

## BEATLES TUNES ON TAP FOR SATURDAY AT FOHS

Local opera singers Corey and Michelle Crider headline Saturday’s 6:30 p.m., concert at Fohs Hall entitled Return of The Tapestry: Remove the Veil which will feature a full-throttle rock band bridging the divide between classical and popular music with a tribute to the Beatles’ masterpiece, Abbey Road. Tickets are \$20 online or at The Crittenden Press or Bowtanicals.

## UPCOMING MEETINGS

- Crittenden County Fiscal Court will meet at 8:30 a.m., Thursday, July 21 at the court-house.
- Crittenden County Inter-agency Council will meet at 9:30 a.m., Thursday, July 21 at Marion Baptist Church in the conference room in the Family Life Center.
- Crittenden County Board of Education will meet at 5:30 p.m., Tuesday, July 26 at Rocket Arena conference room.
- Crittenden County Board of Elections will meet at 9 a.m. on Thursday, July 28 in the county clerk’s basement office.

## WATER VOLS NEEDED

- Marion continues to seek volunteers to help at the bottled water giveaway at the former armory. Call city hall to help out at 270-965-2266.

## DONALD WINDERS ROAD CLOSED ALL NEXT WEEK

Donald Winders Road will be closed to traffic next week. The road is off KY 135 between Tolu and Cave In Rock Ferry. It will be closed from 7 a.m., until 5 p.m., Monday, July 25 through Friday, July 29. It will be open nightly so residents can access their homes. Should anyone have any questions, call the county judge’s office at 270-965-5251 or the Crittenden County Road Department at 270-965-0892.

## ORDINANCE IS PROPOSED TO ALLOW YOUNGER SERVERS TO SELL ALCOHOL

Marion City Council introduced an ordinance Monday night during its regular meeting that will correspond with changes in a state law that changed on July 14 to allow younger restaurant servers to distribute alcohol. Previously, no one under 20 could serve alcohol. The new Kentucky statute passed earlier this year by the General Assembly allows servers age 18 and 19 to serve alcoholic drinks so long as they’re supervised by a 20-year-old. A scarcity of available workers in the restaurant industry was one of the reasons cited in passing the law. In Marion, the ordinance will require a second reading for passage before it goes into effect.



# We Marion *Every Gallon Counts*

## City moves to test Lucile water

STAFF REPORT

Marion will proceed with a plan to lift water from an abandoned spar mine in order to further test it.

The former Lucile Mine, located near the city maintenance garage, has long been considered a source of good water. At one time, it was reportedly used as a secondary source of raw water for the town.

In more recent years, Marion leaders have discussed it as an alternate water source, but preliminary testing had never shown it to be suitable due to high levels of fluoride and other minerals. Some believe the water could prove treatable if only the mine could be emptied then allowed to refill naturally. It is believed too that a natural aquifer keeps the mine charged with water.

State officials have said they don’t think the mine will refill rapidly enough to be a reliable source of raw water even if the chemistry can be improved.

Division of Water scientists have discounted the mine as a potential source for raw water that could be piped to Marion’s nearby water plant and treated



The City of Marion remains under a boil water order. It was first issued on July 7 and will remain in effect until further notice.

before consumption by residents. They think the chemical balance of the water makes it too difficult to treat. They’ve said fluoride levels that exist in the mine’s water are potentially harmful.

Still, the state gave Marion a permit to discharge water from the mine into its sewer system, which would eventually run into the Ohio River. Once that’s done, the city will test a sample of new water that fills the mine.

“If it works, it works,” said Marion City Councilman Darrin Tabor, who sec-

onded the motion at Monday’s city council meeting made by Councilman Donnie Arflack to move ahead with testing the mine.

“We need to turn the water over then test it,” Arflack said.

Cost to pump the water from the mine, let it recharge then test the new water would be somewhere around \$5,000, council members said.

“This is not doing anything to interfere with what the state’s doing,” Tabor added.

Tabor and others have pushed for testing the water in recent weeks, and even as far back as 2009 and 2012 when drought conditions had threatened the town’s other raw water sources.


The measure passed 5-1 with Councilwoman Phyllis Sykes casting the only dissenting vote.

Discussion about creating a city ordinance to further control installation and use of bulk water tanks and wells found no traction. In light of the current water shortage, many city residents and

See **WATER**/page 3

## FAIR QUEEN

Callie Brown (right) was crowned Miss Crittenden County Fair Tuesday night at the annual Lions Club Fair Pageant at Fohs Hall. Brown is an 18-year-old 2022 graduate of Crittenden County High School. She will reign over the county fair which begins this week and runs through Aug. 6. Selected as runnerup in the fair pageant was Grace Driskill (left) of Marion. Driskill is also a 2022 graduate of Crittenden County High School.



## County Fair Schedule

- Saturday, July 23 Blue-grass Blowout Car Show, fairgrounds. Awards presented to top three vehicles in class. Contact Matt Tinsley (270) 704-1477.
- Saturday, July 30 USA Pullers Truck & Tractor Pull, 7 p.m. Contact Jared Belt (270) 871-4502.
- Saturday, July 30 4-H Cupcake Wars. Register by calling (270) 965-5236.
- Tuesday, Aug. 2 Youth Pet Show, 6 p.m., fairgrounds
- 4-H Exhibits viewing, 11 a.m.-3 p.m., Aug 3 and 1-6 p.m., Aug. 4.
- Friday, Aug. 5 Fair Breakfast and Crittenden County Agriculture Hall of Fame Induction, 7 a.m., Lions Club building
- Friday, Aug. 5 Enduro Derby, 7 p.m. Call (270) 704-2818 for details.
- Saturday, Aug. 6 Demolition Derby, 7 p.m. Nine categories. Visit Iron Outlaw Promotions on Facebook for details.

# May voyage lands at Saturn



Jacob May graduated from Crittenden County High School in 2005. He’s the son of John and Jerilyn May.

## Learning is lifestyle for trained engineer

STAFF REPORT

Growing up on a farm in the lowlands of Tolu, Jacob May had to learn quickly how to build and fix things.

Machines have a tendency to break down – and young men have an uncanny way of hurrying up the process. So, to keep tractors, ATVs and other equipment rolling, May spent hours tearing them down, assessing problems and often times improvising in their repair.

“In college I learned how to learn,” May said. Afterwards, he’s learned more about milling, machining and fabrication on some big-time projects.

Years removed from his formal education, May continues a campaign of daily personal enlightenment as part owner of Saturn Machine in Sturgis.

A 2005, graduate of Crittenden County High School, the 35-year-old engineer has a degree in advanced manufacturing from Western Kentucky University. He also studied mechanical engineering in college, but says the true educational process is never-ending.

“I love to learn,” he said recently while walking across metal-shard-laden concrete floors at the machine and fabrication shop where about 120,000 square feet of indoor space is used for designing and manufacturing products mostly for the steel industry.

“Saturn was built on emissions equipment, coke furnaces for the steel industry,” May explains.

The company was started in 1964 by Billy Ray Baird,

See **SATURN**/page 8

# Deaths

## Buntin

Sue Buntin, 81, of Marion, died Friday, July 15, 2022 at Livingston Hospital and Healthcare Services.

Sue was a homemaker and dairy farmer. She loved her family, her church, working puzzles, hummingbirds and flowers. She was a member of Deer Creek Baptist Church.

Surviving are her husband of 62 years, Wade Buntin; a son, Curt (Melody) Buntin; four daughters, Sandi (Kenny) Bell, Shari (Brian) Thompson and Libbi (Greg) Robinson, all of Marion; a sister, Sheila (Doug) McCammon of Palestine, Ill.; six grandchildren, Scott Bell (Becky Tinsley) of Marion, Kayla (Josh) Lichlyter of Huntingburg, Ind. and Chad Bell, Kari Freeman, Shelby (Hannah) Robinson, Jessi Brewer (Mikey White), Pate Robinson (Raylee Belt), all of Marion; five great-grandchildren, Gracie and Kora Freeman, Asher, Addie Sue and Grady Lichlyter.

She was preceded in death by her parents, Wayne Sparks and Jim and Velma Maddox; a son, Clint Buntin; a grandson, Justin Buntin; and a brother, Denny Maddox.

Funeral services were at 1 p.m., Wednesday, July 20 in the chapel of Boyd Funeral Directors and Cremation Services, with Rev. Jamie Baker officiating. Burial was in Deer Creek Cemetery.

*Paid obituary*

## Jennings

Alice Faye (Martin) Jennings, 82, a life-long resident of Crittenden County, died Thursday, July 14, 2022 at Hospice Family Care in Huntsville, Ala., after a short illness. She was a member of Marion Baptist Church where she served on the kitchen and bereavement teams. She retired from Potter & Brumfield/Siemens and was a 1958 graduate of Crittenden County High School.

Surviving are a daughter, Pam (Mike) Futrell of Huntsville; three granddaughters, Brande (Drew) Jennings of Poplar Bluff, Mo., Courtney (Zack) Newsome of Sylacauga, Ala., and Kelly Futrell of Huntsville; five great-grandchildren, Brynn Jennings, Sophie Jennings and Ryker Haynes, all of Poplar Bluff, and Nate Newsome and Zayne Newsome, both of Sylacauga; a brother, Bobby (Patricia) Martin of Tompkinsville; a sister-in-law, Shirley Jennings of Flandreau, S.D.; a brother-in-law, Don White of Owensville, Ind., and several nieces, nephews and cousins.

She was preceded in death by her husband, Wallis "Bill" Jennings; son, M. Dwayne Jennings; her parents, Ivory Carmon and Mary Jewel (Ross) Martin; and

siblings Doug Martin, Lavelle Watson, Elizabeth Tandy, Emma Lou Smith and Betty Jo White.

Services were Wednesday, July 20 at Gilbert Funeral Home with burial in Rosebud Cemetery.

## Latham

Zachary Johnathon Latham, 29, of Marion, died Tuesday, July 12, 2022 at Livingston Hospital and Healthcare Services.

He was a haul truck driver for Pine Bluff Sand and Gravel. He was an active member of the Marion City Fire Department, Crittenden County Rescue Squad and Salem Fire and Rescue. He was a member of Sulphur Springs Baptist Church and enjoyed hunting, fishing, golf and outdoor sports.

Surviving are his wife, Michaelia Latham of Marion; a son, Alton Gibson of Marion; a godson, Landon Curry of Marion; his mother, Leslie (Scotty) Nichols of Marion; his father, John (Janet) Latham of Illinois; three sisters, Kayla Cottrell and Erica Nichols, both of Marion, and Delaney Nichols of Mayfield; a step-sister, Serena Shreves of Illinois; a brother, Landry Nichols of Mayfield; his great-grandfather, Herbert Winters of Marion; grandfather, Donnie Winters of Marion; and his grandparents, Wayne and Janet McKinney of Eddyville.

He was preceded in death by grandparents, Karen Darnell and Joseph Latham and great-grandmother, Carzella Winters.

Services were Saturday, July 16 at Myers Funeral Home with burial in Mexico Cemetery.

## Talley

Hazel Evelyn Ringstaff Talley passed peacefully from this life to be reunited with her loved ones in the early morning hours of Friday, July 15, 2022 at her home on Elm Street in Marion.

Born Oct. 1, 1923, in Iuka to Belle Evans Ringstaff and Jearly J. Ringstaff, Talley lived a rich life full of devotion, service and love. At the age of 14, she accepted Jesus Christ and never wavered in her commitment to Christian values and service. While she was teaching school in a one-room schoolhouse in Iuka, she met Charles Talley. He courted her for seven years and they were married on Nov. 26, 1955. They were together until his passing Sept. 9, 1994. She worked for over 20 years at Kentucky Utilities before retiring to a life of volunteer service.

Her life was filled with service to family, friends and community. As a young woman, she nursed and cared for her ailing mother. As a step-mother, she loved and cared for two stepdaugh-

ters as if they were her own. As an active member of the United Methodist Church, she drove elderly members of the congregation to church until she herself turned 95. She volunteered as a Pink Lady for the local hospital auxiliary for over 5,500 hours. She was an avid reader and loved a good book.

Surviving are nine grandchildren, 43 great-grandchildren, and 33 great-great-grandchildren. In addition to her husband, she was preceded in death by two stepdaughters, Jeanetta Ann Talley Booher on Feb. 12, 2014 and Lona Roye Talley Clason on Jan. 15, 1996; a granddaughter, Brande Jo Booher-Brock; three great-grandchildren; and three great-great-grandchildren.

Funeral services will be held at 10 a.m., Saturday July 23 at Marion United Methodist Church with burial at Paradise Cemetery in Smithland. Friends may call from 6 p.m., to 8 p.m., Friday, July 22 at Gilbert Funeral Home.

Memorial contributions may be made to the Marion United Methodist Church.

*Paid obituary*

## Adams

Danny Ray Adams, 61, of Salem, died Sunday, July 17, 2022 in Bowling Green.

He loved spending time with his family, grandkids and friends. He enjoyed playing the guitar, mowing the grass and attending the wild game cookout. He was of the Baptist faith, and a truck driver for over 40 years.

Surviving are his fiancé Anita Hawk; two daughters, Amber (Brad) Docimo of Ledbetter and Autumn (Billy) Barnes of Burna; a brother Alfred Jeffers of Salem; and five grandchildren, Rebekah Docimo, Hannah Docimo, Adriel Barnes, Evan Barnes and Ava Barnes.

He was preceded in death by his parents, Andrew Issac Jeffers Sr. and Minnie Adams (Eades); and five brothers, Andrew Jeffers, Douglas Eades, Jesse Adams, Billy Joe Haney and Yourel Eades.

Visitation will be 5-8 p.m., Friday, July 22 in the chapel of Boyd Funeral Directors and Cremation Services.

Funeral services will be Friday, July 22, 2022 at 7 p.m., in the chapel of Boyd Funeral Directors and Cremation Services, with Bro. Keith Wilcox officiating.

*Paid obituary*

## Brown

Bobby Joe Brown, 85, of Marion, died Sunday, July 17, 2022 at Crittenden Community Hospital.

Surviving are his wife,

Hazel Brown; four children, Teresa (John) Sanders, Sandy Schuh, Robert L. (Barbara) Brown and Karen Hancock; six grandchildren, Chrystal Thompson, Bobby Sanders, Shane Hill, Alex Thorne, Robert Cody Brown and Nicole Tabor; six great-grandchildren, Jaslynn Sanders, Aeryn Thompson, Mary-Anne Thompson, Sadie Hill, Liam Hill and Austin Tabor.

He was preceded in death by his father, Freddy Brown; his mother, Velda Akers; his step-father, Lawrence Akers; and a daughter, Debra Mae Brown.

Services will be held at 1 p.m., Thursday, July 21 at Gilbert Funeral Home. Burial will be in Mapleview Cemetery. The family will receive visitors on Thursday from 10 a.m., until service time at the funeral home.

## Marshall

Services for Brooke Marshall, 41, of Marion, are incomplete at Reid-Walters Funeral Home in Earlington.

Marshall died Monday, July 18, 2022.

Arrangements will be

posted at reidwaltersfh.com. The funeral home is located at 202 E Farren Ave., in Earlington.

## Harris

Thomas Earl Harris, 86, of Salem, died Monday, July 18, 2022 at Livingston Hospital and Healthcare Services.

Harris was a welder at Walker Boat Yard for 23 years. He loved his grandchildren and he also enjoyed wood working and fishing.

Surviving are his wife, Ruth Arnold Harris; four daughters, Laura Wood and Karen (Barry) Nasser, both of Marion, Rita (Joe) Edwards of Paducah and Amie (Daniel) Bishop of Evansville; two sisters, Faye (Bill) Baker of Salem and Evelyn Ornduff of Tucson; two brothers, Billy Wayne (Karen) Harris and Robert Harris, both of Brook Ind.; eight grandchildren, Logan Nasser, Katlyn Nasser, Alex Wood,

Raina Cain, Max Bishop, Nick Bishop, Andrew Bishop and Jacob Edwards; and two great-grandchildren, Owen and Kensi Nasser.

He was preceded in death by his parents, Ules and Valada (Shuecraft) Harris; two brothers, "Buddy" Henry Harris and Carl Denny Harris; and four sisters, Viola Miller, Emalou Belt, Leona Belt and Irma Jean Springs.

Funeral services will be at noon, Saturday, July 23 in the chapel of Boyd Funeral Directors and Cremation Services, with Bro. Bill Baker officiating. Burial will follow at the Harris family farm.

Friends may visit with the family from 10 a.m., until the funeral hour in the chapel of Boyd Funeral Directors and Cremation Services.

*Paid obituary*

## Online Condolences

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# WATER

Continued from page 1  
businesses are choosing to install their own water tanks or dig wells in order to provide a sustainable source. There is rising concern about the safety of water from tanks and wells and the possibility of it backflowing into city water lines, contaminating the entire system.

The model ordinance would have mirrored a Kentucky law that already exists. Council members said they saw no foundation for approving something locally when Kentucky statutes already deal with the matter.

## Weekend rainfall at lake

Marion's Old City Lake level was up about one inch Monday following 1.45 inches of rainfall over the weekend.

While the town is celebrating that rainfall, the largest amount of precipitation in a few weeks, the forecast for the rest of this week and into next week appears hot and dry.

## Leak repairs continue

More than a half dozen leaks were repaired in the Marion water distribution system last week, saving the town about 100 gallons per minute, and more work is underway this week to identify and stop leaks.

That's a significant savings in water that has already been purified at the plant and piped into the distribution system. To put that volume into perspective, it's almost equal to about 45 percent of the amount of water Marion is using daily under Stage 3 conservation measures.

Cody Kirby, a sustainability assistant with the Kentucky Rural Water Association, has been in Marion several days overseeing the effort to locate leaks, which isn't an easy task. Most leaks do not even surface, he said.

Only three of the leaks discovered had risen above ground and Kirby said the amount of water that had pooled at the surface was not great. He said leaks are difficult to detect and are discovered

through a variety of means, including isolating parts of the system to determine flow, particularly late at night when there should be hardly any faucets opened.

City officials have stressed that residents need to report any suspected leaks whether on main or residential lines.

Marion maintenance crews and working side-by-side with Rural Water specialists to find and fix the leaks.

"Eleven more known leaks have been identified in service lines and fire hydrants and are ready to be fixed," Kirby said during a recent city council meeting. "Rural Water will continue to work alongside Marion crews, but this is not an overnight fix. Rest assured though that a lot of experienced people with boots on the ground are working to help with this issue, and we will be here until the task is completed."

## Sturgis water link

It is believed that more than 250,000 gallons of water a day can be pushed from Sturgis to Marion. Designers and engineers continue to develop a plan for tying together two six-inch water lines, one in Sturgis at the Tradewater River Bridge on KY 365 and the other belonging to Crittenden-Livingston Water District that currently leaks less than a mile from the river. That link could be providing Marion with about 150 gallons of drinking water per minute within a few weeks.

While Marion's daily demand has averaged just above 300,000 gallons a day during the conservation order, it's typically just above 450,000 a day. That daily average, however, will no doubt be lower with many of those leaks repaired.

The Sturgis connection is considered both a short- and long-term option. If Marion could buy additional water from nearby third party providers, it could possibly meet all of its needs.

Officials with the Division of Water who are leading the effort to connect

Marion with Sturgis believe it's the best link at this time because it is shorter and could be built quicker than any other connection that is currently on the drawing board.

## Above ground water line

Engineers are exploring the idea of an emergency plan for an overland water line that would help bring water from Princeton to Marion.

City Administrator Adam Ledford said during last week's special city council meeting that the connection would incorporate part of Crittenden-Livingston and Caldwell County water distribution systems and could mean a significant amount of water for Marion. Princeton is one of the only surrounding water districts that has unequivocally stated its ability to supply Marion with as much water as it needs. The issue has been trying to find a way to get it here in a hurry.

The above-ground option would be only temporary as once freezing temperatures set in, it would have to be drained. By that point, however, Marion believes normal rainfall will sustain its raw water needs.

Cost for the roughly three-mile overland pipe would be somewhere between \$750,000 to \$1.5 million, according to preliminary estimates, Ledford said.

## Crittenden-Livingston link

While Crittenden-Livingston Water District continues to supply Marion with between 150,000 and 180,000 gallons a day, it's subject to the demand of its own customers in the rural areas of the two counties and other wholesale customers. Therefore, C-L is not currently among the top options for a long-term solution, according to discussions at last week's special city council meeting.

A water line break last week forced C-L to halt water transmission to Marion's plant for almost two days. Water leaks put greater stress on C-L's ability to fulfill obligations to its own customers because leaks

siphon water from the system, including holding tanks.

Any long-term option that might include expanding Crittenden-Livingston's capacity and transmission system would take years and be very costly, city leaders say. The same is true for rebuilding the dam at Lake George, although some city leaders continue to push for rehabilitating it.

When questioned last week about the option of rebuilding the levee, Division of Water Director Carey Johnson told community leaders that doing so was not out of the question, but explained that it would be a costly and lengthy process that would require design, engineering, permitting, construction and then natural refilling of the lake.

Johnson's comments were made during the special city council meeting last week and a meeting of the Crittenden County Economic Development Corporation on Thursday where he and other state leaders briefed Marion leadership on the water crisis. Johnson explained that Kentucky has a great deal of experience rehabilitating dams. It owns 73 across the state, he said.

If the funding is in place, it usually takes one year of planning, one year of engineering and 2-5 years of work for dam rehab or construction, he said. Cost to rebuild the dam at Lake George to modern standards has been estimated at more than \$10 million.

## Old City Lake

At the council meeting there was also some discussion of the feasibility of dredging Old City Lake to build more holding capacity there. Johnson said that, too, would be rife with challenges and would require coordination with the U.S. Corps of Engineers. Getting large equipment onto the small body of water would be difficult and there will be another issue of what to do with the sediment.

"I don't think that's a priority for the city,"

Johnson said.

Kentucky Emergency Management Director Jeremy C. Slinker discussed the efforts to haul raw water from nearby sources to Marion's Old City Lake. Although he said the National Guard and P&H Farms would continue transporting raw water in support of the crisis, Slinker pointed out that hauling water is not sustainable over a long period of time due to a variety of factors.

"Interconnections with other water districts are the best plan to get Marion to a stable condition," he said. "I do not know how long the response will be in place, but we will be here as long as needed."

Between the National Guard and local farm trucks, more than 120,000 gallons can be dumped into the lake on a daily basis. As of early this week, P&H had already hauled about 1 million gallons of water. A new raw water source was added this week. So in addition to the Tradewater River, water is being pulled from Mill Bluff Spring south of Fredonia and brought to Crooked Creek above Old City Lake.

On Monday, dye was put into the water being dumped into Crooked Creek to make sure it was reaching the lake. It was, but there appears to be some flow issues.

## Back to Lake George

Plans continue to develop for capping the broken intake pipe at Lake George so the basin will hold a level of water up to where the levee was intentionally breached about three months ago. That raw water can then be pumped over the levee to help replenish Old City Lake.

There still seems to be quite a bit of misunderstanding about why the levee at Lake George was purposely cut in order to relieve pressure on the dam that appeared to be near failure.

Marion officials, including emergency management personnel, in consultation with state engineers determined that purposely breaching

the dam was necessary to protect assets downstream.

Gov. Andy Beshear reiterated that recently when discussing the matter during one of his weekly news conferences in Frankfort.

It was "absolutely necessary" that the lake was drained after the dam was breached, Beshear said in a news conference July 7.

"Had not that controlled breach been done, it would've not only taken out that dam and emptied the reservoir that was used, it would've taken out the backup lake along with a couple of bridges," he said.

## Bottled water & recycling

Bottled water distribution continues at the former armory on Rochester Street. Residents can now also bring back their empty bottles to have them recycled.

Distribution is from 9 a.m., to noon and from 2 p.m., until 6 p.m., each day that the center is open. The center, located at the former armory, is closed from noon until 2 p.m. It is open Monday, Tuesday, Thursday and Friday. Pickup is as follows: Last names starting with A-F can pick up water on Mondays, names G-L on Tuesday, names M-R on Thursday and S-Z can get water on Friday.

A driver's license must be presented to receive water. This water is to be used for drinking and cooking. Each person can get about two gallons for every person in their household.

As of late last week, it was announced that volunteers and the National Guard had handed out more than 398,000 bottles of water provided by the state and through donations.

## Boil and bottled water

Recycling of empty water bottles is now available at the Marion water distribution center at the former armory.

The boil water and burn ban remains in effect in Marion along with Stage 3 conservation measures, which means no watering plants or grass other than gardens.



Let's join in faith to pray  
for our families,  
to strengthen our town,  
being resilient  
throughout this crisis.

This is a time for us to  
come together and  
uplift each other



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EKU RECOGNIZES  
4 AREA STUDENTS;  
COLLINS GRADUATES

Mauri Collins of Marion was one of 1,800 graduates during Eastern Kentucky University’s spring commencement ceremonies held in May Roy Kidd Stadium.

Collins earned an undergraduate degree in occupational science. She was also named to the President’s List.

The President’s List was established to recognize outstanding academic achievement bestowed upon full-time undergraduate students who attain a 4.0 grade point average for a semester.

Three other local students were recognized by the ECU President’s List. They were Audrey Craft, a sophomore recreation and parks administration student; Lilianne Newcom, a junior criminal justice major; and Jada Hayes, a junior studying psychology.

12 GEDS EARNED  
AT JAIL IN FY ’22

Crittenden County Detention Center has helped a dozen inmates receive their GED over the past year.

“GED teacher Suzanne Goad works hard with our inmate population to prepare them for their GED exams,” said Jailer Robbie Kirk.

Kirk said the high number of GED graduates is a great source of pride for inmates, staff and management at the jail.

“We are on track to graduate even more this fiscal year,” Kirk said. “Our GED protector Krystal Romero is always ready to test inmates and help them with their progress.

Romero is head of the jail’s education department and teaches all inmate Moral Reconciliation Therapy (MRT) classes.

LIVINGSTON SUPT.  
MEINSCHIN IS  
NAMED REGENT

Gov. Andy Beshear has appointed the superintendent of Livingston County Schools and a Paducah attorney to the Murray State University



Board of Regents.

Livingston County Schools Superintendent David Meinschein will replace Eric Crigler, whose term on the board expired. Emily Roark, an attorney with Bryant Law Center, will replace Lisa Rudolph, whose term also expired.

The terms for Meinschein and Roark expire on June 30, 2028.

“I was a first generation college student, and I owe a tremendous amount of gratitude to the institution, and to the leaders of the university over the years, that allowed me to receive such a wonderful education,” Meinschein said.

Meinschein graduated from Murray State in 1994 with a degree in biology and chemistry, and he was a part of the first cohort for an education doctoral program at the university. His wife is a 1994 graduate from the university’s nursing program, and Meinschein’s three children are also alumni.

Meinschein said he hopes to continue the “academic excellence and athletic excellence that is Murray State University” by serving on the board. He was previously an assistant superintendent and principal at Ballard County Schools.

NEW LAWS GO  
INTO EFFECT

A number of laws enacted during the Kentucky General Assembly’s session earlier this year have now gone into effect.

Among them are the following:

- House Bill 48 makes it a felony to engage in so-called swatting. The term describes making a fake 911 call that leads to an emergency response by first responders.
- It gets the moniker swatting, because theoretically the SWAT team could show up.
- House Bill 121 requires Kentucky board of education to offer a public comment period during each regular

meeting so that members of the public have an opportunity speak.

- House Bill 44 lets public school districts permit students to receive excused absences for taking a day off school for mental health or behavior-related needs.
- The same bill also corrects an oversight in a separate bill that would have opened teachers up to criminal sanctions for teaching about race.
- House Bill 43 prohibits churches from being shut down by state government. Language in the bill says among other things, that government agencies generally can’t restrict a religious organization’s operation “to the same or any greater extent” than non-religious groups that provide essential services.
- This specifically applies during a state of emergency such as during the pandemic when churches were told to shut down.
- The new law also establishes a way for religious organizations to sue the government over related allegations of discrimination.
- Senate Bill 23 makes it a felony offense to take packages left on doorsteps or porches by companies like UPS or Fed Ex. It already was a felony to steal something the U.S. Postal Service dropped off at your door.

GOP TAKES LEAD  
WITH KY VOTERS

On Friday of last week, the Kentucky State Board of Elections announced the number of registered Republican voters stands at 1,612,060, compared to 1,609,569 registered Democrats, giving Republicans a voter registration advantage of 2,491 voters.

For context, when voters first sent Senator Mitch McConnell to the United States Senate in 1984, the state had 1.3 million registered Democrat voters, compared to just 525,060 Republicans.

“Today is a day I never thought would happen. After decades of hard work and grassroots efforts across the Commonwealth, registered Republicans now out-

number registered Democrats in Kentucky,” said U.S. Senator McConnell. “Congratulations to all my fellow Republicans who have worked so hard and so long to make this historic day possible. This is great news for the Commonwealth but it’s just the beginning.”

Republicans gained a majority in the state senate in 2000 and in the state house in 2017. As of today, Republicans hold both U.S. Senate seats, five of the six U.S. House seats, and five of the seven constitutional offices.

NOT SO FAST KY

The Kentucky Transportation Cabinet’s (KYTC) Office of Highway Safety (KOHS) is partnering with law enforcement agencies across the state on the ‘Not So Fast, Kentucky’ speed awareness campaign through July 31

to keep Kentuckians safe.

“As traffic increases on our roads this summer, we must do our part to help protect ourselves and each other,” said Gov. Andy Beshear. “Whether you drive a car, truck or motorcycle, put your phone down and maintain a safe speed on the road.”

According to the KOHS, crash reports and citation data indicates 24% of crashes in Kentucky involve a speeding or aggressive driver. Males are the driver in 55% of those speed-related crashes.

Funds for the campaign were provided by the National Highway Traffic Safety Administration.

The  
**Crittenden Press**

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**yard sales**

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Three family yard sale, 417 Leland Avenue, July 20-23. Clothes, household items. (1t-29-p)

Thursday and Friday 8 a.m.-5 p.m. In Fredonia, turn onto KY 902 beside Dollar General and go about 6 miles. Turn left on Henry Road. Follow signs. Lots of clothes in all sizes, shoes, purses, patio table and chairs, Christmas trees and outside decor, glassware and lots of misc. (1t-29-p)

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The value of talk

I listen to a lot of talk on the radio and an occasional podcast. I know people who listen to others talking when they drive, ride bicycles, workout, or prepare meals. Many of us watch editorialized news that confirms our view of the world. This is sometimes mistaken for thinking. Experience teaches that thinking only begins when we hear something that doesn't agree with our views. Otherwise, it is indoctrination.



Sean NIESTRATH  
Faith-based columnist  
  
Guest Columnist

Regular readers will know that I write a lot about talk. There is no substitute for hearing the words of another human being who is walking through this world with a different set of eyes and experiences. But there is more to talking than just making words. There are a couple of things that make talk worthwhile. Talk must come from an honest place. There is so much that people say to each other that is for the sole purpose of manipulation. This is different than someone trying to make an argument to get another to agree with a viewpoint. Persuasive speech, even over-the-top rhetoric, is fine so long as everyone knows what is happening. For example, if I am talking to someone who has a genuine dislike of a particular race or religion, it still needs to be heard. If it comes from a genuine place, it has value. It is hard to change things in the dark. When talk comes from an honest place it gives the hearer the opportunity to get a glimpse into the emotional world of another. Honest talk is hard to find, but it is a gift beyond measure. It should be treated as precious and protected with wisdom and discretion. It is as fragile as it is powerful.

**Talk must be informed.** There is so much nonsense being spewed today that it boggles the mind. Whether it be concerning public policy, religious doctrine, the environment, or social issues, the overwhelming volume of talk today could be dismissed with a three-minute browser search.

There is more to being well-informed than good research. Everyone is well informed about their experiences and viewpoints. I know many people who truly believe that a university education makes them more informed and qualified to make decisions for others than those who do not. How ill-informed.

**Talk must be genuine.** While it might be a difficult standard to hold, one test of genuine speech might be, "Does it matter how many people are listening?" Put this alongside, "Would I say this whether or not I was paid?" and we might get close to genuine talk. There are many who will say whatever they need to in order to get a paycheck. Salespeople, clergy, politicians, and news editorialists (we should give new readers a pass here) come to mind.

Talk must be heard.

Genuine, well-informed talk from a genuine place is always worth hearing. Even if it hurts, makes us cringe, or causes us to get angry. There have been too many years and too many places where the talk of one group is hushed because another group simply did not want to listen. Talk that is heard empowers everyone to make better choices and learn more about our world.

**Talk leads to change.** Talk that is heard leads to change – every time. It may take years or decades, but all those words floating around and landing on our ears through all sorts of media changes us. I have been changed by an accent, or a sentence heard in an unusual context. I have been changed by lengthy exchanges with people over the course of my lifetime.

Here are a couple of pieces of wisdom from the Psalms and Ecclesiastes about talk. Psalm 41:6, "And when one comes to see me, he utters empty words, while his heart gathers mischief; when he goes out, he tells it abroad." Ecclesiastes 5:5-7, "It is better that you should not vow than that you should vow and not pay. Let not your mouth lead you into sin, and do not say before the messenger that it was a mistake; why should God be angry at your voice, and destroy the work of your hands? For when dreams increase, empty words grow many: but do you fear God?"

Don't stop talking. 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.

Expect difficulty when you choose to follow Christ

**Question:** I recently accepted Christ and started attending church. But, I've become disillusioned. I struggle with temptations and hardships. I assumed Jesus would shield me from the trials of life. Am I wrong?

**Answer:** Unfortunately, difficulties don't leave us when we choose to follow Christ. Jesus never glossed over the challenges we'd face. He explained to his disciples, "In this world you will have trouble" (Jn. 16:33). Life is a series of problems. Every time you solve one, another is waiting to take its place. God uses our hardships and trials to build a Christ-

Ask the Pastor

By Bob Hardison

like character in us and it's a slow process. When we face troubles we should not ask, "Why me?" but ask, "What do you want me to learn from this hardship?" Don't give up—grow up! We can know we are growing in our faith when we begin to see the hand of God in our hardships and trials of life. The secret of endurance in times of struggle and hardship is to remember our pain is temporary but our reward will be eternal. The Apostle Paul testified, "I con-

sider that our present sufferings are not worth comparing with the glory that will be revealed to us" (Rom. 8:18). While trials are a part of every Christian's life, thankfully we do not face them alone. Jesus promised, I am with you always" (Mt. 28:20). It's through temptations, trials, and suffering, we get to know our wonderful Lord in a deeper and more personal way. Send your questions to: bob@bobhardison.com

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Sunday Worship 10:45 a.m.

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2 Peter 3:18  
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Sunday School 10 a.m. | Sunday Worship 11 a.m., 6 p.m. | Wed. 7 p.m.  
Pastor: Traci Gaudin

**Marion Church of God**

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Morning Service 10 a.m.  
Sun. Evening 6 p.m. • Wed. Evening 6 p.m.  
"Where salvation makes you a member."

**PINEY FORK CUMBERLAND PRESBYTERIAN CHURCH**

Pastor: Greg Rushing  
Ky. 506 | Marion, Ky.  
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Worship 11 a.m.  
Bible study 6 p.m.  
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**Sugar Grove Cumberland Presbyterian**

585 Sugar Grove Church Rd., Marion, Ky. (270) 704-2455  
Pastor Jesse Thornton (618) 200-0884  
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Wed. Bible Study: 7 p.m.

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

**Frances Community Church**

Bro. Butch Gray  
Wed. night prayer meeting & youth service: ..... 6:30 p.m.  
Sunday school: ..... 10 a.m.  
Worship service: ..... 11 a.m.

**Hurricane Church**

Hurricane Church Rd. off Ky. 135 West  
Pastor: Bro. Danny Hinchee  
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Wed. Evening services, 7 p.m.

**Unity General Baptist Church**

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# Tribune, Crayne gatherings connected families

Each year that goes by, the old communities and families who lived there are more forgotten. What a pleasant time it is for us older generation to recall the way things used to be when we were growing up in these wonderful self-contained communities.

## May 1996 Friends remember old times

When the country grocery store at Tribune closed its doors for the last time in 1962, the once tight-knit community grew apart. Folks moved away, new families moved in and neighbors became strangers.

Like many small communities, the country store was the commercial and social hub of the area. People came to the Tribune grocery store, which was owned for many years by Lynn Orr, for gas, lumber, dry goods, shoes and groceries – and there was even a feed mill and blacksmith shop out back.

The country store was the center of the universe, or so thought the folks who lived in the east-central part of the county between the Depression years and the early 1960s.

When the store was thriving, doing as much as \$3,500 in receipts on a good Saturday, the gas station and general store was not only a place to purchase goods, it was also a gathering spot. Charlie Orr, whose parents, Mr. and Mrs. Lynn Orr operated the store between 1938 and 1957, remembers that business hours were long and on a cold winter's night, men would flock around the heating stove for a friendly game of Rook or checkers.

Times change, and when the store went out of business many of the people who lived in the Tribune area lost touch with one another. That's what spurred the younger generation of Tribune descendants to host a community reunion on the grounds of the old store.

Charlotte (Orr) Mott, Marilyn (McDonald) Holt and Sandra (McDonald)

Belt were the first three to begin pushing for the community to hold a reunion.

With a little more inspiration from Lucille Roberts and Charlie and Gladys Orr, the plans were drawn, the old store site bush hogged and trimmed and several phone calls and RSVPs were made.

The results were nearly perfect, organizers say, of the first Tribune community reunion held at the well-known crossroads of Ky. 120, Ky. 654 and Copperas Springs Road.

More than 100 residents, former residents and their relatives attended the gathering under a large oak tree. The sun was hot, and it kept the old flames

of friendship burning as some folks were reunited after not seeing one another for more than 30 years.

The history of the area was also on everyone's tongues. Charlie Orr grew up in Tribune while his family ran the country store. He saw the community during its prime, when horse drawn wagons would be lined for hundreds of yards waiting to get to the mill to grind grain into livestock feed.

Across the street from the store was the New Salem or Hills Chapel Church. Just down the road near the Copperas Springs, where mineral water bubbled to the earth's surface, was the community school house. People would come from miles around for a drink of spring water.

The spring always ran the same, never faster, never slower, Charlie Orr said. It ran one gallon per minute.

Orr was just 14 when his parents began operating the store. He even ran it himself for one year, in 1957, after his parents retired. Perry and Mildred McDonald operated the store from 1958 until they closed it for good in 1962 after an auction sale of the inventory. The old structure still stands and



Crayne Day in 1985 was full of yard sales, vendors and booths from one end of town to the other. Talking and visiting with neighbors was all part of the fun.

while some of the reunion organizers were cleaning up the area, they found several antiquated store credit ledgers.

Folks at the reunion flipped through the pages of the old journals and found where they or their ancestors had charged items at the grocery store during the early 1940s. One line on the ledger listed five gallons of gasoline sold to Press Guess for \$1.30.

"We were so surprised we found these old journals," Sandra Belt said. "I'm surprised they were still here after all these years."

Belt even found in the ledger entries where her father had purchased a tricycle for her. The cost was \$7.50. "I was two years old at the time," she said.

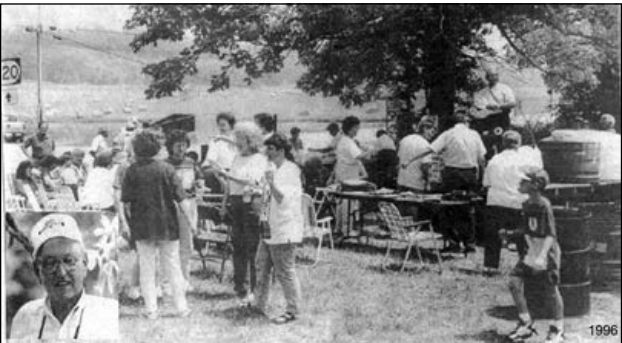
Family names that lived in the Tribune community during the middle of the century are still familiar here – Hunt, Orr, McDonald, Travis, Roberts, Hurst, Drennan, Hillyard – and most of them were at the reunion.

Orr said it is a shame that despite all the modern conveniences that make life easier today, we still tend to find less time to visit with our neighbors. (The remains of the old Tribune grocery store was torn down in the mid 1990s.)

## Those Glorious Crayne Days of Yesteryear.

The first Crayne Day meeting was held in the lobby of the post office. This was in 1984. The idea being thought of by Postmaster and lifetime resident Rose Ann (Stalion) Bebout.

Bebout thought it would be a good way for neighbors and the community to get together and have a fun day and visit with everyone. When she mentioned the idea to her friend and neighbor, Peggy Malcom, it was a hit and they immediately started to work on their



Folks gathered under a shade tree at Tribune in 1996 to look at old photos and remember their days living in the Tribune community. In the left corner is the late Charlie Orr, enjoying the day with friends.

plan. Several group meetings with the interested residents of Crayne took place at the post office to make plans and find ways to let people near and far know about this very special day.

There would be yard sales, bake sales, craft booths, and specialty booths were invited to attend and sit up. Folks that liked to swap and trade knife collections or other items were also invited to attend and show their collections. There would be different hometown foods for sale if you got hungry during the day, and to end this fun filled day would be some special singing groups for everyone to enjoy.

It wasn't long until Crayne Day had become a huge hit and was a much looked forward to yearly event. It was always the first Saturday in June.

Out of-town residents of the Crayne community would plan their vacation at this time so they could be here on this day. For some out-of-town Crayne folks, it would be a three-day homecoming event. Friday night would be the Crayne Cemetery Fish Fry, then on Saturday the big Crayne Day perfect for residents to walk up and down the streets in the community and reunite with old friends and neighbors. Then Sunday would be the U. S. A. Presbyterian Church homecoming where many of the visitors and com-

munity residents had attended church for many years.

The highway from the top of Crayne hill to where you exit the community on the south end was full of yard sales, vendors, food sales, and people would be lined on both sides of the highway. A favorite item everyone wanted was one of Ruby Frantz's homemade fried apple pies. Frantz sold them for \$1 each, and they sure didn't last long. People

still talk about them and wish for one today.

Time and events have a way of changing things, and such it was with Crayne Day. The 2000 tornado that devastated our little community also hurt some of the spirit that had created Crayne Day. It never was the same after this and the annual event was called off for several years.

Most all the former residents that helped and enjoyed those first days have passed away, their houses now are homes to different families and only a few of the original family members are left in the community.

Wanting to keep the history alive, the late James Robert Dorroh, organized the last Crayne Day for June 5, 2009. It was the 25th anniversary of that first Crayne Day in June 1984.

Although there was only a scattering of people there and only a few yard sales, it was an enjoyable morning for those of us that attended. We miss these days of yesteryear.

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

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Community Events & News

■ Old Salem Baptist Church wil have revival at 7 p.m., Sunday, Aug. 1-Friday, Aug. 5 with the Stone family officiating. Everyone is invited to attend.

■ Fredonia First Baptist Church is providing laundry service for Marion, Ky. residents at the old Fredonia school parking lot through Sunday, July 30. Laundry can be dropped off starting at 8 a.m. weekdays. Weekend hours may vary. Laundry will be washed, dried and folded. For more information visit the church Facebook page.

■ The VFW in Marion will be having Bingo starting at 5 p.m. every Tuesday at 412 N. College St., Marion.

■ Marion show and shine will be the fourth Thursday every month through Oct., weather permitting. Cars, trucks and motorcycles permitted at Crittenden County Courthouse, 107 S. Main St., Marion, Ky. Sponsored by City of Marion Tourism. City of Marion Police Dept. authorized.

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

■ First Baptist Church of Fredonia food pantry is open from 1 to 3 p.m. the third Thursday of each month in Coleman Hall of the church.

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

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

## The Coon Dog Inn RESTAURANT

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SUN. 8 a.m.-3 p.m.

**Thursday, July 21**  
*Tim Rhodes will be performing starting @ 5:30 p.m.*

Check Facebook for Updates & Specials!

512 Cassidy Ave.,  
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# SportsShorts

## FOOTBALL Rockets change schedule

There has been a change in the 2022 Rocket football schedule that was released earlier this summer. A team from Pennsylvania that was scheduled to play here Sept. 16 has canceled due to rising cost of fuel and other expenses associated with travel. Rocket football coach Gaige Courtney said Louisville Desales has been picked up to replace the canceled game, but it will be on a different date. Crittenden was scheduled for a bye week on Oct. 28. The Desales game will be played on that date and the team's bye week is now Sept. 16. The Desales game will be one of just four home games this season. This will be a one-year contract with Desales.

## CCHS is 3-2 in 7-on-7 event

The Rocket football team won three of its five games at the McCracken County Invitational 7-on-7 Football Tournament last week in Paducah. The boys beat Calloway County, Fulton County and Paducah Tilghman's JV team. Their losses were to Dresden, Tenn., and Jackson Christian, Tenn. Crittenden will compete in another 7-on-7 event at Murray State on Friday, which will include a lineman's challenge. The event is sponsored by Fellowship of Christian Athletes.

## SOFTBALL World Series runnerup

A couple of Crittenden County girls were runnerup in the National Softball Association World Series 14-under gold division last weekend at Clearwater, Fla. Elliot Evans and Elle McDaniel are members of the Mayfield-based Talons fast-pitch softball team that finished second to Tampa Bay's Impact Elite. The Talons were 20-2 this summer, losing twice to the Tampa Bay team that won the World Series.



## Third in national event

The Talons 11-under softball team finished third in the USSSA National Championship fast pitch softball tournament recently at Fort Walton Beach, Fla. Among members of the team are Crittenden Countians Brenna Kemmer, Brodi Rich and Karlee Jent. Matt Jent and Joey Rich are among the team's coaches.



## RUNNING McKenney 5K race

There will be a Marty McKenney Memorial 5K race at Marion-Crittenden County Park starting at 7 p.m., Friday, July 22. McKenney, who died last year of lung cancer, was instrumental in getting the oval track built at Marion-Crittenden Park about 40 years ago so the track team would have a place to practice. Proceeds from the race will help fund a scholarship that will be presented annually to a local student-athlete involved in track or cross country. In addition to the race, there will be a Fun Walk, Kids Fun Run, other post-race activities and food. Register online at Facebook Marty McKenney Memorial Scholarship. On-site registration begins at 6 p.m.

## GOLF Myers wins Par 3 event

Kyle Myers of Marion shot a 52, which included a hole-in-one on No. 14 of the Par 3 Golf Tournament held Saturday at Marion Golf and Pool. Myers' 2-under round won by four strokes over second-place golfer Shawn Holeman of Marion.

# Hayes is S3DA National Shooter of the Year

## Four earn state shooter recognition; Boudro claims national championship

Miley Hayes of Marion was crowned National Shooter of the Year last weekend following the S3DA finals in Ohio. S3DA is an archery competition, and Marion's local shooting club took a handful of youngsters to the event. Beyond the national recognition bestowed upon Hayes, Inside Out Archery had other shooters who placed high in the national finals. Thirteen-year-old Tucker Boudro was national champion in Youth Open Male Outdoor Target division. He is a former national shooter of the year. Hayes captured third place in her division in Ohio. Maddie Ziegler was sixth, Colt Hayes 10th and Josh James 17th at the national event at Fairfield, Ohio.

A week earlier, four Crittenden County archers were selected Kentucky Shooter of the Year in their respective outdoor archery divisions following state competition at Williamsburg, Ky. Boudro was the Outdoor Target state champion and S3DA Shooter of the Year. In the Eagle Pins Male division Lucas McDowell was second in Outdoor Target and Kentucky's S3DA Shooter of the Year. Miley Hayes was the state Outdoor Target champion in the Eagle Barebow Girls division and was chosen S3DA Shooter of the Year. In the Eagle Open Female division, Emory Orr was the Outdoor Target state champion and S3DA Shooter of the Year. Another state championship was won by David Piltz who took first place in the Outdoor Target Eagle Open Male division. Alan Piltz was second in Outdoor Target and Josh James sixth in Outdoor Target. In the Young Adult Female division, Maddie Ziegler was third in Outdoor Target. Will Piltz was ninth in Outdoor Target in the Youth Pins division. Colt Hayes was eighth in Outdoor Target in the Male Eagle Pins division. Lucian McDowell captured second place in the Outdoor Target category of the Male Junior Eagle Pins division.



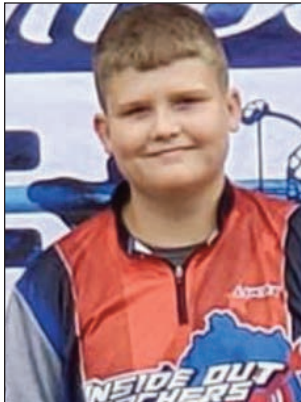
Miley Hayes  
National Shooter of Year  
State Shooter of Year



Tucker Boudro  
National Champion  
State Shooter of Year



Emory Orr  
State Shooter of Year



Lucas McDowell  
State Shooter of Year

## 50 YEARS AGO

### July 20, 1972

■ A near capacity crowd was on hand as the Crittenden County Youth Council Choir presented the musical "Life" at the Marion Baptist Church. ■ Dr. Howard Mathis, optometrist at Marion, was a member of the continuing education course, Ocular Fundus Pathology, held in Memphis, Tenn. ■ Sandra Windt took first place in the Registered English Pleasure horse competition at the Town and Country Horse Show.

## 25 YEARS AGO

### July 24, 1997

■ The Marion City Council hired a Madisonville architectural firm to study possibilities for a relocation of its chambers. ■ Farmers Bank was considering expanding and hired a design firm to finalize plans for another branch. ■ Seven varsity Lady Rockets basketball players attended a team camp where Crittenden won four of nine games. The seven in attendance were Ashley Hamilton, Cortne Hunt, Jesse Roberts, Summer Smith,

## THROW BACK THURSDAY OUR MEMORIES GO BACK TO 1879

Jamie Hughes, Kindra Carnahan and Ashley Turley.

## 10 YEARS AGO

### July 19, 2012

■ David Drennan, future teacher, was promoting community-wide reading through his Little Caesar Rodney Foundation. ■ Three new teachers were

hired at Crittenden Elementary. They were Tara Kirk, Special Education; Ashley Roberts, Kindergarten; and Jennifer Bell, third grade. Two joined the CCMS faculty: Jennifer Potter became the Library Media Specialist and Mattea Meadows was hired for 8th grade language arts. Hired at the high school were Tara Smith, Special Education, and Cheyenne Warriner, Math.

# Tanks, wells must meet state regs

The Kentucky Division of Water issued the following news release about water cross-connections in Marion. Residents or businesses installing bulk water storage tanks or installing a well should notify the City of Marion. A cross-connection is any physical connection between a possible source of contamination and the public water system (401 KAR 8:010), including a new well or storage tank on private property. If you've installed an alternate source of water and have connected it to plumbing that also receives water from the utility, please contact the City of Marion immediately (270) 965-2266 to ensure that there isn't a cross connection that might contaminate the water – city officials want to keep you and other customers safe from illness.

Cross-connections to the water system are illegal, because of the potential for contamination of your or other customers' water (401 KAR 8:020, Sec. 3(2)). There are limited circumstances where an automatic connection device, such as a reduced pressure zone back flow preventer or a vacuum breaker, may be approved, but the City of Marion will need to be notified and must approve the circumstance and plans before installation. Here are some guidelines that must be followed when installing an alternate water source (such as a bulk water storage tank or well):

1. Complete disconnect & separation from the water source to city water meter at the house main shut-off.
2. The alternative water sources will connect on the inlet side of the main shut-off valve in the house.
3. A permit and inspection will be required by the local plumbing inspector for all alternate water source connections along with approved backflow devices if required.
4. Once approved, maintain this information on-site and provide to the Division of Plumbing: information about the alternative potable water sources, permits, inspection records and test records from drilled wells.



City of Marion first responders were recognized for heroism during Monday night's city council meeting. Mayor Jared Byford (pictured second from left) presented a plaque to two local firemen (from left) Gary Cruce and Evan Cruce and Marion Police Sgt. Heath Martin. The honor was to recognize the three for their part in helping rescue a woman from a burning home on Mott City Road this spring. The men say there were other first responders at the scene that were also just as worthy of praise. "We just happened to be the ones at the window where she was at," said Gary Cruce. Martin, likewise, pointed out that other lawmen were there assisting. The woman was pulled through a window while the home behind her went up in flames. Byford said their devotion to the community is worth recognizing.



Local firefighters responded to a mobile home blaze at 147 Carr Street early Tuesday morning. About 20 firemen from both Marion and Crittenden County fire departments were dispatched to the scene, but the trailer was totally engulfed when they arrived. It was a total loss. Firefighters were on the scene from around 2:30 a.m., until daylight. No one was in the mobile home when it caught fire. County records indicate that it is owned by Otho and Carrie Bush.

## SATURN

Continued from page 1 and Billy Carr Baird operated it from the 1980s until just a few months ago. May and Charles Lynch, a longtime Saturn employee and past president of the company, purchased the successful Union County business on Jan. 1. Lynch transitioned to CEO and May became president. "I hired in as a button

pusher, an entry level job in 2011," May said. He worked up to machinist, then president of operations before buying into the business. May believes there are more like him and Saturn wants to find those people. The company is looking for dynamic young workers with a variety of skill sets from digital designers to fabricators and welders. Lynch is a Union County native who now lives in northern Crittenden County. Nearly a

dozen years ago, he lured the talented young May from Marion's injection molding plant, Par 4 Plastics. "He was a young, energetic person. I knew early on what we had in Jacob, and began grooming him to take my job," Lynch said. Saturn's business has evolved a great deal over the past 20 years. It's had to navigate a new world where coal and emissions control are changing. In the area, Saturn does

work for Siemens, Audubon Metals, Ervin Cable, Jim David Meats and some of the larger contractors. It has clients all over North America, U.S. Steel being its largest and oldest customer. Saturn is one of the country's leading steel products manufacturing companies. It is located on 4.3 acres at the Sturgis Airport, right off the runway, which gives it great accessibility to the world. May says the company has adapted to a changing businesses climate by broadening

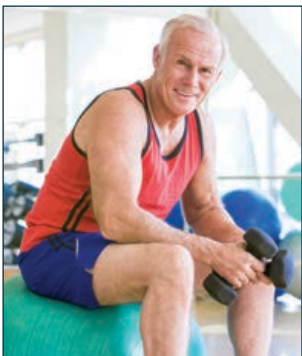
is customer base. The steel industry is still its bread and butter, but there's some other opportunities out there. One is the telecommunications industry. Saturn has been building from the ground up trailers designed for large cable wire bobbins that are used in building cable and fiber optics systems. "We're trying to create some diversity," May said. Saturn currently employs about 30 workers. It's had as many as around 100 employees in years past.

# What to do about wellness after 50

**Metro Services**

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in midlife includes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some additional strategies to maintain their physical and mental well-being for decades to come.

■ **Get a pet.** Many people 50 and older qualify as "empty nesters," a term applied to adults whose children have grown up and moved out of their homes. Some empty nesters experience a phenomenon known as "empty nest syndrome," which the Mayo Clinic notes can be marked by feelings of sadness or loss. Pets can help people over 50 with no children at home overcome feelings linked to empty nest syndrome. In 2018, the University of Michigan National Poll on Healthy Aging found that 86 percent of pet owners felt their pets make them feel loved while 73 percent said their pets provided a sense of purpose. Pets also can ensure individuals over 50 stay physically active and provide opportunities to connect with other



people.

■ **Prioritize learning.** Whether it's taking music lessons, going back to school or mastering a new hobby, learning has a profound effect on aging brains. For example, a 2013 study published in the journal Psychological Science found that memory function is improved by engagement in demanding everyday tasks. That study reported that people who learned new skills experienced greater memory improvement than people who only socialized or participated in activities that were not as cognitively engaging.

■ **Make an effort to improve balance.** Various factors contribute to a decline in balance as adults age. For example, a decline in muscle mass that begins when people are in their 30s is a normal part of aging. Over time, that natural

decline affects strength and agility. Balance exercises can be a valuable component of a fitness regimen that help individuals reduce their risk for falling as they advance through their 50s and into their 60s and 70s. That's a significant benefit, as the Centers for Disease Control and Prevention reports that one out of every three adults age 65 and older experiences a fall each year, and as many as 30 percent of those falls lead to serious injury.

■ **Embrace your inner socialite.** Socialization is important for people of all ages, including individuals 50 and over. A 2017 study from researchers at Michigan State found that valuing friendships was a strong predictor of health and happiness among older adults. Opportunities to socialize with friends may increase as people navigate their 50s and children move out or become more independent. Individuals can take advantage of opportunities to socialize whenever possible.

Various strategies can help people maintain mental and physical wellness as they make their way through their 50s and beyond.

# Avocados are packed with nutrients and vitamins

**Metro Services**

Avocados are beloved by foodies, particularly those who enjoy guacamole. But flavor is not the only reason to love avocados, which the Cleveland Clinic notes are good sources of these nutrients and vitamins.

■ **Folate:** Folate promotes normal cell function and tissue growth. The nutrition database of the U.S. Department of Agriculture indicates that one-half of a raw avocado contains about one-fifth of the daily recommended amount of folate.

• **Vitamin K-1:** Researchers believe vitamin K-1 helps to maintain bone mineral density, and the Harvard T.H. Chan School of Public Health reports that vitamin K helps to produce four of the 13 proteins needed for blood clotting. Livestrong.com reports that one cup of mashed avocado contains as much as 40 percent of the daily recommended value of vitamin K.

■ **Potassium:** Though bananas often are touted

**Flavor is not the only reason to love avocados, which the Cleveland Clinic notes are good sources of these nutrients and vitamins.**

ed for their potassium, the Cleveland Clinic reports that avocados contain more of this heart-healthy essential mineral than bananas. Potassium helps to control blood pressure and promotes a healthy heart.

■ **Vitamin C:** The health care experts at Cedars Sinai note that avocados are a great source of vitamin C. What's more, Cedars Sinai reports that avocados help the body absorb nutrients, allowing it to utilize them more effectively.

■ **Fiber:** High fiber diets provide a host of benefits, as fiber helps to lower blood sugar and reduce bad cholesterol. Cedars Sinai estimates that one avocado contains

around 10 grams of fiber, which is roughly half the recommended daily fiber intake for women and nearly one-third the recommended intake for men.

Despite their high nutrient content, avocados should be consumed in moderation. That's because the Cleveland Clinic notes that a single avocado can contain upward of 400 calories.



# Health & Fitness



## The Senior Stretch

Stretching regularly can help alleviate pain, protect joints, prevent injury and maintain mobility as we age. Incorporating stretching sessions into your daily or weekly routine is a simple and effective way to enhance your health and well-being; after all, you can do it anywhere, anytime, without the need for any equipment. Here are a few tips to help seniors – or anyone – stretch safely:

- Warm up your muscles before stretching by walking or moving around for at least five minutes.
- Stretch gently and slowly, taking in a deep breath and exhaling as you stretch.
- Hold stretches for about 30 seconds, allowing muscles time to relax.
- Avoid bouncing while stretching, and never stretch to the point of pain.



## Science-Backed Benefits of Strength Training

Experts generally recommend 20 to 30 minutes of strength training two or three times per week. Here's why:

**Preserve and build muscle.** Muscle mass diminishes with age, increasing your body fat percentage. Strength training can help turn the tables and keep body fat in check.

**Strengthen bones.** Strength training increases bone density and reduces the risk of fractures and osteoporosis.

**Manage weight.** Increasing your metabolism and muscle with weights helps you burn calories more efficiently.

**Maintain flexibility and balance.** Weight-bearing exercise can protect your joints from injury and reduce symptoms of arthritis, while also lowering your risk of falls by improving balance.

**Enhance mood and quality of life.** Strength training can help reduce symptoms of many chronic conditions like depression, back pain, heart disease and diabetes. Research also suggests that exercise may help support cognitive function in older adults.



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# Risk factors for stroke

*Metro Services*

Adults from all walks of life likely know at least one individual who has suffered a stroke. That person could be a family member, friend, colleague, or other acquaintance. The likelihood of knowing someone who has had a stroke underscores just how prevalent stroke is and how necessary it is that people understand its risk factors.

According to the World Stroke Organization, there are more than 101 million people currently living who have experienced stroke. That group includes men, women and even children. No one is immune to stroke, but many instances of stroke can be prevented. Prevention involves recognition of risk factors individuals can control and subsequent action to reduce exposure to those factors. But the risk for stroke also is heightened by factors beyond individuals' control, and it's vital that individuals recognize they might be at elevated risk for stroke even if they're otherwise healthy.

—

**Risks factors beyond your control**

The American Heart Association notes the importance of knowing the following risk factors for stroke, even if there's nothing people can do to change them.

- **Age:** Stroke is more common among individuals age 65 and older. That includes both men and women.
- **Family history:** Individuals could be at greater risk of stroke if they have a parent, grandparent, sister, or brother who has had a stroke. Various factors could be behind that link, including a genetic disorder known as CADASIL (cere-



- bral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy) that affects blood flow in the brain.
- **Race:** The AHA reports that African Americans are more likely to die from stroke than Caucasians. Part of that is undoubtedly due to socioeconomic factors such as inadequate access to health care, but the AHA also links this elevated risk to higher rates of high blood pressure, diabetes and obesity within the Black community.
- **Gender:** Stroke kills more women than men and women have more strokes than men.
- **Medical history:** Individuals with a personal history of stroke and/or transient ischemic attacks, often referred to as "mini strokes," are at elevated risk for stroke.

—

**Risk factors you can control**

The good news is that individuals, even those with risk factors beyond their control, can lower their risk for stroke. That's because many of the risk factors for stroke can be monitored and treated before a stroke occurs.

- **High blood pressure:** The AHA defines high blood pressure as the most significant con-

trollable risk factor for stroke. Annual well visits are vital to preventive health care, which include monitoring blood pressure. When doctors diagnose high blood pressure, individuals should follow their advice in regard to getting blood pressure back to a healthy level.

- **Smoking:** The dangers of smoking are well-documented. The AHA characterizes smoking as paving "the way for stroke." Never smoking or quitting smoking immediately can lower risk for stroke. Women should know that the AHA reports the use of birth control combined with cigarette smoking can greatly increase the risk of stroke.
- **Diabetes:** It's important that individuals with type 1 or 2 diabetes control their blood sugar, as diabetes mellitus is an independent risk factor for stroke.
- **Diet:** A poor diet that's high in saturated fat, trans fat, sodium, and cholesterol elevates the risk for various conditions, including high blood pressure and obesity, that increase the likelihood of suffering stroke.
- **Physical inactivity:** The AHA reports that physical inactivity increases risk for stroke. Individuals who live a predominantly sedentary lifestyle, including office workers, are urged to discuss exercise with their physicians.

There are numerous risk factors for stroke, many of which are beyond individuals' control. However, recognition of these risk factors is often the first step toward adopting a healthy lifestyle that can greatly reduce the chances a person will suffer a stroke.

# The brain-boosting benefits of word games

*Metro Services*

Word games continue to be popular pastimes and provide a great opportunity to engage in lighthearted competition among family and friends.

Wordle is perhaps the most popular word game to become popular in recent years. Created by software engineer and former Reddit employee Josh Wardle and launched in October 2021, Wordle was devised as a way to pass the time during the pandemic lockdown. Today it is played by millions of people and was even purchased by The New York Times Company in 2022.

For those who are looking for something even newer, Knotwords, a word game created by Zach Gage and Jack Schlesinger, is available on iOS, Android and

Steam. It's a mix between a word scramble, crossword puzzle and sudoku.

There are scores of other word games for people to try. In addition to their entertainment value, these games may provide some benefits that surprise even the most devoted wordsmiths.

- **Build your vocabulary:** Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.
- **Improve focus:** Nowadays people are pulled in many directions and are expected to multitask more than ever. Word games in large part require focusing exclusively on the task at hand and employing strategy.
- **Stimulate the brain:** Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's simi-

lar to how physical activity trains the body.

- **Improve memory:** According to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and the cognitive abilities of people of all ages.
- **Boosts feel-good substances:** When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an "endorphin rush" often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland. Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort.

These are just a handful of the many positive ways



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# How to make grilling healthier

*Metro Services*

Summer is synonymous with many things, including family vacations and relaxing days at the beach. For foodies, perhaps nothing evokes the spirit of summer more effectively than grilled foods.

Grilling is a beloved tradition, but it's not necessarily the healthiest way to eat. Traditional backyard barbecue fare like hot dogs and hamburgers likely won't make physicians' hearts flutter, but there are ways to enjoy the flavor of grilling without compromising a nutritious diet.

■ Replace burgers and hot dogs with healthy proteins. The occasional hamburger or hot dog won't do much damage, but people who regularly grill should skip these summertime staples and replace them

with healthy proteins. The American Heart Association reports that fish and skinless chicken breasts are healthy alternatives to hamburgers and hot dogs. Burger devotees can still enjoy their go-to grilled food, but replace ground beef with lean ground poultry, which contains less saturated fat than red meat.

■ Avoid overdoing it. Most people have overindulged at a backyard barbecue at one point or another. The relaxed, party-like atmosphere of the backyard barbecue makes it easy to snack on chips and other unhealthy fare before moving on to burgers and hot dogs. Hosts can do guests a favor by replacing snacks and sides like chips and potato salad with healthier fare like celery, fruit salad or



chickpea salad. Keep portions of grilled fare as close to a healthy size as possible. The AHA notes that a healthy portion of meat is around three ounces and no more than six ounces.

■ Create a salt-free rub. There's no denying salt makes food more flavorful. But that flavor comes at a high cost. The health care experts Piedmont note that excessive amounts of salt can contribute to inflammation from fluid retention and

increase a person's risk for hypertension, or high blood pressure. Salt may be a go-to for many grilling enthusiasts, but it doesn't have to be. A salt-free rub made with chili powder, garlic powder, paprika, and/or other spices is an effective and salt-free way to add flavor to meat, chicken and fish.

■ Grill more vegetables. Grilled vegetables, whether they're part of kebabs or simply grilled alongside

Did you know?

Grilling is a summertime tradition, but health-conscious grillmasters may want to marinate their meats before cooking them over an open flame. Heterocyclic aromatic amines (HAAs) are compounds that can form when meats are cooked over an open flame. HAAs are suspected carcinogens, but a 2008 study published in the Journal of Food Science found that, with a few exceptions, spice-containing marinades inhibited the formation of heterocyclic amines, thus providing reduced exposure to some of the carcinogens formed during grilling.

the main course, add significant flavor and provide all the health benefits of veggies cooked in more traditional ways. The AHA notes that coating vegetables in a healthy oil like olive oil makes it easy to grill them directly over an open flame without sticking. Cooking in

this way imparts that signature smoky, grilled flavor to vegetables.

This summer, grilling can be as healthy as it is flavorful. All it takes is a few simple strategies to make the menu at your next backyard barbecue one any doctor would love.

## Outdoor activities that are perfect for seniors

*Metro Services*

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

According to researchers with the U.S. Department of Agriculture's Forest Service, human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty nesters who are still in the

workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

■ Hiking: Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. The U.S. National Park Service notes that hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems. Hiking is an especially attractive outdoor activity for seniors,

ACTIVITIES  
—Continued page 12



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# The pros and cons of early retirement

Retirement is a milestone that is often the byproduct of decades of hard work. Though a growing number of working professionals have no intention of ever retiring, the vast majority of adults look forward to the day when they can call it a career. The prospect of early retirement is enticing to millions of people. Though retiring early may seem like a no brainer for individuals in position to do so, a careful consideration of the pros and cons of early retirement can ensure people make the best decision.

**Benefits of early retirement**

For many people, early retirement is less about finding a beach to relax on and more about pivoting to a second career. In fact, a recent report from the Employee Benefit Research Institute indicated that 74 percent of workers plan to get a new job after they retire. In such instances, early retirement is often about turning a long-time passion into a second career. That can help adults achieve a lifelong dream, making it one of the better reasons to retire early. Another advantage to retiring early is the chance to spend more quality time with family. One study from the American Psychological Association found that more than half of working professionals now check work emails after work hours, including

on weekends. Forty-four percent even check their email while on vacation. Early retirement enables individuals to escape that round-the-clock career commitment, affording retirees a chance to spend more unfiltered quality time with the people they love most. Retiring early also provides an opportunity to escape a daily grind that many people have indicated has become increasingly burdensome in recent years. The 2021 Work and Well-Being Survey from the American Psychological Association found that 79 percent of the roughly 1,500 adults surveyed had experienced work-related stress in the month prior to participating. Work is a leading cause of stress for many people, and stress has been linked to a host of health problems. Individuals who can retire early can benefit from less stress in their lives.

**Disadvantages to retiring early**

Retiring early can seem like a dream, but it could turn into a nightmare for people whose finances aren't as robust as they need to be to support a lengthy retirement. One report from the Boston College Center for Retirement Research found that around 50 percent of working families face a significant decline in their standard of living during retirement. Life expectancy has been



on the rise in developed countries since 1900, so retiring too early carries some significant financial risk for people who have saved but not necessarily saved enough. Retiring early also could make people more vulnerable to cognitive decline than they would be if they keep working. One study from researchers at Scotland's University of St. Andrews found that people who wait until age 67 to retire experience less cognitive decline than people who retire prior to turning 67. Out-of-pocket medical costs are another significant disadvantage to retiring early. Employer-sponsored medical insurance tends to cost individuals less than private plans, which is a significant consideration for individuals at a point in their lives when they may need to visit doctors more often. Early retirement has its advantages and disadvantages. Individuals must consider both to make the best decision for them.

# Maintain a healthy weight

**Metro Services**

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to U.S. News & World Report. A combination of factors can contribute to weight gain in older adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods — some of which may be high in fat and/or calories. Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

- Incorporate strength or resistance training into your weekly routine. Hormone production slows down as the body ages, and that may result in a loss of muscle mass. Lifting weights or engaging in resistance training with elastic bands or body weight can restore mus-

cle tone and speed up metabolism. Adults should aim for strength training twice a week.

- Monitor sugar and starch intake. Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insulin, glucose doesn't get used up and remains in the blood. Eventually this can lead to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight.

Avoiding added sugars and extra carbohydrates could help.

- Practice portion control. A 60-year-old can't eat the same way he or she did at age 30 or 40. Nutritionists say that, with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with exercise.

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## ACTIVITIES

Continued from pg. 11

as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

- Fishing: Of course not all outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favorite fish. Individuals who consume what they catch also can benefit by improving their diets, as the American Heart Association notes that consuming certain types of fish has been linked to a lower risk for heart disease and obesity. The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.

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