ethical principles that are common to many religions: compassion, brotherhood, love, truth, honesty, decency. Those kinds of things are always tenets of religious faith to which our nation can go back in the kind of times I described earlier." Interview with Ralph Blodgett, "Liberty" Magazine, September 01, 1976.

In his inaugural address on Jan. 20, 1977 he recalled the words of Micah the prophet and wanted others to say about our nation — "that we had remembered the words of Micah and renewed our search for humility, mercy, and justice; that we had torn down the barriers that separated those of different race and region and religion, and where there had been mistrust, built unity, with a respect for diversity."

Let us be in the habit of looking for the good in others and modelling that for those around us.

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

### REQUEST FOR PROPOSALS Livingston Hospital Campus Modernization Project Construction Management Services

Livingston Hospital is soliciting qualified candidates interested in providing Construction Management services for their Campus Modernization Project located at the existing facility at 131 Hospital Drive, Salem, KY. This project will be a phased addition and renovation project to the existing facility. It is intended that this project will be funded through the USDA Direct Loan program and will need to comply with all USDA regulations and guidelines. Interested applicants may obtain the RFP by contacting the owner's representative, ADAMS Management, via email at tbeatty@adamspmc.com. RFPs are scheduled to be submitted Friday, January 17, 2025. Proposals must be received by 4 p.m. Central on Friday, February 21, 2025.

## We price match.

When you come back to H&R Block, we'll match the price you paid someone else last year.<sup>1</sup>

Scan to book your tax appointment.

**H&R BLOCK** 215 N MAIN ST. MARION, KY 42064 | 270-965-3001 2231 WESTERFIELD DR. PROVIDENCE, KY 42450 | 270-667-5975

<sup>1</sup>Switch to H&R Block and we will match the price you paid your credentialed tax preparer or qualified competitor up to 50% off H&R Block's price to prepare your 2024 personal income tax return. Offer valid from January 6, 2025 to February 15, 2025. Valid at participating U.S. offices for an original 2024 personal income tax return for new clients only. Discount may not be combined with any other offer or promotion. Void where prohibited. Proof of purchase required. A new client is an individual who did not use Block Advisors or H&R Block office services to prepare their 2023 return. See H&R Block.com/PriceMatch for full terms and conditions.

**BOBBY HOWARDS GARAGE DOORS**

**HELP WANTED**  
\$14/Hour  
Full-Time Garage Door Installer  
**(270) 508-0043**

## LIST WITH US TODAY

### HOMESTEAD AUCTION REALTY

308 N. MAIN ST., MARION, KY 42064 • (270) 965-9999  
PRINCIPAL BROKER Darrin Tabor, (270) 704-0041  
www.homestadauctionrealty.com

**SPRING AUCTION DATES AVAILABLE NOW**

# WORSHIP

Visit one of our area churches for worship and fellowship

with us this week

**EMMAUS BAPTIST CHURCH**

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

**Freedom General Baptist Church** Pastor: Ross Atwell

87 Freedom Church Rd., Marion (about 1 mi. from Marion off Ky. 91)

CHURCH TIMES:  
Sunday School 10 a.m. Sunday Evening 6 p.m.  
Sunday Worship 11 a.m. Wed. Bible Study 6 p.m.

**Crooked Creek Baptist Church**

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

Sunday School: 10 a.m.  
Sunday Worship: 11 a.m.  
"Come and Worship with Us"

**St. William Catholic Church**

Sunday Mass 11 a.m. 860 S. Main St. Marion, Ky. (270) 965-2477  
Father Jojo Joseph

**Marion Baptist Church** Join us for praise & worship

College & Depot streets, Marion • (270) 965-5232

Pastor: Bro. Aaron Brown • Children's & Youth Pastor: Bro. Shawn Holeman

SUNDAY MORNING SERVICES: 9 a.m. & 11 a.m., ONLINE 11 a.m., SUNDAY SCHOOL: 10:05 a.m.  
WEDNESDAY: BIBLE STUDY/PRAYER 6 p.m., AWANA FOR CHILDREN & YOUTH GROUPS 6 p.m.  
CHOIR PRACTICE: 6:45 p.m., PRAISE TEAM: 7:30 p.m.

Speaker: Greg Rushing

**PINEY FORK**

CUMBERLAND PRESBYTERIAN CHURCH

SUNDAY School 10 a.m. Worship 11 a.m. Bible study 6 p.m.

*A new beginning, going forward and looking to the future* Ky. 506 | Marion, Ky.

**Mexico Baptist Church** 175 Mexico Rd. (270) 965-4059 MexicoBaptist.org

Minister of Music Mike Crabtree  
Pastor: Morgan Smith  
Sunday Worship Services: 10 a.m., 7 p.m.  
Sunday Bible Study: 9 a.m.  
Sunday Discipleship Training: 6 p.m.  
Wednesday Worship Service: 7 p.m.

**SEVEN SPRINGS BAPTIST CHURCH**

219 Seven Springs Rd., Marion, Ky. 42064  
Sunday evening service 5 p.m.  
Wednesday night service 6:30 p.m.

- We are an Independent Baptist Church seeking to know Christ, and to make Him known to the community around us. - Pastor Justin Miller

**Sugar Grove** Cumberland Presbyterian

585 Sugar Grove Church Rd., Marion, Ky. (270) 704-2455  
Reverend Greg Cain 270-245-5013  
Sun. School: 10 a.m. | Sun. Worship: 11 a.m. & 6 p.m.  
Wed. Bible Study: 7 p.m.

**DEER CREEK BAPTIST CHURCH** "Whatever It Takes"

Sunday Bible Study: 10 a.m. Sunday Worship: 11 a.m. & 6 p.m. Wednesday Bible Study: 7 p.m.  
Approx. 5 miles from the intersection of Hwy. 60 & Hwy. 297  
Phone: (270) 965-2220

**Crayne Community Church**

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

**Marion Methodist Church**

We love intensely, believe deeply, and pray zealously

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

**Emmanuel Baptist Church** 108 Hillcrest Dr., Marion | (270) 965-4623

Sunday School: 9:30 a.m.  
Sunday Worship: 11 a.m. & 6 p.m.  
Wednesday Adult Bible Study, Children and Youth Activities: 6 p.m.

**FIRST CUMBERLAND PRESBYTERIAN CHURCH**

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

**Frances Community Church**

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

**Tolu Methodist Church** Pastor: David Brown

We invite you to be our guest  
Open hearts. Open minds. Open doors.

growing in grace 2 Peter 3:18

**PLEASANT GROVE General Baptist Church**

Located on Ky. 723, 4 miles north of Salem  
Sunday School 10 a.m. | Sunday Worship 11 a.m., 6 p.m. | Wed. 7 p.m.

**Hurricane Church**

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

**Barnett Chapel General Baptist**

Sunday School: 10 a.m. Barnett Chapel Rd., Marion, Ky.  
Sunday Worship: 11 a.m. Barnett Chapel...  
Sunday Night Service: 6 p.m. where everyone is welcome.

**Marion Church of God** 334 Fords Ferry Road, Marion, Ky.

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

"Where salvation makes you a member."

**Unity General Baptist Church**

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

**Marion Church of Christ**

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

# The vast building of The Cullin Mine

Always interesting to read about are the great mines that once were located in Crittenden and Livingston counties. These were located in the central and southern part of the county. It would have been interesting to see some of these forgotten structures. The Cullen Mine was located about six miles from Frances on the Salem-View Road and near the Claylick Creek. This is an article from the June 16, 1904 Crittenden Press telling of its building



**Brenda Underdown**  
County Historian

## Forgotten Passages

### What is doing at the big Cullen Mines?

From seeing the huge machinery which has recently passed through Marion headed from the Cullen, we saw stocked up in every direction piles upon piles of heavy lumber, and learned that five or six wagons are adding to these piles daily, while before us loomed up a skeleton of a building solid in its structure, grand in its proportions. Here are the dimensions. Length 120 feet; breadth 90 feet; height of separating section 125 feet; height of milling section 60 feet.

And just imagine this vast building being rapidly filled with the heaviest and most costly machinery known to the mining art, and then you have a faint conception of what

the Cullen people are doing. We were told by one who should know that the company intends spending \$50,000 this season on betterment along. We were shown through that portion of the plant open to spectators by the boss in charge, our old friend A. G. Butler, who explained to us a great deal about the machinery already placed at the works.

There will consist of two vertical boilers, each of 200 horse power, weighing 13 tons each, which have not yet been placed in position; a combination engine, now in position, with two 7-foot fly wheels; a revolving dryer, 20 feet in length; 2 powerful crushers; 4 large rollers; 9 big separators; a large air compressor and a big building filled with other machinery yet to be placed.

The house containing the entrance to the main shaft was locked and we failed to see either it or any of the ore which has been taken from it, as all the ore was under lock and key also. From an auxiliary shaft just outside the building we saw specimens of crystallized spar on a blue limestone formation.

Mr. Butler informed me that there is no doubt as to the extent and value of the

vein, which is a mixture of lead, zinc and fluorspar.

Major Hearne is on the ground every day, superintending construction and working like a beaver himself; and when one remembers the vast sums of money the Major has and is pouring into this pet enterprise of his, we can but admire the pluck and faith that is in him, and wish him God speed, The Press tips its hat to you and the Cullen, Major.

I'm not sure when the Cullen closed but in 1923 in the book "Fluorspar Deposits of Kentucky" by Louis Wade Currier states

that the Cullen Mine was abandoned. Considerable zinc is said to have been found here associated with the fluorspar. Attempts were made to devise a mill for the separation and recovery of both zinc blend and fluorspar, through the use of fine screening and sizing, and pneumatic concentrations. The mill was unsuccessful.

(Brenda Underdown is chair of Crittenden County Historical Society and a member of Crittenden County Genealogical Society. Much more local history can be found at [OurForgottenPassages.blogspot.com](http://OurForgottenPassages.blogspot.com).)



**Sherri Watson (center)** was the winner of the Crittenden County Chamber of Commerce's Small Business Bingo prize package just before Christmas. Pictured with Watson are Chamber representatives **Kelsey Berry (left)** and **Shanna West**.

## THANK YOU ALL

First I want to give God the praise and glory for the miracle he gave us by letting my son Lee Boone live after his major brain stem stroke on May 20, 2024.

The doctors didn't give us much hope but God showed us who is in control. After 42 days in the hospital he was able to walk out to rehab. Thank you Lord for your mercy and grace.

Second, I want to apologize for taking so long to properly thank you publicly. So many people have helped us in so many ways. The Browns for their sourdough fundraiser, Shelly Davidson and Jennifer Beverly for the online auction, all the people who donated items and those who bid. Cutter and Cash and the Kentucky Grass for your fundraiser at Fohs Hall and all the performers who gave of their time for those who were in need. When I told Lee what was raised from donations he broke down crying. He said he didn't know people cared for him that much.

We also want to thank everyone who sent him get well cards and came by to visit. He was very touched by all the cards and all the donations. So many people have given to us along with several churches who have helped us out, some with money and some with food. Of everything that has been done the most important has been all of your prayers for Lee and me. God heard all your prayers and answered them. We will never be able to thank you enough for your love and generosity. Also thank you to the ambulance and Air Evac team for your quick response.

I'm so proud to live in this community with all the wonderful people who make up the surrounding counties. They are always ready to help when someone needs it. You have helped us more than once. When we lost everything to the house fire you were there and then you were there for us with Lee.

We can never thank you enough for all you've done for my family while Lee was in the hospital and since he's been home.

I ask that you continue to pray for him, first that he will soon be able to eat and that he will improve and get back to being strong again.

I also ask for your prayers for myself to have the strength to continue to be able to travel back and forth to all his weekly therapy and doctor appointments. He still has a long way to go.

From the bottom of our hearts we thank everyone for all their kindness and help. We'd never have made it without your love and prayers.

Thank you again and we ask God to bless each of you.

*Our love to you all,  
Linda and Lee Boone  
and family*

## ATTENTION LAND OWNERS

KENTUCKY LAND IS IN DEMAND. REALIZE FULL MARKET VALUE IN THE SALE OF YOUR RECREATIONAL PROPERTY. WHITETAIL PROPERTIES OFFERS A DIVERSE PLATFORM OF SELLING OPTIONS INCLUDING CONVENTIONAL LISTINGS AND PROFESSIONAL AUCTION SERVICES. IT'S NO MISTAKE THAT LAND SELLERS ACROSS THE MIDWEST HAVE ENTRUSTED THEIR LAND SALE TO US. WHITETAIL PROPERTIES HAS AN EXTENSIVE NETWORK AND CLIENT BASE THAT REACHES THE ENTIRE NATION AND INCLUDES FARMERS, SPORTSMEN, INVESTORS AND HUNTING PROFESSIONALS.

FOR MORE DETAILS PLEASE CONTACT  
KENTUCKY LAND SPECIALIST,  
MARK WILLIAMS (270) 836-0819

### REDUCED! Crittenden County, KY – 37.184 Acres – \$164,900.00

Situated in an area renowned for big bucks, this property offers the perfect habitat for deer and turkey hunting, plus the added convenience of a cozy cabin!

### REDUCED! Crittenden County, KY – 64.3284 Acres – \$241,231.50

Nestled in a tranquil rural area, this scenic hunting tract offers a diverse blend of habitat types and topography, making it a perfect retreat for outdoor enthusiasts. Features an ideal build site!

### Crittenden County, KY – 2.06 Acres – \$69,000.00

Three contiguous lots in the beautiful Hillcrest Estates #2 Subdivision offer the ideal build site!

### Crittenden County, KY – 2.28 Acres – \$244,900.00

This charming 4-bed, 2-bath home in Crittenden County features a partially finished basement, 2-car garage, large deck, and above-ground pool. Perfect for southern living with modern comfort!

### Crittenden County, KY – 71.46 Acres – \$232,250.00

Situated in an area renowned for its big bucks, this all-timber hunting tract offers an exceptional opportunity for avid hunters seeking their next trophy.

### Crittenden County, KY – 115.86 Acres – \$446,000.00

Nestled in an area renowned for its big bucks, this diverse hunting tract offers an idyllic setting for both deer and turkey enthusiasts. Includes 31+/- acres of open ground throughout.

### Livingston County, KY – 88 Acres – \$303,600.00

### Livingston County, KY – 105 Acres – \$375,375.00

### Livingston County, KY – 159 Acres – \$548,550.00

### Livingston County, KY – 161 Acres – \$575,575.00

These tracts are part of a trophy-managed hunting community designed for like-minded hunters dedicated to growing and hunting mature deer.

### PENDING! Crittenden & Union Counties, KY – 4,690 Acres – \$23,500,000.00

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!

### PENDING! Crittenden County, KY – 83 Acres – \$259,900.00

Nestled along the picturesque Piney Creek, this diverse hunting tract offers an idyllic setting for outdoor enthusiasts and wildlife aficionados alike.

### PENDING! Crittenden County, KY – 17.3541 Acres – \$169,000.00

Nestled within the embrace of tranquil countryside, this charming 3-bedroom, 2-bathroom home offers the perfect retreat from the hustle and bustle of city life. Includes a 32' x 48' metal barn.



WHITETAIL PROPERTIES REAL ESTATE

HUNTING | RANCH | FARM | TIMBER

WWW.WHITETAILPROPERTIES.COM

TROPHY PROPERTIES REAL ESTATE | DBA WHITETAIL PROPERTIES

LICENSED IN ILLINOIS, IOWA, KANSAS,

KENTUCKY, MISSOURI, DAN PEREZ, BROKER

108 N. MONROE | PITTSFIELD, IL 62363 | 217.285-9000

## In Loving Memory of Roger Franklin Boone

January 9, 1950—April 29, 1995

It's hard to think of you being 75 years old, for you were only 45 years old the last time I saw you.



It's been almost 30 long, lonely years without you. Being without you during the hard times in life, not having you to lean on and tell me it would be okay was almost more than I could stand at times. Losing the house and everything in it was such a heartache, being sick alone was hard, but the worse was standing by Lee's hospital bed, seeing him hooked up to so many tubes and machines and them not giving me much hope. Oh how I needed your strength and love. Only I know who I had to lean on. I knew the only one who could answer my prayers, the only one who could

heal him and wake him up and move was the only one who could give me the peace to get through it all. God heard our prayers and answered them. He's brought Lee through the worst of it. In a way, I'm glad you didn't have to see him that way. Although I know you're our guardian angel. You were the glue that held us all together and we've been lost so many times without you.

You were the best husband and father, the best son and brother, a great son-in-law and uncle. There's no doubt you would have been such a great grandfather to Rex and Jax, your grandsons.

Just know you were loved by all of us, your family and all who knew you. You were the best and we love and miss you every day. You'll always be carried in our hearts. For we miss you everyday.

With our love always,  
Linda, Alan, Lee  
Jared, Bridget, Rex and Jax

## Classifieds The Press Online

The Crittenden Press CrittendenPress.Blogspot.com



### agriculture

5x6 hay bales for sale, starting at \$45 per roll. Additional hay stored inside, call for pricing. Delivery available. (270) 704-0886. (8t-9 p)

### services

**CONCRETE WORK:** Parking lots, garages, steel buildings, walls, sidewalks, driveways, room additions, rock driveways, clean ditches. Call for quote (270) 724-4672, Joe Mattingly Concrete Construction. (12t-4p)

### bid notice

**BOBBY HOWARD'S GARAGE DOORS**  
Sales • Service • Installation  
Commercial & Residential  
Salem, KY 42078  
(270) 988-2568  
Cell (270) 508-0043  
Open 6 Days A Week  
INSURED

The Crittenden County Board of Education is accepting sealed bids for the following surplus items:  
22 – Cafeteria Tables (12 feet long x 27 inches tall). Each table to be sold separately.

Sealed bids must be submitted to CBOE at 601 West Elm Street, Marion, Kentucky 42064 by Friday, January 17, 2025 at 1:00 p.m. at which time they will be opened. For more information, contact Bailey Guess at 270-965-5052. Crittenden County Board of Education reserves the right to reject any or all bids. (1t-1c)

tion, contact Bailey Guess at 270-965-5052.

Crittenden County Board of Education reserves the right to reject any or all bids. (1t-1c)

**M & G**  
• plumbing  
• septic tanks  
• dirt work  
270-704-0530  
270-994-3143

## AUCTION Friday, Jan. 10 @ 6 p.m.

Tools, furniture, hot/cold water dispenser, 3 pc. bistro set, lg. pet crate, lg. crate cover, commercial rug cleaner, new wholesale items, lots more

**U BID AUCTION HOUSE**  
Follow on Facebook  
at U Bid Auction House for Complete Listings and Pictures  
If you can't make the auction you can come leave a bid!  
Call (270) 704-3927  
for Consignments or Pickup Service.  
119 Cherry Street, Marion, KY

## KELLY BROOK APARTMENTS

aka Public Housing Corporation of Sturgis

Maintenance Free • Serene Settings  
Friendly Neighbors • Community Events  
Affordable HUD Section 8 senior/disabled 1 bedroom apartments

Kelley Alloway, Management Agent

(270) 374-4000

kellybrook@bellsouth.net

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



WATER TREATMENT PLANT EXPANSION - PHASE I (CLEARWELL)  
CRITTENDEN-LIVINGSTON COUNTY WATER DISTRICT

### II. Advertisement for Bids

Project No. 924101005 Date of Ad: January 2, 2025

CRITTENDEN-LIVINGSTON WATER UTILITY DISTRICT  
(Owner)

Separate sealed bids for CDBG WATER TREATMENT PLANT EXPANSION - PHASE I (CLEARWELL)

Will be received by CRITTENDEN-LIVINGSTON WATER UTILITY DISTRICT at the office of  
620 EAST MAIN STREET, SALEM, KENTUCKY 42078

until 11:00 a.m. (CST) on January 23, 2025, and then at said office publicly opened and read aloud.

The Information for Bidders, Form of Bid, Form of Contract, Plans, Specifications and Forms of Bid Bond, Performance and Payment Bond, and other contract documents may be examined at the following:

Hussey Gay Bell - Nashville, LLC, 4117 Hillsboro Pike, Suite 206; Nashville, Tennessee 37215

Quest CDN Plan Room Online

Copies may be obtained at the office of Hussey Gay Bell - Nashville, LLC located at 4117 Hillsboro Pike, Suite 206; Nashville, Tennessee 37215, upon payment of \$50.00 for each DIGITAL set and \$100.00 for each PAPER set (non-refundable).

Each bidder must deposit with his bid, security in the amount, form and subject to the conditions provided in the Information for Bidders.

The owner reserves the right to waive any informalities or to reject any or all bids. Each bidder must deposit his bid security in the amount, form and subject to the conditions provided in the Information for Bidders.

Attention of bidders is particularly called to the requirements as to conditions of employment to be observed and minimum wage rates to be paid under the contract. These include Section 3, Segregated Facility, Section 109 and E.O. 11246. Further, Title VI Minority bidders are encouraged to bid.

No bidder may withdraw his bid within 60 days after the actual date of the opening thereof.

1-3-2025  
(Date)  
Tony E. Travis  
(Signature)  
Tony E. Travis (Acting Superintendent)  
(Name, Title)

Water Treatment Plant Expansion - Phase I (Clearwell)  
Crittenden-Livingston County Water District

Contract Documents  
Page 4



## MPD investigating alleged park robbery

Marion Police Department is investigating a possible armed robbery that reportedly occurred at Marion-Crittenden County Park after dark on Saturday.

Individuals from Murray contacted Marion E-911 Dispatch, reporting that they were robbed at gunpoint during what was supposed to be an arranged transaction for a pair of Nike shoes.

Officer Cory Golightly has opened a case on the matter and has interviewed at least one person of interest, who is from Princeton. Additional individuals are believed to have been involved in the incident.

Anyone with information that could assist the investigation of this matter is asked to contact Marion Police Department at 270-965-3500.

## Crittenden among hardest hit areas

National Weather Service has released its assessment of the freezing rain and ice accumulation that struck southern Illinois and western Kentucky over the weekend, highlighting the significant impact on Crittenden County.

Crittenden was among the hardest-hit areas, particularly in its northern region, NWS said,

where up to three-fourths of an inch of ice accumulated. Local observations indicated similar ice totals in the southern part of the county as well. This area, along with the rest of southern Illinois, saw some of the most severe conditions.

Meanwhile, other parts of Crittenden, Livingston and Caldwell counties experienced ice totals ranging from a quarter to half an inch.

Most of western Kentucky received between a tenth and a quarter of an inch of ice, with lower totals reported in Hickman and Fulton counties.

At one point on Sunday, 100% of Kenergy's service area was without power in Crittenden County. Residents in some areas, including Fords Ferry Road, were without power for more than 24 hours. Power company crews from KU, Kenergy and contractors worked diligently through difficult conditions to bring power back on for area residents.

The widespread ice storm left more than 100,000 residents across southeast Missouri, southern Illinois, northwestern Kentucky and southwest Indiana without power at its peak Sunday night into Monday morning.

Due to the lingering effects of the storm, schools in Crittenden, Caldwell and Livingston counties were closed Monday and Tuesday as crews continued to address icy conditions and power restoration efforts.

## Murray announces Dean, President lists

Murray State University has announced names on its Dean's and President's lists for the fall semester of 2024.

On the Dean's List were:

- Julia Adams, Trace Adams and Tanner Beverly, Maggie Blazina, Jayden Dance, Caden DeBoe, Hailey Johnson of Marion.

- Cat Collins of Salem.
- Emily Brown of Burna.
- Jaci Curry, Aubrey Davis, Olivia Gobin and Delacy King of Sturgis.

- Nick Rogers and Ann Baker of Fredonia.

On the Presidents List from MSU were:

- Cade Crider, Ali Hollis, Emma Williams, Michael Kirk, Blake Martin, Micah Newcom, Karsyn Potter and Tucker Sharp of Marion.

- Macie Hunt and Aliyah Frutiger of Fredonia.

- Josie Howard, Grace Downey, Alyssa Luse, Mckenzie Quertermous, Dennon Wilson and Ali Berry of Salem.

- Maggie White, Mallory White and Emma White of Sturgis

To earn a spot on the Dean's List, full-time undergraduate students must have attained a semester GPA of 3.50 or above. The President's List requires a semester GPA of 4.0.

## 911 Board meeting is rescheduled

The regularly scheduled meeting of the Marion-Crittenden County 911 Board set for Jan. 20 has been postponed to Jan. 23 to avoid a conflict with Martin Luther King Jr. holiday. The time and location will remain at 9 a.m., at the Marion City Hall.

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

*We also ask that you subscribe to our YouTube Channel.*

*It's a Free Service to Our Readers!*

# In Memory of Those We Lost in 2024

Here is a list of names appearing in obituaries published in The Crittenden Press over the past year, reflecting those we lost in 2024.

James D. "J.D." Grimes, 78, of Marion, died Dec. 31  
 Larry Don Porter, 76, of Salem, died Dec. 30  
 Nora Marlene Mitchell, 82, of Smithland, died Dec. 28  
 John Albert Starnes, 80, of Marion, died Dec. 24  
 Harold Wendall Marshall, 79, of Marion, died Dec. 26  
 William T. "Bill" Tabor of Marion died Tuesday, Dec. 17.  
 Buddy Ashford, 92, of LeRoy, Ill., died Tuesday, Dec. 17.  
 Mona Fay Dalton, 72, of Marion died Dec. 7.  
 Jackie Dean Moore, 67, of Marion died Dec. 5.  
 Judy Marie McKinney, 81, of Marion died Nov. 2.  
 Kathy Sue Kirk, 66, of Marion died Nov. 24.  
 Spencer Lavell Cozart, 62, of Paducah died Nov. 18.  
 Lucille Emmaline Jackson, 79, of Burna died Nov. 25.  
 Sherron G. Cunningham, 70, of Symsonia died Nov. 17.  
 Vanda C. Engler, 85, of Burna died Nov. 28.  
 Amanda Rose Easley Dublin, 64, of W. Paducah died Nov. 28.  
 Jason Wardlaw Porter, 52, of Marion died Nov. 20.  
 James Eugene Todd, 91, of Marion died Nov. 25.  
 Tom Chase McKenney, 93, of Marion died Nov. 12.  
 Daniel "Dan" Baker Potts, 68, of Marion died Nov. 16.  
 Sadie Elizabeth Hughes, 21, of Princeton died Nov. 19.  
 Stephen Kent Brown, 63, of Marion died Nov. 6.  
 Sharon Lee Farmer, 78, of Sturgis died Oct. 31.  
 James "Jim" Louis Sliger, 69, of Marion died Nov. 1.  
 Annie Marie Glenn, 89, of Fredonia died Oct. 30.  
 Rayburn Dwayne "Petey" Doom, 66, of Marion died Nov. 4.  
 James Ray Rohl, 78, of Sapulpa, Okla. died Oct. 19.  
 Billy Jodean Dale, 86, of Murray died Oct. 23.  
 Jerry Wayne Bebout, 71, of Lola died Oct. 25.  
 Dennis Joe Nesbitt, 81, of Jackson, Tenn. died Oct. 26.  
 Fay Carol Crider, 82, of Marion died Oct. 26.  
 Nancy Diana Saavedra, 69, of Marion died Oct. 26.  
 William Gary Dowell, 61, of Marion died Sept. 28.  
 Naoma Jennings, 87, of Tucson, Ariz. died Oct. 5.  
 Rhonda Gina McIntosh, 63, of Taylorsville died Sept. 15.  
 Michael Joseph Birk, 77, of Hampton died Oct. 8.  
 Bob Yehling, 65, of Marion died Oct. 8.  
 Kevin Ray Maxfield, 45, of Marion died Oct. 13.  
 Bonnie Joyce Turner, 86, of Marion died Oct. 12.  
 LaDonna "Donna" Ann Noel, 69, of Marion died Oct. 2.  
 Joey Allen Gerard, 62, of Dawson Springs died Sept. 26.  
 Barry Glen Davidson, 61, of Marion died Oct. 1.  
 Anna Lee Hughes Johnson, 85, of Clarksville, Tenn. died Oct. 2.  
 Lula Ellen (Easley) Gilmore, 97, of Hendersonville, Tenn. died Oct. 5.  
 Alma Aliene Tabor, 81, of Marion died Sept. 23.  
 Martha G. Smith, 83, of Salem died Sept. 22.  
 Eugene Earl Trimble, 102, of McKinney, Texas died Sept. 22.  
 Christopher Randolph Peek, 38, of Marion died Sept. 28.  
 Corey Allen Hackney, 32, of Marion died Sept. 28.  
 William Ralph "Rodney" Paris Jr., 82, of Fredonia died Sept. 9.  
 Vernon Paul Spencer, 80, of Kuttawa died Sept. 15.  
 Marilyn Dameron, 68, of Marion died Sept. 15.  
 James "Emmett" Jennings, 91, of Fredonia died Sept. 22.  
 Ruth Ann (Bathgate) Roberts Powell, 91, of Smithland died Sept. 21.  
 Tyrone Tracy Peek, 67, of Marion died Sept. 7.  
 David Leon "Dave" Thomas, 75, of Marion died Aug. 31.  
 Dennis R. Campbell, 81, of Eddyville died Sept. 14.  
 Paul Allen Lowery, 71, of Tolu died Sept. 13.  
 Matthew Don Sisco, 42, of Portland, Ore. died Aug. 6.  
 Joyce JoAnn Goldsberry, 73, of Henderson died Sept. 11.  
 Tana Shey Myrick, 66, of Paducah died Sept. 5.  
 Sue Beavers, 87, of Marion died Sept. 9.  
 Betty Jane Hill, 83, of Marion died Sept. 4.  
 William Gregory King, 64, of Salem died Aug. 7.  
 Billy Hinchee, 90, of Marion died Aug. 9.  
 Robert Lee "Bobby" Condit, 68, of Marion died Aug. 10.  
 Hazel Murline Carroll, 88, of Marion died Aug. 20.  
 Shannon Easley Girard, 52, of Marion died Sept. 7.  
 Marilyn Kay Belt, 67, of Marion died Aug. 23.  
 Gail Roberts, 66, of Marion died Aug. 26.

Mary Ann Slaton, 82, of Madisonville died Aug. 11.  
 Bobby Neal Guess Sr., 85, of Kuttawa died Aug. 15.  
 Leroy L. Evans, 85, of Marion died Aug. 16.  
 Melvin Joe Ramage, 89, of Crittenden County died Aug. 18.  
 Jason Robert Spiegel, 49, of Marion died Aug. 13.  
 Martha Lee Maddux Wright, 98, of Knoxville died Aug. 14.  
 Joyce Patton, 83, of Eddyville died Aug. 19.  
 Steve Winfred Sills, 91, of Salem died Aug. 9.  
 David Marshall Eberle, 35, of Indianola, Iowa died July 29.  
 Matthew Don Sisco, 42, of Portland, Ore. died Aug. 6.  
 William Gregory King, 64, of Salem died Aug. 7.  
 Billy Hinchee, 90, of Marion died Aug. 9.  
 Robert Lee "Bobby" Condit, 68, of Marion died Aug. 10.  
 Jack Coleman Owen, 88, of Grand Rivers died Aug. 26.  
 Magdalene Ladd, 94, of Eddyville died Aug. 30.  
 Carl William Valentine Sr., 79, of Marion died Sept. 1.  
 James "Emmett" Jennings, 91, of Fredonia died Sept. 22.  
 James "Melvin" Buckingham, 81, of Marion died May 2.  
 Ola Rhea Crider, 80, of Marion, died May 5.  
 Robert Perry Chippis, 84, of Marion, died May 8.  
 Wanda L. Damron, 72, of Salem, died May 13.  
 Charlotte "Char" Stallion Gillott, 75, of Leesburg, Fla., died May 22.  
 Carl L. Holt, 86, of Benton, died May 22.  
 Carl Deane Ordway, 83, of Marion, died May 27.  
 Sharon D. Dossett, 80, of Salem, died May 29.  
 Don Hayden Phillips, 95, of Burna, died June 1.  
 Donna Sue Williams, 79, of Carrsville, died June 2.  
 Phillip Wayne Stone, 81, of Frances, died June 4.  
 Wilbur "Junior" Sisco Jr., 72, of Marion, died June 4.  
 Jason Paul Earls, 48, of Marion, died June 10.  
 Randall Lee Turley, 67, of Marion, died June 11.  
 Bonnie Lee Hartley Wilson, 98, of Hermitage, Tenn., died June 13.  
 Portia Kleinik, 77, of Marion, died June 13.  
 Marvin C. Connor, 97, of Smithland, died June 14.  
 Troy Delano McGahan, 51, of Somerset, died June 16.  
 James Martin Berry, 84, of Marion, died June 17.  
 Kenneth Shadowen, 80, of Benton, died June 18.  
 J.C. Johnson, 86, of Marion, died June 23.  
 Edith Kathryn Brooks, 94, of Lola, died June 25.  
 Agnes M. Duncan, 75, of Marion, died June 25.  
 Steve Chandler, 64, of Sturgis, died June 27.  
 Billy Truman Ramer, 80, of Paducah, died July 2.  
 Susan English Morrow, 70, of Marion, died July 3.  
 Jerry M. Sullenger, 82, of Princeton, died July 11.  
 Jeffrey Haire, 52, of Hot Springs, Ark., died July 11.  
 Sam Morris Hodge, 86, of Marion, died July 14.  
 Amanda Michelle Locke, 48, of Salem, died July 16.  
 Sheila Diane Tabor, 62, of Marion, died July 23.  
 Scharlene Louise Adams Williams, 77, of Salem, died July 25.  
 Virginia L. Swager, 89, of Murray, died July 28.  
 Brian Malcolm McRae, 74, of Kuttawa, died July 30.  
 Rebecca A. McDowell, 64, of Marion died Aug. 1.  
 Harry Dean Epley, 76, of Paducah, died Aug. 3.  
 Billy Joe Doom, 82, of Kuttawa, died Aug. 4.  
 John Earl "Sonny" Asbridge, 75, of Marion, died Aug. 6.  
 George William Lee, 58, of Kuttawa, died Aug. 9.  
 Jason Robert Spiegel, 49, of Marion, died Aug. 13.  
 David Lewis Cullen, 81, of Mayfield, died April 28.  
 Linda L. Hastings, 77, of Benton, died April 14.  
 Jo Ann Brantley, 77, of Marion, died April 15.  
 Michael K. Flahardy, 67, of Lexington, formerly of Marion, died April 12.  
 Nickie Dale Orndoff, 72, of Nortonville, died April 18.  
 Dale Faughn, 98, of Fredonia, died April 21.  
 Lillian Mae Fox, 82, of Marion, died April 13.  
 Carrie Ann Todd, 49, of Marion, died April 12.  
 Billie L. Montgomery, 70, of Paducah, died Feb. 4.  
 Donna Sue Tabor, 69, of Salem, died April 8.  
 Gary Lee McDonald, 78, of Leoma, Tenn., died March 18.  
 Joe Paul Wiggins, 93, of Salem, died April 8.  
 Van Evans Peek, 66, died April 5.  
 Tammie Reed, 42, of Kuttawa, died April 6.  
 Frances Dean Herrin, 90, of Marion, died April 5.  
 James Carroll Tolley, 82, of Lola, died March 19.  
 Charles "Buddy" Orlan Freeman, 91, of Marion, died March 20.



## 50 YEARS AGO

### January 1975

■ Community members including Tiffany Wheeler visited Crittenden County 4-H's nativity on the Crittenden County Courthouse lawn.

■ Sherry Lynn Ramage, 6, was honored in B.F. Goodrich's TEMPO magazine's holiday art contest.

■ Ercel Rushing was rewarded a 12-inch TV from Sgt. Everett Morris of the National Guard from fundraising to send one or more young persons from the area to summer camp.

■ Crittenden County lost to West Hopkins 85-59. Keith Cosby ended the game with 14 as the leading scorer, Clark Towery had 12, David Kelly and David Perryman both added 8, Danny Hodges had 7, Jimmy Croft had 6, and Darryl Sherer and Donnie Mills had 2 each.

## 25 YEARS AGO

### January 2000

■ A rare January tornado struck Crayne, creating a quarter-mile wide and 25-mile path through Crittenden County. The tornado damaged 100 structures and caused minor injuries to three individuals.

## 10 YEARS AGO

### January 2015

January 1, 2015

■ William E. Mitchell retired from the Crittenden County Courthouse after serving on the bench for 12 years. Percy Cook retired from his place on the Crittenden County Fiscal Court after 21 years of representing District 4 in the county.

■ Crittenden County Lady Rocket Chelsea Oliver scored her 1,000th career point during the Lady Rockets' win at the FSNB Christmas Classic at Russellville. In boys' action, the Rockets lost for the first time in 9 games at the start of their season, Landon Young scored 26 points in the previous game and was named National Guard Player of the Game in a win over Cumberland County.

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

Etta Lucille "Lou" Fleming, 72, died March 19.  
 Prudence Mason Runyan, 72, of Wyndmoor, Penn., died Jan. 25.  
 Patrick Edwin Asbridge, 56, of Marion, died March 20.  
 Sam J. Smith, 86, of Marion, died March 14.  
 Janet Louise Walker, 87, of Marion, died March 13.  
 Loretta Greer, 60, of Marion, died March 16.  
 Virginia McDowell, 94, of Crittenden County, died March 12.  
 Douglas Wayne Davis, 72, of Marion, died March 17.  
 Rebecca Jean Cordell, 68, of Marion, died March 8.  
 Michael Harris, 51, of Salem, died March 1.  
 Nona Christine Akridge, 88, of Marion, died March 10.  
 Michael Thomas Lanham, 60, of Salem, died March 11.  
 Roger Wayne Adams, 76, of Fredonia, died Feb. 28.  
 Mike Cherry, 81, of Princeton, died Feb. 21.  
 Robert Keith Barrett, 79, of Salem, died Feb. 21.  
 Charlene Armstrong, 82, of Marion, died Feb. 21.  
 Timothy Alan Peck, 55, of Salem, died Feb. 24.  
 Kimberly Rosa Booth, 58, of Marion, died Feb. 20.  
 Bradley Glenn Hamilton, 71, of Salem, died Feb. 18.  
 Ricky Dean Guess, 68, of Bartlett, Tenn., died Feb. 24.  
 Greta Fern Osburn, 77, of Fredonia, died Feb. 18.  
 Frances Ann Rorer, 78, of Marion, died Feb. 5.  
 Rachel Ann Adwell, 92, died Feb. 3.  
 James Wilford "Bill" Dukes, 88, of Smithland, died Feb. 11.  
 Carson Edgar "Chad" Walker III, 49, of Marion, died Feb. 10.  
 Charles Sisco, 80, of Salem, died Feb. 6.  
 Donna Sue (Lindsey) Parker, 65, died Jan. 31.  
 Russell Wayne Vasseur, 32, died Feb. 10.  
 Linda Sue Champion, 76, of Salem, died Feb. 5.  
 Mary Kathryn Nesbitt Sherer, 91, of Marion, died Jan. 31.  
 Gerald W. "Bear" Kinnin, 77, of Marion, died Jan. 28.  
 Catherine Marie Winfrey Bell, 91, of Media, PA, died Jan. 14.  
 Yolonda Mae Towery, 85, of Providence, died Jan. 23.  
 James E. "Jimmy" Tabor, 89, of Marion, died Jan. 18.  
 Donald Wayne Shaffer, 84, of Marion, died Jan. 3.  
 Pearl Mae Hazzard, 65, of Marion, died Jan. 12.  
 Elsie Stone, 101, of Crayne, died Jan. 16.  
 Thomas "Tom" Lee Ward, 53, of Princeton, died Jan. 21.  
 Robert William "Bobby" Loveless, 83, of Salem, died Jan. 15.  
 Peggy Sue Crawford, 75, of Madisonville, died Jan. 6.  
 Thomas Warren "Tommy" Tabor, 80, of Marion, died Jan. 6.  
 Winfred Lee Green, 81, of Paducah, died Jan. 2.  
 Harold Keith Croft, 91, of Marion, died Jan. 4.  
 Oliver Preston Perryman, 98, of Marion, died Jan. 5.  
 Carnelia L. Ramage, 88, of Tiline, died Jan. 7.  
 Elizabeth Stofko, 69, of Sturgis, died Jan. 5.  
 Donald Lewis Pugh, 80, of Marion, died Jan. 8.  
 Sharon Hunter, 63, of Marion, died Jan. 1.

**Crittenden Press**  
 USPS 138-260

125 E. Bellville St. | P.O. Box 191 | Marion, KY 42064  
 270.965.3191 | www.the-press.com  
 thepress@the-press.com

Chris Evans, editor & publisher  
 Allison Evans, advertising/operations  
 Alaina Barnes, creative design  
 Kayla Maxfield, reporter/distribution

The Crittenden Press (USPS 138-260) is published weekly by The Crittenden Press Inc., P.O. Box 191, 125 E. Bellville St., Marion, KY 42064. Periodicals postage paid at Marion, KY and at additional mailing offices. Subscriptions \$38 to \$75 per year. POSTMASTER: Send address changes to The Crittenden Press, P.O. Box 191, Marion, KY 42064.

Copyright 2024

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

# Fuller's \$20,000 shot swishes free tuition

BY CHRIS EVANS  
PRESS EDITOR

Saturday night's men's basketball game at Belmont University became unforgettable when Mason Fuller, a junior marketing major from Salem, stepped onto the court at half-time and sunk a half-court shot that earned him a fully paid semester of tuition for the fall 2025.

Belmont was hosting the University of Illinois-Chicago, but Fuller became the star of the night, captivating the crowd with a moment he described as "straight out of a Disney movie."

Fuller, a transfer student from West Kentucky Community and Technical College who joined Belmont in August, was at the game to deliver the pregame prayer as part of his role on the university ministries' prayer team. When halftime arrived, Fuller got an unexpected opportunity.

"The same lady who coordinated the prayer told me they didn't have anyone lined up to shoot for the tuition prize,"

Fuller recalled. "I thought it'd be for something small, maybe \$500. When they told me it was a full semester of tuition, I couldn't believe it."

Belmont's tuition is approximately \$20,000 per semester, making the shot not only a thrilling experience but a significant financial win.

"After some financial aid, my tuition isn't quite that high," Fuller admitted, "but I'm calling it a \$20,000 shot."

As the announcer introduced him, Fuller learned he had just one attempt.

"I was expecting something like ESPN's College GameDay where you get a rack of balls, but it was one shot," he said.

Despite the pressure, Fuller let the ball fly with a confidence built on years of informal practice.

"I've been chucking half-court shots for fun my whole life," he said.

When the ball swished through the net, Fuller was overwhelmed.

"It felt like slow motion, and after it went in, I blacked out

for about 10 minutes," he said.

His smartwatch reported a heart rate spike of 203 beats per minute during the moment.

The excitement didn't stop there. Fuller's shot quickly went viral, garnering nearly a million views across social media platforms. He appeared on SportsCenter and CBS Sports' social media pages, even catching the attention of sports personality Pat McAfee, whose sweatshirt Fuller happened to be wearing during the shot.

"The athletic department tagged Pat McAfee, and he reposted it," Fuller said.

Fuller, who works as a marketing intern at a small Nashville record label, Triple 8 Management, hopes to channel his education into a music industry career. But for now, he's enjoying the moment.

"I celebrated with a frozen pizza when I got home," he joked.

Reflecting on his journey, Fuller noted that his love for basketball began in childhood

in little league, though he never played in high school at Livingston Central, from where he graduated in 2022.

"It's always been just something fun I enjoyed," he said. "This shot was a God thing for sure. It was amazing."

His mother and father, Jenny and Brad Fuller, live near Salem and were just as excited as their son. He had texted them about the opportunity for taking the halftime shot, then when it was over he called.

"When he called back, he was crying," his mother said. "So, we knew right away that he'd hit it."

"Mason has been through a lot in his life because of his health," his mother added. He suffers from an autoimmune disorder that requires him to take medicine daily and other routine treatments.

"So he's been really close to God and I just think this was a God thing the way it all worked out," Jenny said.

Belmont University is a private Christian-centered insti-



Mason Fuller, who turned 21 on Monday, is studying marketing at Belmont University and hopes to work in the country music industry where he's interning right now.

tution near downtown Nashville.

## What is a white Christmas anyway?

Many folks spent much of December "dreaming of a White Christmas." Actually, a White Christmas is a rather rare phenomenon around here. According to the National Weather Service (Paducah office), the most recent

White Christmas in our area was in 2022, when there were 2 inches of snow on the ground on Christmas Day. Before that, you have

to go all the way back to Christmas 2010, when 3 inches of fluffy white snow decorated the ground.

What is a "White Christmas" anyway? According to the National Weather Service, a White Christmas must have at least an inch of snow on the ground on Christmas Day. In the past 88 years, the Paducah office has recorded a White Christmas only nine times, which means we have about a 10% chance of seeing one in any given year. In contrast, Aspen, Colo., boasts a 99.9% chance of having a White Christmas.

While December snowfall is not uncommon in our area, significant totals are rare. Paducah began keeping climate records in 1937. Since then, there have been only 10 Decembers with a monthly snowfall total of 5 inches or more, and

just one instance where the total exceeded 7.5 inches (14 inches in 2004). January, however, tends to be much snowier. The Paducah NWS reports 10 Januaries with monthly snowfall totals exceeding 7.5 inches, five of which surpassed 10 inches. February snowfall is even more impressive, with six years recording cumulative totals above 10 inches and ten years exceeding 7.5 inches.

Let's not forget the challenges of the January 2009 ice storm, which caused unprecedented damage in our area. We remain grateful to the many out-of-state linemen who worked tirelessly to restore electricity to our homes and businesses after that crippling disaster.

Speaking of January snow, do you remember the brutal winter of 1978 when 24 inches piled up on the ground? It was a harsh season. The dry, powdery snow drifted terribly on country roads due to the frigid winds. I remember it well - I had just married my beautiful bride the previous April and was still a newlywed. That winter, I was feeding 40 steers that were entirely dependent on me for food and water, and I milked my cow every morning and evening.

My hero that winter was my 1969 Ford F-100 4x4 truck. It plowed through the deep snow like a bulldozer - at least for a couple of days. Then it started misfiring. That week, I got quite an education. I had just installed new spark plugs

and points in my truck before the snowstorm. When the engine started missing, I replaced the spark plug wires and distributor cap, but the problem persisted. My mechanic friend, Danny Hunter, asked what brand of spark plugs I had used. When I said AC, he shook his head and told me to only use Autolite or Champion plugs in a Ford. Sure enough, once I replaced the AC plugs with Champion plugs, the truck ran like a charm. Live and learn - I haven't used AC spark plugs in a Ford since.

We survived the blizzard of January 1978. It was by far the worst winter weather I've ever experienced, but I never missed a single milking or feeding for my steers. Live and learn, indeed.

If you haven't already done so, let me encourage you to prepare for the worst this winter. If you have a generator, make sure your gas tank and jugs are filled, and use a fuel stabilizer. Does your home have an auxiliary heat source that requires fuel? Make sure it's fully stocked. Keep canned food that requires minimal preparation, and have a few jugs of water on hand in case you lose access to city or county water.

Finally, don't forget the greatest lesson of all: When winter weather strikes, love your neighbor the way Jesus taught us. Help one another during difficult times - it's a blessing to both give and receive.



### Lodge Officers Installed

Bigham Lodge #256 installed officers recently, including (seated from left) Senior Steward Brian Farmer, Senior Deacon Mike Story, Junior Deacon Bill Beverly, Tiler LaFon Coomer, Junior Steward Josh Orr, Chaplin Barry Smith; (standing from left) Secretary Joey Farmer, Junior Warden Billy Martin, Master Dale Willingham, Senior Warden Gene McDonald and Treasurer Don Orr.

## LED

Continued from page 1  
sum or monthly conversion fees.

KU would then conduct an audit of all city light fixtures to ensure accuracy. The audit would take several weeks to complete. Based on current billing data, Marion has 431 streetlights, 47 of which are already LED. Converting the remaining 384 lights to LED would reduce energy costs significantly. Currently, Marion pays an average monthly power bill of \$5,660 for its street lights. After converting to all LED lighting, that figure would drop to \$5,257, a \$403 monthly savings. That price also includes the conversion fee, which would be paid off in time over five years.

Once the conversion fee is paid off, Marion's light bill is projected to be \$3,994, a \$1,666 monthly decrease from current costs. That figure does not account for any rate increases over time.

If the city opts to pay the conversion fee upfront in a lump sum of \$75,709, the monthly light bill will immediately drop to \$3,994, yielding the same savings of \$1,666 per month. If Marion proceeds with the idea, KU will order supplies, schedule installation and begin the conversion. After installation, billing will be updated to include all streetlights on a single invoice, reflecting either the monthly or one-time conversion fee. The entire process is estimated to take 8-12 months.



Drake Kirk and some of his hunting buddies harvested a half dozen Canada geese over the holidays. Goose season runs through Feb. 15, but duck gunners have only until Jan. 31 for waterfowl

Pictured are front from left, Paisley Witherspoon, Clark Markwell, Rylee Rusbilburg, Isabel Felton, Annie Maxfield, (middle) Charlotte Vince, Scarlett Bock, Cooper Ellington, Kaelyn Omer, Lynleigh Hubbard, RyAnna Miller, Nellie Singleton, (back) Ceci Keller, LeeAnn Keller, Michelle Crider, Russell Vince, Miles Yates, Parker Brown, Lilly Newcom, Barrett Brown, Katie Beth James, Abigail James, Corey Crider, and Kane Hulien.



## Crider Performing Arts hosts recital

Crider Performing Arts Studio showcased talents and achievements of 21 students during its winter recital, held on Dec. 19 at historic Fohs Hall. Sponsored by the Community Arts Foundation, the event celebrated the culmination of months of learning in group and individual classes under the direction of teachers Michelle and Corey Crider.

The recital featured an eclectic mix of performances, including classic Christmas tunes and hymns, traditional recital

pieces, rock songs, and even a dramatic monologue. The evening highlighted the dedication and creativity of the students as they demonstrated their growth in piano, voice, guitar, drums and drama.

Following the recital, a reception sponsored by the Woman's Club of Marion provided an opportunity for families and guests to celebrate the performers.

Two outstanding students were recognized for their exceptional work this semester. Michelle

Crider's outstanding student was Nellie Singleton, while Corey Crider selected Barrett Brown. Both instructors highlighted Singleton's and Brown's commitment to music, improvement and raw talent as reasons for their selections.

The Crider Performing Arts Studio offers a range of classes and private lessons in piano, voice, guitar, bass guitar, drums and drama. For more information or to enroll, call 210-452-3539 or visit Crider Performing Arts Studio on Facebook.

## COSTS

Continued from page 1  
to work hard. Today, stagnant wages, skyrocketing costs, and corporate greed have left many struggling to afford the basics. In hindsight, the affordability of the '80s wasn't just a perk—it was a foundation for a more

stable and accessible life, one we'd do well to strive for again.

Chris Evans has been editor of *The Press* for over 30 years and is the author of *South of the Mouth of Sandy*, a true story about crime along the Tennessee River. You can find it on Amazon or wherever books are sold.

**LUMBER YARD • HARDWARE • TOOLS • WINDOWS • DOORS**

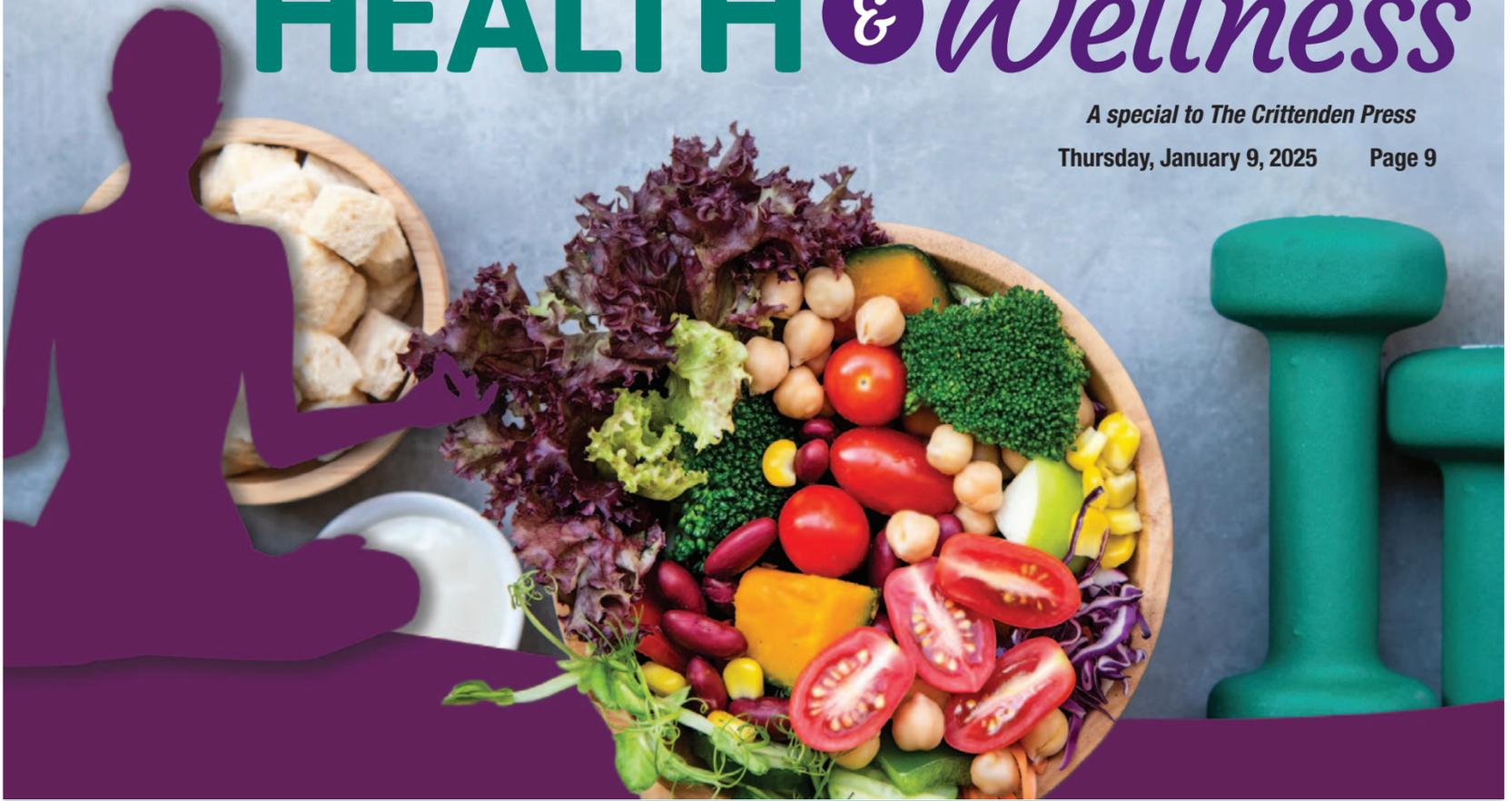
**Call for a free estimate!**  
**270-365-7881**  
**OPEN MON-FRI 7:30-4:30**  
**CLOSED SAT/SUN**

**11319 US HWY 62 WEST**  
**PRINCETON, KY**

**GARAGE DOORS & OPENERS**  
**MUSGOVE**  
**OVERHEAD DOOR CO**  
**270-365-7206**

**COMMERCIAL & RESIDENTIAL**  
**INSTALLATION AND SERVICE**  
LOCATED INSIDE LONE STAR BUILDING SUPPLY

OFFICIAL DEALER FOR:



Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

## 3 short-term fitness goals that can lead to long-term success

As New Year's Day 2024 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-size-fits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1. Aspire for incremental weight loss. Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, long-term goal.

2. Exercise for a predetermined number of days each week. Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. Resolve to walk a mile per day. Walking is an accessible cardiovascular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.

## Tips to reduce nutrient loss while cooking

It's not unheard of for people to turn over a healthy leaf at the start of a new year. After a holiday season filled with social engagements and diet-busting meals, it's no surprise many celebrants view January as a time to right the dietary ship.

Home cooking provides an opportunity for people to gain greater control over what they eat, and it's well known that certain methods of cooking are healthier than others. But Healthline notes that nutrient content is often altered during cooking. For example, a 2017 study published in the journal Food Science and Biotechnology noted that vitamin C is a water-soluble and temperature-sensitive vitamin, which means it is easily degraded during cooking. As a result, researchers behind the study noted that elevated temperatures and long cooking times have been found to cause substantial losses of vitamin C.

Such knowledge is undoubtedly useful, but individuals may wonder what they can do to ensure the meals they prepare remain as nutritious as possible, even after they've been cooked. When preparing meals, individuals looking to maximize the nutritional value of each meal can consider these tips.

■ Consume the liquid left after cooking vegetables. It's commonplace to drain pots and pans of water after using them to cook vegetables. However, when doing so, individuals might literally be pouring nutrients down the drain. In a 2016 interview with CNN, registered dietitian and author Elaine Magee noted that boiling



Individuals looking to maximize the nutritional value of each meal can consider these tips.

vegetables causes water soluble vitamins like vitamin C, B1 and folate to leach into the water, thus denying people some of the nutritional content of these healthy foods. Though it might seem unusual, consuming the water that vegetables are cooked in can ensure no nutrients are poured down the drain of a kitchen sink.

■ Consume cooked vegetables within a day or two. Healthline notes that exposure to air after cooking can decrease the vitamin C content of vegetables. This is something for people to keep in mind, particularly if they like to prepare meals in advance due to hectic schedules that leave little time for daily cooking. Consume cooked vegetables within a day or so of preparing them to avoid losing out on nutrients.

■ Avoid pre-cut fruits and veg-

etables. Some grocery store produce aisles feature an array of pre-cut fruits and vegetables. Though such offerings are undeniably convenient for time-pressed individuals who want to eat healthy, they also might not be as nutritious as shoppers hope. According to Verywell Fit, heat, oxygen and light are the three factors that lead to nutrient loss. When produce is uncut, the interiors are of the food are protected from oxygen and light. Once cuts are made, such as when apples are sliced, then nutrients such as vitamin C, vitamin A and vitamin E might be lost.

Healthy eating is a common New Year's resolution. It's important individuals aspiring to eat healthy recognize that how foods are cooked and cut may affect their nutritional value.

## What to know about seasonal affective disorder

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

What is SAD?

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

Is SAD exclusive to winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe

the shorter days and thus fewer hours of daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

What are the symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

■ A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.

■ Feelings of hopelessness or pessimism

■ Feelings of irritability, frustration or restlessness

■ Feelings of guilt, worthlessness or helplessness

■ Loss of interest or pleasure in hobbies and activities

■ Loss of energy or feelings of fatigue. Some also feel as if they have slowed down.

■ Difficulty concentrating, remembering or making decisions

■ Changes in sleep or appetite or unplanned weight changes

■ Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment

■ Suicidal thoughts or attempts or thoughts about death

It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of winter-pattern SAD include:

■ Hypersomnia, or oversleeping

■ Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.

■ Social withdrawal

How is SAD treated?

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

Can I prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help.

Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at [www.nimh.nih.gov](http://www.nimh.nih.gov).



Did You KNOW?

The American Heart Association reports that a resting heart rate between 60 and 100 beats per minute is normal for most adults. However, a physically active person or athlete may have a resting heart rate as low as 40 beats per minute. Individuals may recognize resting heart rate or know it from past wellness exams, but why is it important? According to the AHA, a person's resting heart rate can be an important clue into how healthy or unhealthy that person may be. The AHA notes that a lower resting heart rate indicates the heart muscle is in good condition and therefore does not have to work as hard to maintain a steady beat. Conversely, a higher resting heart rate has been linked to lower levels of physical fitness, higher blood pressure and elevated body weight.

# Did You KNOW?

Honey has long been touted for its medicinal qualities, but the United States Department of Health and Human Services still warns parents of infants to avoid feeding honey to children. That warning was issued because honey can give infants botulism, a rare paralytic illness cause by a nerve toxin. Spores of botulism are found in dust and soil, but they also can make their way into honey. Infants' immune systems are not strong enough to combat such a bacterial infection, and their gastrointestinal tract is not as fully developed as an adult's, making them even more vulnerable to the bacteria associated with botulism. Infants with botulism appear lethargic, feed poorly, have a weak cry, have poor muscle tone, and suffer from constipation. When left untreated, these symptoms can lead to paralysis of the respiratory muscles, arms, legs, and trunk.



## What happens to blood after it's donated?

Each year blood donors help to save millions of lives. Individuals who routinely donate blood may not give it a second thought, but this selfless gesture ensures accident victims and others get a helping hand when they need it most. Recipients of blood donations are there for the culmination of a process that begins with generous donors, who may be curious about exactly what happens to their blood after it's collected. According to the American Red Cross, donated blood is kept on ice before being taken to a processing center, where information about the donation is scanned into a computer database. Upon arriving at processing centers, donated blood is spun in centrifuges to separate it into transfusable components, including red cells, platelets and plasma. Each component is then packaged as a "unit," or a standardized amount doctors use when transfusing a patient. Blood donations also are tested at a separate laboratory to establish type and check for infectious diseases. The results of these tests are transferred electronically to the processing center within 24 hours, which underscores the efficiency of the donation process. Any blood that tests positive for disease is discarded and donors are notified. If the blood is deemed suitable for transfusion, it is labeled and stored. Red cells are stored in refrigerators at 6° C for up to six weeks (42 days), while platelets are stored at room temperature in agitators for up to five days. Plasma can be stored in freezers for up to one year. Blood is available to be shipped to hospitals 24 hours a day, seven days a week, and hospitals typically keep some blood units on-site.

### Is Your Back Tied Up In Knots?

Back pain can be excruciating. Chiropractic treatment has consistently provided relief of back pain for millions of Americans.

Call us today.  
Walk-ins welcome.

Chiropractors...  
We can help.

**JAMES P. RUSHING, D.C.**  
505 West Main Street  
Princeton, Kentucky  
(270) 365-6800

### Relax - Rejuvenate - Refresh

## Reflexology

Sole to Soul Reflexology

Sara Mast  
Certified Reflexology Therapist  
270-969-1743  
www.tinyurl.com/ReflexS2S

Say goodbye to stress in 2025!

Serena Dickerson,  
Personal Trainer

## COMPLETE FIT CAMP 2025

Jan. 7-Feb. 27  
CLASSES Monday- Thursday

8 WEEKS ONLY \$168

\$168 for Fit Camp includes gym membership, all camp classes, meal plan ideas, recipes and 5 day detox. Detox plan will be sent upon registration and payment.

5:45 a.m. All Levels 45 min  
8:00 a.m. Beginner to Intermediate 45 min  
4:30 p.m. All Levels 45 min

**MENS CLASS \$90**  
5:30 p.m. Class for Men Tuesday and Thursday 1 hour  
Yoga \$7 per class or \$75 for 2 months  
Yoga - Monday and Wednesday 5:30 p.m., 45 min

**FULL BODY FITNESS STUDIO**  
Marion, KY • (270) 704-1871 • serenafit@yahoo.com

## Trust the FRIENDLY, KNOWLEDGABLE STAFF at KB Pharmacy

- Immunizations
- Convenient Drive-Thru
- Free Delivery
- Easy Transfers

Medications you take deplete minerals in your body. Ask us about supplements to reduce drug-induced side effects.

Ask our knowledgeable pharmacists about premium, over-the-counter vitamin supplements from Pure Encapsulations

- Probiotics • Vitamins
- Osteoporosis Support
- Cardiovascular Support
- Joint & Muscle Products
- Prenatal Nutrients • Much More

Download our Pharmacy App

Download on the App Store | GET IT ON Google Play

**Rx365**

We Understand. We Can Help.  
FREE Nutritional Consultation.

320 S. Main St., Marion, KY  
(270) 965-9007  
Mon.-Fri. 8:30 a.m.-5:30 p.m., Sat. 8:30 a.m.-12:30 p.m.  
www.kbpharmacy.com



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

## Outpatient Therapy Clinic

Physical Therapy • Occupational Therapy

Trust our experienced team for your therapy needs, including:

- Orthopedic Injuries & Joint Replacements
- Fall Prevention & Balance Training
- Shoulder & Basic Hand Therapy
- Neurological Disorders (Stroke and Brain Injury)
- Sports Injuries
- Pain Management
- Pediatric Therapy
- Cognitive Therapy

Ask your physician for a referral



Crittenden Community Hospital Outpatient Therapy Clinic  
(270) 965-1013  
www.crittenden-health.org

## Livingston Hospital

DEACONESS KENTUCKY PARTNER

More Providers | More Services | More Locations

# PROVIDING more

Family Primary Care & Behavioral Health  
Medicare Wellness • Women's Health  
Family Yearly Exams • DOT Physicals

Tyler Hamilton, DO  
Livingston Care Clinic

Laura Wood, APRN  
Livingston Care Clinic

Kaitlin Loveless, MSN, APRN, PMHNP-BC  
Livingston Care Clinic  
Grand Rivers Clinic  
Eddyville Family Clinic

Matt Fletcher, APRN  
Grand Lakes Clinic

Samantha Samuels, APRN, FNP-BC  
Jessica Sigler, PMHNP  
Jennifer Johnson, APRN, FNP-BC  
Family Clinic

Theresa White, APRN  
Eddyville Family Clinic

Livingston Care Clinic (270) 988-3839  
Grand Lakes Clinic (270) 362-8246  
Eddyville Family Clinic (270) 388-0620  
Family Clinic (Marion) (270) 704-4131

(270) 988-3839  
(270) 362-8246  
(270) 388-0620  
(270) 704-4131

# The impact of reading on cognitive decline

Aging and change go hand in hand. Although some may bemoan the gray hairs that start to arrive or stiffness in the knees that seems to sneak up on a person in middle age, such concerns are not necessarily enough to lose sleep over. However, many people 50 or older are nervous about the potential for cognitive issues like dementia as they grow older.

The Alzheimer's Association estimates that 6.7 million people have Alzheimer's disease in the United States. The Alzheimer Society of Canada estimates that there were 733,040 people living with dementia in the country as of January 1, 2024. Alzheimer's disease and other dementias can

rob people of their memories, personalities and abilities to live satisfying, independent lives. While it may not be impossible to prevent all cognitive issues completely, there is reason to believe that reading could be an ally in cognitive care.

The American Academy of Neurology says that reading stimulates the brain and has been shown to slow down cognitive decline in old age. Reading also may help slow down memory loss.

The powers of reading were noticed more than 10 years ago when a 2013 study from researchers at Emory University measured readers' MRI scans as they read books. They found the deeper readers went into a story, the

more areas of their brains were activated. This activity remained elevated for several days after participants finished their books. The more a person reads, the stronger complex networks in the brain become.

Additional evidence that reading can help the brain was noted by researchers at the Texas A&M School of Public Health. A 2024 study suggests that older people with mild cognitive impairment who engage in high levels of activities like reading, hobbies and word games have better memory, working memory, attention, and processing speed than those who do not take part in such endeavors. Furthermore, a 2021 study published in Neurology found

that high levels of cognitive activity, like reading and writing letters, can delay the onset of Alzheimer's disease by five years among those age 80 and over.

Reading can keep brains functioning optimally and potentially delay age-related cognitive decline.

January is  
**National BLOOD DONOR MONTH**  
*Celebrate the Gift of Life!*  
**Western KY Regional Blood**  
(270) 684-9296: Owensboro Center  
(270) 885-0728: Hopkinsville Center  
1902 S. Virginia St. Hopkinsville KY

## Get Yourself Ready for a New Year!

**NEW**

- Treadmills
- Ellipticals
- Bikes
- Lateral Trainer
- RX6000 Cardio Machine



## Separate Men & Women's Exercise Areas



**GIFT CERTIFICATES AVAILABLE**

**SETH BRIDWELL**  
CERTIFIED PERSONAL TRAINER  
(270)704-2249  
b.wellft@gmail.com

913 S. Main St., Marion  
Enter through rear entrance

**(270) 965-5803**

## Dilated Eye Exams

Are Recommended For Diabetics Once A Year!

### HAVE YOU HAD YOURS?

Sheila Thurmond, Dr Adria Porter, Carly Porter, Terri Easley, Southern Hunt, Heather Jameson and Janet Owen

## MARION EYECARE CENTER, PLLC

713 South Main Street,  
Marion, Ky.  
(270) 965-5280

**IDEAL FOR DRY EYES**

WE OFFER MANY BRANDS AND PRICE RANGES OF EYEGLASS FRAMES INCLUDING:

Michael Kors, Coach, Nike, Vera Bradley, Guess & Calvin Klein

## Our Community is Your Home for Healing

**Rehabilitation Services**

- Orthopedic Care
- Post-surgical Care
- Stroke and neurological care
- Arthritis
- Pain Management
- Wound care
- Fall Prevention
- Difficulty Swallowing and eating
- Incontinence
- Decline in day-to-day functioning
- General weakness

**Our Services**

- 24-hour Nursing Care
- Post-Acute Care
- Tracheostomy Care
- Wound Care
- Pulmonary Care
- Pain Management
- Respite Care
- Palliative Care
- Medically Complex Patients
- IV Therapy
- Dementia Care

**Our Amenities**

- Private Rehab Recovery Rooms
- Daily Housekeeping Service
- Recreational Activities
- Personal Laundry Service
- Beauty Salon and Barber Shop
- Patio and Courtyard
- Cable Television & WiFi

**Our goal is to help our patients achieve their maximum level of independent functioning and to develop a personalized plan to get you back on the road to recovery!**

**Atrium Centers Inc.**  
**CRITTENDEN COUNTY HEALTH & REHABILITATION CENTER**  
201 Watson Street • Marion, Ky. • (270) 965-2218

**SALEM SPRINGLAKE HEALTH & REHABILITATION CENTER**  
509 N. Hayden Ave. • Salem, Ky. • (270) 988-4572

Atrium Centers does not discriminate against any person regardless of race, color, sex, national origin, age, religion, disability, or communicable disease regarding the admission, retention, treatment and terms of residency for patient/clients.

## The Healthcare Provider Is IN Your Neighborhood

**We believe in primary care that's all about you.**

 <b>Terry W. Boone, PA-C</b> Marion Clinic	 <b>William E. Barnes, M.D.</b> Salem Clinic	 <b>Michael P. Gavin, M.D.</b> Marion & Smithland Clinics	 <b>Justin J. Lewis, PA-C</b> Marion Physicians Clinic & Salem
 <b>Kara A. Phillips, APRN</b> Salem & Marion Clinics	 <b>Robin Leidecker, APRN</b> Marion & Salem Clinics	 <b>Demetrius L. Patton, M.D.</b> Salem and Crittenden Hospital Annex Bldg.	 <b>Jennifer Alexander, PMHNP-BC</b> Salem & Marion Clinics
 <b>Danielle Guminski, PMHNP-BC</b> Smithland Clinic	 <b>Ghassan Yazigi, M.D.</b> Salem & Marion Clinics	 <b>Jessica Y. Harris, APRN</b> Smithland Clinic	 <b>TCL</b> ISO 9001:2015 Certified Quality Management System

**Tri-Rivers Healthcare PLLC**

Marion Clinic • 308 S. Main St. • (270) 965-4377  
Salem Clinic • 141 Hospital Dr. • (270) 988-3298  
Smithland Clinic • 205 E. Adair St. • (270) 928-2146

*In addition to Primary Care, we provide Internal Medicine, General Surgery, Gastroenterology, Substance Disorder treatment, Hepatitis C treatment, DOT physicals, Behavioral Health and Weight Loss Program services.*

# Why handwashing is so important and effective

Winter is historically marked by an increase in people getting sick. That's because certain conditions common to winter can make it easier for infectious agents to spread. Handwashing becomes even more essential as winter rears its chilly head.

Northwestern Medicine says the body is not as effective at fighting a virus when cold air enters the nose and upper airways. That means the flu, common cold and even COVID-19 can spread more easily in the winter. Also, people tend to huddle indoors where it is warm when the mercury outside drops. That puts people in closer contact with others who may be harboring these viruses or other infectious diseases in their bodies. Individuals often get less exposure to sunlight during the winter, which can adversely affect their natural production of vitamin D. Low levels of vitamin D have been linked to a weakened immune system, which can make fighting illnesses more difficult.

The Centers for Disease

Control and Prevention says handwashing is an important step in staying healthy all year long, and especially during the winter when conditions are ripe for the spread of disease. Many diseases and conditions are spread by not washing hands with soap and clean running water. The CDC says that, in addition to the viruses mentioned above, people can become ill from exposure to even small amounts of feces from people or animals, which can contain Salmonella, E. coli and norovirus. It also may spread some respiratory infections like adenovirus and hand-foot-mouth disease. These germs can get onto hands after people use the toilet or change a diaper, but also after handling raw meats that have minute amounts of animal feces on them.

The Cleveland Clinic advises that a person can prevent one in three illnesses that cause diarrhea and one in five respiratory infections simply by keeping hands clean. Germs from unwashed hands can be transferred to objects like tabletops, door handles and even foods

and beverages, which underscores the significance of handwashing.

The best way to wash hands involves some easy steps.

1. You should wash your hands frequently, and especially after using the toilet; changing diapers; before, during and after preparing food; before eating; be-

fore touching your nose, eyes or mouth (including handling dentures or orthodontic aligners); after sneezing, coughing or blowing your nose; and when you arrive home from shopping or being in high-traffic public areas.

2. Wet your hands with clean, running water and use soap if it is available.

Any soap will do. Antibacterial products are not essential.

3. Lather up for about 20 seconds, says Nemours KidsHealth, and make sure to get in between fingers, on the back of hands and under the nails where germs like to linger. Don't forget to also wash the wrists.

under running water to remove all traces of soap.

5. Dry hands using a clean towel or air dry them.

6. Use a clean paper towel to turn off the faucet and open the door in public restrooms. People at home should routinely wipe down faucets and handles with cleansing products.

## CARING FOR YOUR COMMUNITY



We accept the following:

- Commercial Insurance
- Medicaid & Medicare
- Private Pay

Discounts available on healthcare and prescriptions

Transportation assistance is available. Contact our outreach dept. for arrangements.

**(270) 365-9455**

1100 S. Jefferson Street  
Princeton, KY

### Our Services:

- ✓ Family Practice
- ✓ Behavioral Health
- ✓ Women's Health
- ✓ Weight Management
- ✓ Optometry
- ✓ Diabetes Self-Management, Education and Support
- ✓ Skin Care
- ✓ Medical Nutrition Therapy
- ✓ X-Ray
- ✓ Laboratory



**Health First**  
Community Health Center

Visit a location near you!

Calhoun  
Morganfield

Clay  
Owensboro

Earlington  
Princeton

Henderson  
Providence



## PARTNERS INSURANCE

221 E. Bellville St., Marion, KY  
(270) 965-2239

We have a big announcement coming.  
We will be sharing the exciting news  
February 1st.

Are you confused by Medicare?  
Call us for a Medicare Review.

Medicare Supplements  
Under 65 Medicare Products  
Prescription Drug Plans  
Medicare Advantage Plans • Dental  
Vision • Cancer • Life

## Shemwell Health Care

805 Princeton Street • Providence, Ky 42450  
(270) 667-5472



Shemwell Health Care is a 22-bed private pay facility.

We provide licensed personnel 24 hours/day with RN coverage or on call at all times.

Our facility is licensed for all levels of care including skilled, intermediate and personal care.

We are a full service home providing for all your loved one's needs at all times. This includes physical therapy, occupational therapy and speech therapy if needed. Laundry services and meals among many other amenities are included in our daily room rates.

In house x-ray and ultrasound services are also available upon doctor orders. Medicare will cover therapy and x-ray services with appropriate diagnosis and doctor orders.

Room rates are considerably less expensive than many other licensed facilities in our tri-state area. Long Term Care policies approved.

We offer a homelike clean atmosphere in a family like environment. We strive to be less institutional and to provide a more home friendly living space. All meals are prepared by our kitchen staff with meals geared toward nutrition and the likes/dislikes of our residents. Substitutions are regularly made depending on each resident's needs and requests. Families are encouraged to come enjoy meals with their loved ones as they would like.

Our small 22-bed facility allows us to provide superior care and give your loved ones the attention they deserve and need. We are very well staffed on all shifts in order to provide for all your loved one's needs on all levels.

## How can seniors BE ACTIVE SAFELY in the winter?



Many seniors rely on indoor walking and fitness centers to maintain an exercise regimen through the colder months. When weather confines us to the home, there are still plenty of activities that can be both safe and fun for seniors.

Should the cold limit outdoor activity, indoor fitness options can be accessed through technology in the form of personal health coaches and fitness routines found on YouTube. Consider yoga instruction on the internet or check out a workout DVD from the local library. Simple at-home gym equipment such as hand weights and stretch bands are affordable and don't require large space for use or storage. Of course treadmills or stationary bikes are also great for inside exercise. Even walking the hallways inside your home and performing gentle stretching are beneficial. Always remember to hydrate properly when participating in any exercise routine.

### Why is it important for seniors to keep up with activities and fitness routines during winter?

Remaining physically active year round can add years to one's life. Physical exercise increases the body's immunity and ability to fight disease. This is especially important during the colder winter months, which are well associated with sickness. Additionally, routine exercise has been known to decrease complications affecting seniors, such as diabetes, heart disease, and osteoporosis.

### SALEM SPRINGLAKE CAN HELP

Salem Springlake Care Center provides therapy and rehabilitation services to aid and assist with recovery after a hospital stay. As we help seniors regain strength after a sickness or surgery, it's a priority to ensure successes continue with a transition back home, including resuming daily activities. The staff of Salem Springlake works to educate patients and caregivers about healthy routines, including dietary, activity and medical needs.



Atrium Centers, LLC

**SALEM SPRINGLAKE**

HEALTH & REHABILITATION CENTER

A healing community close to home, and family

509 N. Hayden Ave. • Salem, Ky. • (270) 988-4572