

City flushing pipes

The City of Marion will be flushing its water system each day next week starting at 9 p.m., to 5 a.m., Sunday, July 28 and continuing through the overnight hours on Friday, Aug. 2. City water customers could experience discoloration and lower water pressure at times during the flushing.



On your ballot this fall will be a question on cannabis

Last week, Crittenden Fiscal Court formally adopted a resolution to allow local voters in November to decide whether they want to open the community to business applications to sell medical marijuana here. The City of Marion earlier this month adopted a similar plan. Therefore, at the polls on Nov. 5, the question will be listed on the ballot twice for city residents because they also reside within the county, and once for county residents who live outside the city. The measure could pass or fail in either jurisdiction. Local governments have the option to prohibit medical cannabis dispensaries, but many, like Marion and Crittenden County, are opting to let voters decide if they want to outlaw it in their communities. By doing nothing, local jurisdictions would by default ratify the state's law allowing dispensaries or other associated medical cannabis enterprises. Only a small number of licenses are being allowed in all of western Kentucky and obtaining a license is quite expensive. Nearby, Kuttawa has already opted out of allowing medical marijuana dispensaries while Henderson has opted in. Here is the exact question that will appear on the ballot here in November: "Are you in favor of the sale of medical cannabis at a licensed dispensary and the operation of other cannabis businesses in Crittenden County?" City voters will get the same question with only the jurisdictional name change.

Shady Grove will get to keep its polling place

Shady Grove will be keeping its polling place thanks to some efforts by the volunteer fire department there to install more reliable internet service. Election officials had considered closing the polling place in the small community on the eastern edge of the county because new voting equipment had been unable to operate properly during recent elections due to a weak internet connection. The new devices must be able to constantly communicate with balloting devices at other polling places across the county. The two-way communication prevents voter fraud, said County Clerk Daryl Tabor. Portable hotspots had been used to make the connection and those had proven highly unreliable, Tabor explained. Now, there is a plan to make available a more reliable broadband carrier. So long as a strong enough signal is provided at the fire station, voting



Work consolidated to mitigate inconvenience Highway out for 4 days

STAFF REPORT
Local residents are bracing for a four-day closure of US 60 West just outside Marion city limits next week as state highway crews and contractors replace culverts. Kentucky Transportation Cabinet (KYTC), which originally had planned to close the highway for multiple days over the next two weekends, have reworked the plans in order to consolidate work during a four-day stretch Wednesday through Saturday in order to mitigate some of the inconvenience to motorists. The work along US 60 is a precursor to new pavement, which will be put down from Marion to the bottom of Moore Hill at some point before school begins. At the behest of Crittenden County leaders and fair organizers, the changes were made Tuesday afternoon, rewriting plans announced late last week that would have closed the highway for five days. Based on the latest decision, US 60 will close for four days from Wednesday, July 31 through Saturday, Aug. 3. KYTC District 1 Chief Engineer Kyle Poat says reducing the timeline and concentrating the disruption in travel into about four days will help reduce the impact on emergency services. "We recognize this will be a major inconvenience, as the detours available for these two sections of U.S. 60 are limited," Poat said. "Rather than disrupting traffic on two weekends, we are combining



A culvert under US 60 in the foreground of this picture will be replaced with the black oval culvert sitting on the right side of the highway just past the guardrail.

this series of closures into what we think will be about four days. Our staff and the contractor will be working with county officials and local residents to maintain access to homes and businesses." The altered schedule will start promptly at 6 a.m., on Wednesday, July 31 and continue in two phases. The Phase One closure is in the Moore Hill area between the KY 297 intersection and the KY 1668 intersection. Work will include repairs at four locations along the highway between the 5 and 6 mile marker. The contractor will phase work to maintain local access for property owners and provide access for emergency vehicles.

Phase Two Closure will also be on US 60, this one between KY 981 (Old Salem Road) and KY 1668 (Crittenden Springs Road) to allow the Crooked Creek Branch culvert to be replaced. This closure is immediately east of Airport Road in the 1300 Block of US 60 and will start as soon as Phase One is completed. The entire scope of work is projected to last into Saturday, or perhaps even Sunday if weather or unforeseen issues arise. There will be no marked detour, and the transportation cabinet says commercial trucks should seek an alternative route. See US 60/page 7A

Glendale closing, too

Kentucky Transportation Cabinet also is planning a three-day closure of KY 2123 (Glendale Church Road) in rural Crittenden County from Wednesday, Aug. 7 through about 4 p.m., Friday, Aug. 9 to replace a culvert at Little Hurricane Creek, which is about halfway between Glendale Church and KY 1668 (Crittenden Springs Road). An unusual number of bridges and culverts have been under repair in the county over the past six months, at least partly due to routine maintenance, but also because specifications for such crossings have changed.



Shady Dayz

What appears to be about a two-week respite from July's humidity and heat should continue at least into the first part of the weekend. Last week, these Marion boys took a break in the shade from their bikes along East Bellville Street. Pictured are (from left) Brayson Lanham, 10, rolling up on his bicycle and Camden Lanham, 12, and Caleb Smith, 12.

Lake George remains stubborn

STAFF REPORT
Contractors working on shoring up the earthen levee at Lake George are finding a number of challenges as they continue mitigation efforts at the crippled reservoir. Lake George, one of Marion's two raw water sources for making potable water, has been the subject of an emergency mitigation effort since the spring of 2022 aimed at stopping the dam from leaking. Work is being done under an emergency declaration, which was recently extended to the end

Mayor says it's like taking a 'gut punch' to drain water from the lake.

of this year. It was the fourth time since Marion's water crisis began more than two years ago that the state's emergency order had been extended. Tim Thomas, the consultant hired to help Marion solve its water woes, said engineers have encountered a handful of setbacks as they've built a coffer dam around an area of the levee that is leaking. Work to fill

a cracked former intake pipe that passes through the levee has been hampered by various issues, particularly a secondary leak in the pipe, which was only recently discovered. Additionally, plans were to dewater the area of Lake George controlled by the coffer dam, but those are not working as expected. So, that idea has been scrapped. Despite the problems, Thomas told city leaders during last week's Marion

HomeSchool GameChanger District to offer school options

STAFF REPORT
Crittenden County Board of Education last week approved a formal relationship with West Kentucky Educational Cooperative (WKEC) Commonwealth Academy for a breakthrough program that could allow homeschooled students an opportunity to participate in extra-curricular activities offered by Crittenden County School District, including athletics. Only scant details are available about how this new program could unfold, and it appears to be a novel approach to engaging homeschool students with mechanisms of public education. The virtual learning agreement with the WKEC is the first of its kind in this area. It will include online coursework provided by Commonwealth Academy specifically designed for current home schoolers and serves as a bridge, linking the county's homeschoolers with the school district. Six homeschool families were presented the plan at an informal meeting early last week, the day before the school board approved the agreement. As The Crittenden Press reported in April, about 10 percent of Crittenden County's school-age students are homeschooled. Typ-

Deaths

Ramer

Billy Truman Ramer, 80, of Paducah, died Tuesday, July 2, at his home with his wife Linda by his side.

He was born Aug. 10, 1943, at home in the Bayou community of Smithland to the late Carnie Eugene and Mildred Ellen Mahan Ramer.

He attended Livingston County Schools and was a graduate of Murray State University. He worked in banking, education, farming and at Air Products/Wacker in Calvert City.

Surviving are his wife of nearly 60 years, Linda; two children Jean Ellen (Scott) Baker of Lebanon, Tenn., and Jason (Miranda) Ramer of Smiths Grove; six grandchildren: Jolin (Janis) Gruzniini of Lebanon, Tenn., Noah Baker of Knoxville, Tenn., Emily Baker of Lebanon, Tenn., Brooks, Evelyn Kate and Jude Ramer of Smiths Grove; a sister-in-law Becky (Shayne) Green of Lake Jackson, Texas; a brother Neil (Vicky) Ramerof Cecilia; a niece, Amanda (J.R.) Tait of Lincoln, Neb.; two nephews Andrew Green of Houston, Texas and Alex (Katelyn) of Georgetown, Texas; and a cousin, Marcille (Jeff) Gordon of Dickson, Tenn.

He will be remembered as a dedicated, welcoming, patient, thoughtful, caring and remarkable role model, father and PaPa. He loved to travel, dance, heartily laugh, spend time with friends, and he fiercely loved his family.

A celebration of his life will be held at Boyd Funeral Directors and Cremation Services at 2 p.m., on Saturday, Aug. 10. Burial will follow in Smithland Cemetery. Friends may visit with the family beginning at 1 pm on Saturday.

Memorial contributions may be made online at www.boydfuneraldirectors.com or to St.Jude Children's Research Hospital in Memphis, TN; Memorial Giving, St. Jude Children's Research Hospital, 501 St Jude Pl, Memphis, TN 38105-9959 or at memorials@stjude.org.

Obituary Archive
at the-press.com

Hospital trivia

Several people were identified as making history during Crittenden Community Hospital's 80th anniversary celebration, including:

•Geneva Patterson, born in 1950, is the oldest born at Marion's hospital .

•Tanya Ramage is the employee who has worked in the most departments.

•Don Arflack named the most physicians affiliated with the hospital

Locke

Amanda Michelle (Edmonds) Locke, 48, of Salem, died Sunday, July 21, 2024 surrounded by her loving family.

She was a member of Salem Baptist where she sang and played the piano with the praise and worship team. She was a registered nurse, obtaining her BSN and was manager of infection prevention at Mercy Health Lourdes in Paducah. She loved to worship the Lord and volunteered in many capacities at church. She was a wonderful wife, mother, daughter and friend to all who knew her.

Surviving are her loving husband, Kenny Locke of Salem; five children, Alexandra Eve "Lexi" (Waylon) Wood of Paducah, and Bryce Dalen Waters, Brooklyn Elizabeth Waters, Braden (Lauren) Locke and Aaron Locke, all of Salem; a brother, Matthew (Christa) Edmonds of Ledbetter; her parents, Tim and Vanita Edmonds of Hampton; her grandmother, Evelyn Edmonds of Hampton; nieces and nephews Andrew and Alexis Edmonds, Makenzi Jones, Riley and Ethan Edmonds; and several aunts, uncles, and cousins.

She was preceded in death by her paternal grandfather, W.C. Edmonds; and maternal grandparents, Mural and Lorine Barnes.

Funeral services are at 1 p.m., Friday, July 26 at Salem Baptist Church with Rev. Jim Wring and Rev. Josh Bumpus officiating. Burial will follow in Hampton Cemetery. Friends may visit with the family beginning at 4 p.m., Thursday, July 25 at Salem Baptist Church.

Boyd Funeral Directors and Cremation Services in Salem is in charge of

arrangements.

Funeral services will be webcast at <https://www.hdezwebcast.com/show/amanda-locke-funeral-services>.

Chaney

James "Jim" Victor Chaney, Sr., 89, of Dycusburg, died Sunday, July 21, 2024 at Ray & Kay Eckstein Hospice Center in Paducah.

He served during the Korean and Vietnam wars and received the Bronze Star. He retired from U.S. Army in 1976 after 21 years of service and then worked as a corrections officer for 17 years. He was a member of Dycusburg Baptist Church and was an avid carpenter, gardener and bowler.

Surviving are a son, Vic Chaney (DeWayne Spalding) of San Francisco, Calif.; a long-time companion, Joe Ann Asbridge, Frances; a sister, Winnie Lee Smith of Fairborn, Ohio; two sisters-in-law, Phyllis Green of Mayfield and Sandy Green of Dycusburg; and many cousins, nieces and nephews.

He was preceded in death by his wife of 49 years, Joann Green Chaney; his parents, Kenneth and Ollie Campbell Chaney; and three sisters, Betty Jo Brewer, Helen Chaney and Carol Sue Chaney.

Funeral services are at 10 a.m., Friday, July 26 at Lakeland Funeral Home with burial in the Kentucky Veterans Cemetery West in Hopkinsville.

Visitation is from 4-7 p.m., Thursday, July 25, at Lakeland Funeral Home in Eddyville. Memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or online at www.stjude.org.

Community Calendar

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

Thursday, July 25

- Virgil Jones VFW will meet at 6:30 p.m., at its building at 412 N. College St. Refreshments will be served.
- Friends of the Crittenden County Public Library meets at 6 p.m., in the library meeting room.

Saturday, July 27

- Positive Employability class meets at Marion Baptist Church. This is a required class for Community Christmas. Call the Crittenden County Extension office to register at (270) 965-5236.

through its history. •Sharon Slayden has the longest tenure at the hospital.

Prize basket winners were Jayc Elliott, Rita Watson, Christian Overfield and Mattie Moss.



Crittenden County Animal Clinic
Dr. Elizabeth A. Maddux • Dr. Michelle Hughes

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Marion, Ky.
(270) 965-4514



Celebrating 80 years of healthcare

Crittenden Community Hospital's 80th anniversary celebrated history and offered fun for the community July 19. Scenes from the event (clockwise from top) are auxiliary volunteer Sandy Gilbert at a display of memorabilia with Misty, Nathan and Teagan Davis; Emily Adams applies face paint on Hazel Carter; Abbagayle Fugere, Gracelynn Gilbo, Wayland Kearns and Bentley Gilbo enjoy snacks; Jasely Guess takes aim at CEO Shawn Bright at the dunking booth; Issac Wallace emerges from an inflatable; and Jentry Wright makes a claim in the duck pond.



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The nourishment of solitude

The richness and nutritional density of some foods is remarkable. I am amazed at the fullness I feel after only a couple of handfuls of nuts. I am always surprised at the sweetness of a good carrot. Once I grew accustomed to less salt, sugar, and spices on our food I have learned that even celery has sweetness buried in its watery fibrousness. I am a fan of real butter and milk with at least some fat content. I like berries and vegetables right off the plant – extra protein and all.

Sometimes solitude is about not adding what is unnecessary. Most mornings I take a few minutes to be quiet. I don't mean not speaking. I mean quieting my mind and spirit before the day begins. Sometimes I reflect on the previous day or anticipate what is ahead. Sometimes I just sit in silence. This is rich and dense spiritual nutrition. Solitude is also a discipline; it gives us opportunities to deepen our relationship with God and allow his teachings to plant themselves deeply in our lives. Charles Spurgeon gifts us with a beautiful image of the benefit of solitude in Morning and Evening: Daily Devotionals. "There are times when solitude is better than society, and silence is wiser than speech. We would be better Christians if we were more alone, waiting upon God, and gathering through meditation on his Word spiritual strength for labor in his service. We ought to muse upon the things of God, because we thus get the real nutriment out of them. Truth is something like the cluster of the vine: if

we would have wine from it, we must bruise it; we must press and squeeze it many times. The bruiser's feet must come down joyfully upon the bunches, or else the juice will not flow; and they must well tread the grapes, or else much of the precious liquid will be wasted. So we must, by meditation, tread the clusters of truth, if we would get the wine of consolation therefrom. Our bodies are not supported by merely taking food into the mouth, but the process which really supplies the muscle, and the nerve, and the sinew, and the bone, is the process of digestion. It is by digestion that the outward food becomes assimilated with the inner life. Our souls are not nourished merely by listening awhile to this, and then to that, and then to the other part of divine truth. Hearing,

reading, marking, and learning, all require inwardly digesting to complete their usefulness, and the inward digesting of the truth lies for the most part in meditating upon it." Then there are times of solitude that are nearly unique in our lives. These are moments that plant themselves in our memory and continue to give us sustenance long after the event. I have experienced a few such moments in my life – a few in the woods, a few on the water, and some in the presence of others with whom I have shared an experience. In my experience, solitude in the presence of others has come as a surprise – every time. Those times have come after effort. They came because we turned right when everyone else turned left. They came when the work at hand was finished, and we didn't realize we were so close to the end. They came when everyone felt enough of the same thing to respond in exactly the same way. No one had to say, "Be quiet." It just happened.

My brother and I recently took a hike to the top of a peak in Acadia National Park. It is, by a wide margin, the most crowded (visitors per square mile) of our national parks. Yet, we found ourselves alone on the top of a hill for over 20 minutes. We were talking (and eating wild blueberries) all the way up. When we got to the top, the wind hit our faces, a mourning dove cooed, the leaves on the trees rustled – we were silent. We sat about 30 feet apart – silent – overcome by the blessing of solitude, nourished by God. Sometimes it is about stripping away distraction. It requires some effort and intention. Sometimes it sneaks up on us. It doesn't take very much to sustain us if it is fresh, rich, pressed, and savored. Dr. Sean Niestrath is a minister in Madisonville, Ky. He holds a doctoral degree in ministry. You may contact him at sean.niestrath@outlook.com.




Sean NIESTRATH
Faith-based columnist
Guest Columnist

We are to invite others into a relationship with Christ

Question: Everyone values letting others believe what they want and not offending anyone by talking about religion. Therefore, it is intimidating for me to share my personal faith with others, but I know Jesus commanded me to do so. How can I become more comfortable in sharing my faith with others?

Answer: You are right in recognizing it is God's strategy for Christ's followers to share the good news of salvation with people they meet. Jesus commanded, "Go and make disciples of all nations" (Mt. 28:19). The emphasis is not on the going but on the making disciples. We are to incorporate sharing good news about how Jesus has changed our lives and how He can change everyone's life for the better, too. Jesus taught us to be unafraid to share our personal faith. Hers's why: He

ASK the PASTOR
By Bob Hardison



said, "Surely I am with you always, to the very end of the age" (Mt. 28:20). As you and I share the good new message of how Jesus died for everyone's sin-debt on the cross and rose again. To receive that forgiveness, abundant life here and now and eternal life forever, one must turn from sin, believe that Jesus died for them on the cross and rose from the grave. Then, through prayer invite Him to come into their life as their Lord and Savior. As we share our faith with others, Jesus is always with us by the Holy Spirit indwelling each believer. The Spirit gives us Jesus' authority and power to share our faith with others. Send your questions to: bob@bobhardison.com

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

Rosebud Cemetery Association

Annual Meeting

will be held at the Cemetery

Saturday, July 27 at 1 p.m.

Please bring your lawn chair.

Cancelled if raining.

THANK YOU

Thanks to all of you that helped me celebrate my 90th Birthday by attending the surprise party, sending a card, calling, or visiting me. What a surprise.

God bless each of you,
Claudena

WORSHIP

with us this week

Visit one of our area churches for worship and fellowship

EMMAUS BAPTIST CHURCH



315 Emmaus Church Rd., Salem, Ky.
Rodney Phelps, Pastor
(270) 704-2400
emmausbaptistsalem@outlook.com
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St. William Catholic Church



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

Mexico Baptist Church



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

DEER CREEK BAPTIST CHURCH



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
"Whatever It Takes"
Bro. Jamie Baker

Emmanuel Baptist Church



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

Tolu Methodist Church



Pastor: David Brown
We invite you to be our guest
Open hearts. Open minds. Open doors.

Barnett Chapel General Baptist



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

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

Marion Baptist Church



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

SEVEN SPRINGS 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

Crayne Community Church



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

FIRST CUMBERLAND PRESBYTERIAN CHURCH



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

growing in grace



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

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."

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"

PINEY FORK



Speaker: Greg Rushing
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.

Sugar Grove



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

Marion 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.

Frances Community Church



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

Hurricane Church



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

Unity General Baptist Church



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

Marion Church of Christ



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



How does your garden grow?

How does your garden grow? You can size up the competition during open garden exhibits during the Crittenden County Fair.

The following can be submitted for judging between 11 a.m.–3 p.m., at the Lions Club building at the fairgrounds:

- Two tomatoes, slicing size
- Three cucumbers, any size
- Three yellow squash
- Ten blackberries
- Basket display of mixed vegetables, fruit and herbs
- Largest vegetable by weight
- Best flower bloom
- Best flower arrangement
- Best houseplant, must have owned for six months

Exhibit viewing is 1–6 p.m., July 31 and 11 a.m.–3 p.m., Aug. 1.

Fredonia Legion will host mini-tractor pull

Fredonia Valley American Legion will host a mini-tractor pull on Saturday, Aug. 10 at Buddy Rogers Park.

There will be classes for youth and adults. The event starts at 9 a.m. All proceeds benefit the Fredonia American Legion Post 103.

Campground at river continues to draw lots of overnighers

During June there were 106 overnight camping rentals at Riverview Park on the Ohio River in northern Crittenden County. All but one of those was for RV camping. The other was for a tent site.

In May, there were 124 camp rental nights and 137 in April. Hotter weather was probably to blame for the lower figure in June, but county officials said the Fourth of July weekend drew a packed campground. So this month’s figures will likely be back up once totaled at the end of the month.

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

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

Fees go toward maintenance and upkeep of the park, formerly known as Dam 50. Reservations can be made online at CrittendenCountyKy.org.

Volunteers sought for long-term care friendly visiting

Are you willing to volunteer as a friendly visitor to long-term care facilities in the region? If so, Pennyrile District Long Term Care Ombudsman Cindy Tabor wants to hear from you.

The regional long-term care program includes facilities in Caldwell, Christian, Hopkins, Livingston, Lyon, Muhlenberg, Todd and Trigg counties.

“We are looking for friendly

visitor volunteers,” Tabor said. “You can make a difference by spending as little as one hour a week visiting residents.”

The next training date is Aug. 6 from 9 to 11:30 a.m., in Hopkinsville at the development district office. For further information call 270–886–9484 or email cindy.tabor@ky.gov.

Volunteers are needed in nine counties to help serve 37 facilities that house 2,727 residents. These are nursing homes, personal care homes and assisted living centers.

CCEDC sets slate of officers for ’24-25

Crittenden County Economic Development Corporation held its annual meeting last week and chose its officers for the coming year.

Chairman Chris Cook was re-appointed, Steve Watson was selected vice chairman, Shawn Bright secretary and Todd Perryman treasurer. Chosen as at-large directors were Amanda Dossett and Tanner Tabor.

During the meeting, local economic development issues were discussed and the group’s budget was approved.

Sturgis back to school

Sturgis Elementary School will host its annual Kindergarten Kickoff Thursday, Aug. 1. Times are based on last name with A–K at 10 a.m. and L–Z at noon. Bring the student’s birth certificate and medical records, including vision, dental, physical, and immunization. Union County Middle School will hold its Back To School Night from 4–6 p.m., on Monday, Aug. 5.

Library Trivia Night

Boys and Girls of Summer Trivia Night sponsored by the Friends of the Library will be at 7 p.m., Friday, July 26 at Crittenden County Public Library. Call the library at 270–918–9900 to RSVP your team. Teams can have up to five players. Refreshments will be provided.



Dismore



Cannon

Investigation seeks one man, arrest made of another

An operation over the last couple of weeks that included Livingston County Sheriff’s Department and Western Kentucky Violent Crime Task Force successfully executed a coordinated operation to recover stolen items reported in multiple burglary and theft cases across Livingston and Lyon counties.

“The meticulous efforts of the officers resulted in the recovery of numerous stolen items from three separate locations, following the execution of search warrants,” a news release from the Livingston sheriff said.

As a result of the investigation, deputies from the Lyon County Sheriff’s Department arrested Billy Dismore, 49, of Livingston County. Dismore faces charges including two counts of third-degree burglary and two counts of theft by unlawful taking. Additional charges against Dismore are anticipated in Liv-

ingston County as the investigation continues.

In connection with the ongoing investigation, Livingston County deputies are actively searching for Brandon Cannon, 40. Information leading to Cannon’s arrest can be reported to the Livingston County Sheriff’s Department at 270–928–2122.

Farmers Appreciation Dinner at Union County

Union County’s annual Farmer’s Appreciation Dinner will be held Tuesday, July 30 at Union County Expo Center. There will be a silent auction at 5 p.m. and dinner will be served at 6 p.m. Guest speaker will be Kentucky Agriculture Commissioner Jonathan Shell. Tickets are \$40 and available at the Union County Extension office. All proceeds benefit Union County FRYSC Christmas Angels. For more information, call Katie Hughes at 270–389–1400.

Veteran claims clinic

Kentucky Department for Veterans Affairs will have a claims clinic from 9 a.m., until 5 p.m., on Monday, Aug. 12 at Henderson County Public Library. Veterans and their families will have an opportunity to file claims for disability, non-service connected pensions, survivor benefits, healthcare and educational benefits. Documents to bring include DD214, medical records, marriage license and Social Security numbers.

KY 1592 is reopened

A contractor for the Kentucky Transportation Cabinet has completed the replacement of the KY 1592 (Webster Road) bridge over Towsery Branch in Caldwell County. Webster Road had been closed since April 29 for the full demolition and replacement of the bridge. The roadway reopened to the public last weekend.

Card kickoff is Monday

Annual Cardinal Kickoff will be held from 5–7 p.m., Monday, July 29 at Livingston Central High School. This is for the entire district and will feature supplies donated by organizations and churches and door prizes. This program is in addition to Back to School events that are slated for early August.

Build a barn quilt

Registration deadline is Aug. 8 for the upcoming Barn Quilt Paint Party sponsored by Liz’s Barn Quilts and Crittenden County Extension Service. The event will take place from 9 a.m.–3 p.m., Monday, Sept. 9 at the Crittenden County Lions Club Building. There are eight designs from which to choose. Visit Crittenden County Extension Service on Facebook to see options. The hand-crafted outdoor signs are \$130 for a 2x2 foot sign or \$190 for a 3x3. Prices include brushes, paint, primed boards and lunch. Registration must be paid by Aug. 8. Participants are asked to bring 94-inch Frog Tape, a drink and hair dryer. Class size is limited. Call 270–965–5236 to register.

*Between Printed Editions
Tune in to The Press Online
for breaking news.
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our YouTube Channel.
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50 YEARS AGO

July 25, 1974

■ Carson Davidson checked files one last time, wanting to make sure they were in top order for the man that who would succeed him as First Sergeant and Administrative Supply Technician with the Marion National Guard Armory when Davidson retired from the military after 24 years of service.

■ A weekend camp emphasizing fun and food was attended by two Extension assistants and 12 youngsters in the county. Accompanying the group were Terry Boone and David Hurley who served as counselors in the boys’ cabins.

■ Rotary Club peewee baseball teams played their last game of the season and the Red Team came out victorious, winning all the games played against the Blue Team. Members of the winning Reds who were presented trophies were Hank Mills, Al Simmons, Kevin Brewer, David Belt, Chris Ordway, Stacey Adams, Jeff Tinsley, Troy Fox, Danny Westmoreland, Greg Gibson and Michael Coleman. Ellis Simmons was the coach.

25 YEARS AGO

July 22, 1999

■ Two Crittenden County natives graduated from the Kentucky State Police Academy in Frankfort and one came home to patrol. Darron Holliman and Jason Kirk were among 57 graduates of the police academy. Kirk was assigned to Christian County and Holliman chose to live and work in Crittenden.

■ Members of Emmanuel Baptist Church in Greenwood Heights put finishing touches on the church’s newly remodeled auditorium. Pastor Tim Baker said the congregation was excited about the renovations in the church and fellowship hall, which was completed a few weeks before.

■ The Crittenden County Lady Rocket basketball team played nine games in three days during basketball camp at Campbellsville. Lady Rockets skipper Shannon Hodge was impressed with the defensive effort of center Kayla Bebout and also liked the hustle displayed by Kindra Carnahan, Ashley Turley and Shelley Johnson.

10 YEARS AGO

July 24, 2014

■ A study of renewable energy was the topic during Bridgeway Learning Center’s summer program. Site coordinator Melissa Shewcraft and Crittenden County Middle School science instructor Neal Bryant demonstrated how a mini-car could operate on 15 millimeters of saltwater. Students attending were Ethan Shaffer, Kerstie Gregory, Bree Schanz and Alivia Parent.

■ The Crittenden County 8-under girls softball all-star team finished runner-up in two tournaments at Cadiz and Princeton. All stars were Jaycee Champion, Riley Smith, Kaylee Hewitt, Sophie Watson, Katie Perryman, Kaylin Stokes, Bryce Conyer, Sierra Patrick and Jaylee Champion. Coaches were Stephen Smith, Josh Chittenden and Josh Champion.

■ Megan Sherrill was awarded grand champion prize in her division at the Kentucky State Fair the previous year after her 4-H exhibit qualified at the Crittenden County Lions Club Fair. She planned on entering another woodworking exhibit at the county fair with a restored bench and planned on exhibiting some of her photography.

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

Crittenden Press

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Crittenden Press Letter to the Editor

Local writer believes bears, rattlesnakes being released here

To the Editor:

After reading your article on the front page of The Press recently, I thought I would write to you and your readers. It makes me very angry that the Department of Fish and Wildlife would suggest that the bear you wrote about came from Owensboro. That same department has for years been releasing critters of all kinds into our habitat

but will deny it emphatically.

Several years ago, my aunt and uncle had to stop on this side of the creek over Milford Bridge on Barnett Chapel Road while wildlife personnel released two little “honey bears” – as my uncle called them – into the wild of our county. They overpopulated the county with turkeys, which brought the dreaded turkey mites and those confounded tiny ticks to us, telling us that those pests have always been here. They have not.

I have spent too much time in the woods since childhood and know better.

Then it is my understanding that they released rattlesnakes to eat the eggs of the turkeys to decrease

the population. Wolves, coyotes, cougars and bears were practically annihilated by civilized population for a reason – they feed on domesticated animals.

More than one neighbor has lost calves to cougars, which the department denies exist and I personally have seen on several occasions.

Call me crazy if you will, but I resent the fact that a government entity thinks it knows more about what we need in the county than we do. Until we as voters, who have a voice, protest, it will continue.

Kathy Shuecraft
Marion, Ky.

Historic buildings live through postcards

Old postcards of yesteryear are priceless to our history. They give us glimpses of pieces of our history, preserving places, events, businesses, homes and many other wonderful things of the past that are no more – especially as cameras were not plentiful, and phones that make pictures where a thing of the future.

Many postcards give us a picture of things we have read about but were gone from history before we were able to see them, such as the Crittenden Springs Hotel and its companion the Gum Gazebo.



Brenda Underdown
County Historian
Forgotten Passages

Crittenden Sulphur Springs Hotel

This once famous hotel was located in Crittenden County about 12 miles from the county seat of Marion. The Crittenden Springs Hotel was built in 1887 by the Crittenden Springs Company, Inc., which included several prominent businessmen located in Marion.

For 25 years, the hotel flourished as a mineral spring health resort during an era when people felt drinking and bathing in various types of spring water was beneficial to their health.

J. S. Smith was engaged as manager for the season in 1893, and was busy working on the grounds and "putting the house in order." The magnificent 125-room, three-storied, gingerbread trimmed hotel was being burnished up inside and out, and the beautiful grounds were being touched up with the skill of a landscape artist.

Smith tells the public that every convenience known to the modern hotel will add to the comfort and pleasure of those who are so fortunate to choose Crittenden County for their outing this year. There are electric bells in every room, tasty bath rooms for hot or cold, fresh or sulphur water baths; a fine billiard hall with three superb tables, a handsome 10-pin alley, lawn-tennis courts plus fishing, frog shooting, and a good livery stable for fine riding and driving pleasure.

An admirable dancing hall is being arranged, and a splendid band has been engaged for the entire season. The parlors are magnificently furnished, the bedrooms are

marvels of beauty and comfort. A wine room is one of the new features. A system of waterworks is being put in, and huge windmills will force the water to every floor in the building.

The culinary department of the huge establishment will be in the hands of skilled artisans, and in every appointment no pains and no means will be spared to make it reach as near perfection as possible.

The acres upon acres of woodlands with their great shade trees, merry hills, mossy banks, charming walks and lovely mountain views make the place one of the loveliest in the whole country.

The Gum

Visitors that came to the Crittenden Springs Hotel also came to spend time at the pavilion that was built over the sulphur spring. The rancid odor of the water from the sulphur spring could be smelled a great distance from the hotel itself. The spring bubbled up from under a pavilion, which was called "The Gum."

You could walk from the hotel to the pavilion on board walks that were built for easy walking. There you could sit on the benches and relax and drink of the health giving water and exchange resort news.

The boiling sulphur spring was known and appreciated by settlers as far back as the beginning of the present century. For dysentery and complications arising from indigestion, it has no superior and the most obstinate cases have frequently yielded to the alleviating influences of the water after a week's use.

For diseases of the urinary organs, chronic diseases of the skin, rheumatism in all its stages, this water is a standard specific. It is a speedy cure for nervous complications arising from overwork or anxiety. For many of the female diseases it affords a permanent remedy. It is also highly valued as a remedy for chronic erysipelas, blood poisoning and kindred afflictions.

The use of these waters, drinking and bathing, is a recuperative remedy for hundreds or more of the afflictions the human race is heir to.



These postcards preserved Crittenden County history including that of (clockwise from top) the Crittenden Springs Hotel, Beautiful resort hotel in its day; the gum gazebo, below which healing waters bubbled from a sulphur spring; people gathered along the streets to see the wagons of lead and zinc headed for the train depot.



Its analysis, as well as its actual operation on the human system, is indispensable evidence that it ranks with the best mineral waters in the county. (From other articles I've read, the spring bubbled up from around the base of a huge old Gum tree, thus the name "The Gum." The old tree was later taken down and the spring was walled up with rocks. It was said the spring bubbled as it reached the surface. These bubbles are filled with a gas which will burn in a blue flame when ignited. It is cool and delightful to the taste.)

Lead and Zinc wagons



After Hours

First United Bank in Marion hosted the Crittenden County Chamber of Commerce's Business After Hours event July 18. The event is designed to bring members of the business community together for networking, to identify local commerce needs and share common concerns.

works at Joplin, Mo., which had purchased the zinc ore. This was the largest shipment ever made at one time from this section.

The passing through the various towns and cities of the special train of zinc ore, shipped by Blue & Nunn last week to the Ozark Zinc Oxide company of Joplin, Mo., has created much comment all along the route, from Marion to the city of Joplin. That a train load of carbonate of zinc, amounting to some 500 and odd tons, could be mined and shipped in a couple of weeks from one opening in western Kentucky has called out much gray matter from the brains of countless editors all along the line. As a general thing their remarks have been most complimentary. We expect to see such shipments made in the near future at least daily and it would not surprise us greatly to see too zinc trains scheduled as regular affairs, one in the morning and one in the evening. We certainly have the ore to do it.

The Crittenden Sulphur Spring resort flourished until 1910 when people began to doubt the medicinal purposes of the sulphur water and the final demise came when nearby lead and zinc mining operations caused the water to disappear from the springs.

(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.)

Laser shows, Homeplace LBL farm life fun for family

Programming to entertain the entire family is offered each week at Land Between The Lakes.

Activities begin on the hour at the Home Place, Nature Station and Planetarium.

Life on the Farm, Fairy Corners and Goodnight Farm are some of the programs at the Homeplace.

Planetarium shows include Laser Legends of the Night Sky, Discover the Stars, Totality, Stars: The Powerhouse of the Universe, Traveling with Light and Firefall. Three laser shows – Pink Floyd: Dark Side of the Moon, The Wall and Laser Metallica – can be viewed at the Planetarium Saturday night.

Costs vary for admission to each Land Between The Lakes venue. Check landbetweenthe-lakes.us for more details.

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57.285 Acres - \$250,000.00

This diverse hunting tract offers a classic 50/50 mix of tillable and timber, providing an excellent blend of habitat types and income potential!

NEW! Crittenden County, KY
64.3284 Acres - \$256,000.00

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!

NEW! Livingston County, KY
84 Acres - \$325,000.00

This impressive timbered hunting tract is situated in an area renowned for its quality deer and turkey hunting, making it a prime spot for outdoor enthusiasts. Includes build site potential.

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.

Crittenden County, KY
64.5162 Acres - \$475,000.00

The property, nestled in a quiet, pastoral area, boasts a main house, guest house, and various outbuildings, providing ample space for your unique vision!

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.

REDUCED! 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.

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.

Crittenden County, KY
598.28 Acres - \$2,700,000.00

This stunning 2BR, 2.5BA, 2,720 S.F. home epitomizes comfortable living on a large acreage hunting tract. Includes a 3,854 S.F., 4-bay shop, complete with a bunkhouse. Located on the Ohio River.

SOLD! - Crittenden County, KY
50.5498 Acres - \$200,000.00

Embrace the best of both worlds with this exceptional property, offering a harmonious blend of hunting opportunities and potential for livestock farming.

SOLD! - Crittenden County, KY
25 Acres - \$425,000.00

Nestled in the heart of "Big River Country," this enchanting country home on sprawling acreage offers the perfect blend of comfort and opportunity. Includes a 3,720 S.F., 5 BR, 1.5BA home built in 2005 with multiple shops and sheds.



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SportsShorts

RUNNING

5K Friday at MCC park

The third annual Marty McKenney Memorial 5K and Walk will be held at 6 p.m., Friday, July 26 at Marion-Crittenden County Park. Proceeds from the race benefit the McKenney Scholarship for Crittenden County track and field athletes. Cost is a minimum donation of \$25 to receive a race shirt. Contact Lee Ann Keller at 270-969-0333 for more information.

BASEBALL | SOFTBALL

Fall registration starts

Crittenden County Dugout Club's registration for fall baseball and softball will be July 29 through Aug. 2. Cost will be \$40. Practice begins Aug. 12 and games start Sept. 9 and end by fall break. For more information, see the Dugout Club Facebook page or contact Tanner Tabor at 859-333-9751.

GOLF

QB Club Scramble Aug. 24

The annual Crittenden County Quarterback Club Pippi Hardin and Ronnie Myers Memorial Golf Scramble will held at 10 a.m., Saturday, Aug. 24 at Deer Lakes Golf Course. Cost is \$300 per team with proceeds benefiting the high school football program. Contact Darrick Myers at 270-704-1225 to register. A meal will be provided following 18 holes of play.

Orange Jacket at DLGC

The annual Deer Lakes Golf Course Orange Jacket Invitational will be held July 27-28. Entry fee is \$125, which includes cart and play each day, a free practice round and a meal after Sunday's round. Tee times are available for 8 a.m., or 1:30 p.m. This tournament is individual stroke play. To register, call 270-988-4653.

BASKETBALL

All A Classic in O'boro

All A Classic girls' and boys' basketball tournaments will be played this winter at Owensboro Sportscenter. It will be the farthest west the games have ever been held. Sportscenter is the home to Kentucky Wesleyan College. Last year's tournament, in which Crittenden County girls competed, was held at Corbin. In recent years, the All A has typically been in Richmond at Eastern Kentucky University. The 2025 small-school tournament will be Jan. 22-26.

OUTDOORS

Hunting Seasons

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

Bullfrog	May 17 - Oct. 31
Squirrel Fall	Aug. 17 - Nov. 8
Canada Goose	Sept. 1-15
Dove	Sept. 1 - Oct. 26
Deer Archery	Sept. 7 - Jan. 20
Turkey Archery	Sept. 7 - Jan. 20
Canada Goose	Sept. 16-30
Teal	Sept. 21 - Sept. 29
Wood Duck	Sept. 21 - Sept. 25
Deer Crossbow	Sept. 21 - Jan. 20
Raccoon	Oct. 1 - Feb. 28
Turkey Crossbow	Oct. 1-20
Deer Youth	Oct. 12-13
Deer Muzzleloader	Oct. 19-20
Turkey Shotgun	Oct. 26 - Nov. 1
Woodcock	Oct. 26 - Nov. 8
Deer Rifle	Nov. 9 - Nov. 24
Turkey Crossbow	Nov. 9 - Dec. 31
Rabbit	Nov. 11 - Feb. 10
Quail	Nov. 11 - Feb. 10
Raccoon Trapping	Nov. 11 - Feb. 28
Woodcock	Nov. 11 - Dec. 11
Bobcat	Nov. 16 - Feb. 28
Squirrel Fall	Nov. 28 - Feb. 15
Dove	Nov. 28 - Dec. 8
Duck	Nov. 28 - Dec. 1
Canada Goose	Nov. 28 - Feb. 15
Coyote Night (lights)	Dec. 1 - March 31
Duck	Dec. 7 - Jan. 31
Turkey Shotgun	Dec. 7-13
Deer Muzzleloader	Dec. 14-22
Dove	Dec. 21 - Jan. 12
Deer Youth Free	Dec. 28-29
Coyote	Year Round
Ground hog	Year Round



Crittenden County High School's Lady Rocket soccer team is (front from left) Adeline Morries, Kathryn Epley, Jade Hughes, Isabel Geary, Lacey Birdwell, Heaven Bender, Isabella Walston, Aurora Duvall, Chloe Renschler, (second row) Dixie Hunter, Callie Rich, Aliza Maraman, Zoey Hodge, Mollie Blazina, Kylie Bloodworth, Ruby Peek, Joslyn Silcox, (back) head coach Jessica DeBurgo, Haley Moore, Ella Whitney, Madison Walker, Hayden Peak, Macibelle Hardesty, Adri Berry and coach Heather Bloodworth. Not pictured Ella Geary, Kiersten Smith and coach Ken Geary.

VARSITY ROSTER		
5	Adri Berry	9
4	Mollie Blazina	11
2	Kylie Bloodworth	10
17	Ella Geary	11
3	Macibelle Hardesty	10
15	Zoey Hodge	11
23	Dixie Hunter	11
32	Aliza Maraman	9
11	Haley Moore	9
25	Hayden Peak	11
6	Ruby Peek	10
14	Callie Rich	9
10	Joslyn Silcox	12
16	Kiersten Smith	11
7	Madison Walker	11
33	Ella Whitney	11

JUNIOR VARSITY		
13	Heaven Bender	9
5	Adri Berry	9
9	Lacey Birdwell	8
2	Kylie Bloodworth	10
34	Kaylin Coleman	9
14	Aurora Duvall	7
4	Kathryn Epley	7
10	Macibelle Hardesty	10
33	Isabel Geary	7
17	Jade Hughes	9
32	Aliza Maraman	9
11	Haley Moore	9
16	Adeline Morries	9
6	Ruby Peek	10
3	Chloe Renschler	9
25	Callie Rich	9
12/22	Isabella Walston	7

Five starters are returning for Lady Rockets soccer

STAFF REPORT
Crittenden County's soccer team will be searching for itself this fall, according to fourth-year head coach Jessica DeBurgo. The Lady Rockets lost a great deal of firepower from an offense that helped CCHS to a 6-9 mark a season ago. With big scorer Lizzie Campbell lost to graduation along with Baily Williams and goalie Hannah Long, the Lady Rockets have a whole lot of holes to plug. Campbell scored 26 of the squad's 42 goals last season. "It is going to be a big learning year," the coach said. "We have a large freshman class and a good sized junior class so we will be growing and finding our place." The skipper says junior Ella Geary, who was second on the team last year in scoring with a dozen goals, will be a key offensive player. She and Kylie Bloodworth, the team's leader in assists last

SOCCER SCHEDULE	
Aug 13	Trigg County
Aug 17	at Apollo
Aug 19	Webster County
Aug 20	All A at Ft. Campbell
Aug 26	at Lyon County
Aug 27	Caldwell County
Aug 29	at McLean County
Sept 3	at Union County
Sept 5	at St. Mary
Sept 10	Lyon County
Sept 12	at Trigg County
Sept 17	Hopkins Central
Sept 19	Union County
Sept 23	at Hopkinsville
Oct 1	Paducah Tilghman

fall, will be primary components on the offensive end of the field. The coach is also confident that transfer student Adri Berry will also be able to provide some goals for the team. Berry is a freshman and Bloodworth a sophomore. On defense, there are three returning starters. They are the club's only senior Joslyn Silcox and juniors Mollie

Blazina and Dixie Hunter. Junior Zoey Hodge should find a regular spot on the defensive side this season and sophomore Macibelle Hardesty will be the goal keeper. Backing up Hardesty at keeper will be Silcox, who has experience as goalie. While the junior class has good numbers, some are newcomers who are proven athletes in others sports, the coach said, including Madison Walker, who is also a basketball player, and Ella Whitney, a member of the track team. The Lady Rockets compete in a three-team district that includes Trigg and Lyon counties. "They are both really good with almost all of their starters coming back," the coach said about the other two teams in the league. Crittenden will open its season Aug. 13 with a district matchup against Trigg County at Marion.



Photo by Dawn Summers
Rocket defensive back Camron Belcher deflects a pass against Hopkins Central during a 7 on 7 pre-season passing league game sponsored by the Fellowship of Christian Athletes last week at Murray State. The team will be in action in just over two weeks with a Friday, Aug. 9 home scrimmage against Marshall County.

No East, West in SEC 'Cats chosen 11th in pre-season poll

KENTUCKY TODAY
Georgia was picked to win the Southeastern Conference title by league media in a poll released Friday. The Bulldogs received 165 votes and finished ahead of Texas, which garnered 127 first-place votes followed by Alabama (21) and Ole Miss (4). Kentucky was chosen 11th, ahead of Florida, South Carolina, Arkansas, Mississippi State and Vanderbilt. For the first time since 1991, the Southeastern Conference will not be divided into East and West divisions and the top two finishers based on overall SEC win percentages will compete for the conference title. Kentucky had five players named to the preseason All-Conference teams, with Deone Walker (lineman) and Maxwell Hairston (defensive back) named to the first team on defense. Barion Brown was named to the first team as a return specialist. He also was named to the third team as an all-purpose performer. Offensive lineman Marques Cox and linebacker Jamon "Pop" Dumas-Johnson were on the third team.

Union, Caldwell recognize new hall of fame classes

This fall, two area communities will recognize their newest inductees into the respective school's athletics halls of fame. On Sept. 20 at a home football against McCracken County, Caldwell County will induct former Mr. Football Elijah Sindelar, Jaylen Boyd, Justin Grooms, Evans Wells, Kyler Kendall, Drake VanHooser and Bob Hayes in its hall of fame, according to Your Sports Edge reporting by Todd Griffin. Sindelar, Kentucky's Mr. Football in 2014, set a state record for career touchdown passes and finished second on the all-time passing yardage list while at Caldwell County. He went on to play collegiately at Purdue University. Boyd, a running back and teammate of Sindelar, is second on Caldwell's career rushing list. He went on to play football at Lindsey Wilson College. Grooms and Wells played on Caldwell's 1998 state championship team; Kendall was the center on Caldwell's 2012 state runner-up team and went on to play at Georgetown College; VanHooser was a defensive end who gradu-

Crittenden Hall of Fame

Nominees are being sought for consideration by the Farmers Bank Marion-Crittenden County Athletics Hall of Fame. The 2024 class of inductees will be recognized in early 2025. Send nominations to thepress@the-press.com.

ated high school in 2015 and later played at Murray State University; and Hayes is a longtime broadcaster at Caldwell County and also a key booster. In Union County, the athletics hall of fame will this fall induct five-time wrestling state champion Brock Ervin, former baseball and football star Jordan Robison, former basketball standout Darren Price, the entire 1998 Braves boys' basketball team that lost in the opening round of the Sweet 16 to eventual champion Scott County, and Sturgis News owner Regina Catlett, who is a longtime promoter and supporter of UCHS athletics.

LAKE

Continued from page 1A

City Council meeting that progress is being made. The next steps will be to repair the leaking pipe by filling it with a grout-like material to permanently retire it, and installing a new siphon that will pull water from the lake. To install the siphon, Lake George will need to be lowered even further. It has been holding at about 11 feet below normal pool. Plans are to lower the level another five feet or so in order to facilitate construction of the siphon's concrete foundation.

Purposely draining that much raw water from the city's inventory is causing some consternation among Marion leaders. Mayor D'Anna Browning said the city is planning ahead by filling all of its storage tanks with potable water and altering Crittenden-Livingston Water District of the situation. The city has a contract to buy water from the county, but hasn't needed



to in several months because rainfall has provided plenty of raw water.

Going into the driest part of the year facing the proposition of having less raw water isn't comfortable, but she and Thomas say critical planning is key to making sure the city doesn't get into a water shortage like it did two summers ago.

"Since that time we have cured 52% of our leaks in the system," Browning said. "But it's still a gut punch to have to dump water."

It appears that the drawdown will be done in September. The mayor said residents will be kept informed on the schedule.

US 60

Continued from page 1A

nate route appropriate to the gross weight of the vehicle.

Liberty Tire, which is just west of the closure site, will be unable to operate its trucks during the closure, because the narrow detour roads would be too dangerous, according to a social media response by Patricia Rorer Driver, who handles logistics for the tire reclamation company.

Keith Todd, spokesperson for KYTC, said notification has been given to Liberty Tire and others that could be adversely affected.

Dozens of other responses were made to a post The Press made online about the closure. Many of those who reacted to the news said it will be a minor inconvenience for only a few days.

"It's a little inconvenience... I'll take it when it's improving and maintaining roads. Roads in western Kentucky are horrible, so when I see construction I don't complain," Jeremy Wring posted on our Facebook page.

"We are so quick to be inconvenienced," posted Layten Croft. "You know what would be worse? No regular maintenance, the road caves in or the state

deems it unsafe and we have to drive out of our way for longer than a weekend."

State highway officials say that alternating one-lane traffic will be necessary after the initial shut down so a new guardrail can be placed at the site. That work is to begin Monday, Aug. 5 at 7 a.m.

"Yes, it will add an hour driving to my day, going and coming back home from work. But I understand they have to do road repairs," said Marion business owner

Latisha Belt in a response. "At least they are willing to work over the weekend, so it doesn't affect your work week as much. I appreciate our road crew."

In one interesting note, the concrete culvert that has gone underneath the highway for many years has also been used by a local landowner to move cattle from one pasture to another. P&H Farms currently grazes its cattle there and has made arrangements for the disruption, too.

The state will post electronic message boards at strategic locations.

Approximately 5,000 vehicles travel this section of US 60 in an average day.

"During this planned period, the KYTC is planning to allow emergency response vehicles to cross through the work zones. This obviously eases a lot of stress and worry about how to respond to calls west of the area," Crittenden County Judge-Executive Perry Newcom said.

SCHOOL

Continued from page 1A

ically homeschooled students are unable to participate in any public school activities such as band, clubs and sports.

Superintendent Tony Driver calls the Commonwealth Academy a great opportunity for homeschooled students.

Coursework for the program is presented by live instructors and students work at their own pace.

"This is a good bridge between public schools and homeschools to provide extracurricular activities for those homeschool students, and quality curriculum provided by WKEC," Driver said.

There is no cost to students who choose to enroll in the program. Crittenden County School District will pay the tuition for each student with money it receives from the Support Education Excellence in Kentucky (SEEK) funding program.



JUNE 2024

Activity Report

Here is Crittenden County Sheriff Evan Head's monthly activity report for his department.

	JUNE	2023 Avg Monthly
Collisions Investigated	10	5.25
Complaints	57	54.58
Papers Served	49	28.83
Service Attempts	7	8.17
Total Service Attempts	90	56.17
Transports	5	3.17
Special Detail	11	37.83
Training Hours	41.5	11.42
Verbal Warning	20	11.25
Criminal Citation	30	5.33
Officer Assist	6	4.75
Building Checks	37	59.92
Total Manhours	614.5	486.46
Bailiff Court Hours	87.5	47.48
Cases Opened	5	9.58
DUIs	3	0.42
Felony Arrests	4	3.67
Misdemeanor Arrests	7	6.92
Motorist Assists	8	6.08
Traffic Citations	8	6.42
General Policing	86	69.83
Followup Investigations	6	9.42
Call for Service	28	23.75
Vehicle Inspections	43	-

SHERIFF EVAN HEAD

Crittenden County Detention Center



DETENTION CENTER REPORT

JULY 18, 2024

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

- Federal Inmates \$57 Per diem
- State Inmates \$35.34 Per diem
- Lyon County Inmates \$36.00
- Other County Inmates \$32.00

JUNE
Total Receipts \$288,765.43
Disbursements \$313,367.83

JAIL CENSUS	June 2024 Avg	May 2024 Avg	Montly Average 2023
State Inmates	71.93	75.71	99.25
Federal Inmates	66.83	69.87	57.85
Other County Inmates	20.6	23.39	12.78
Crittenden County Inmates	21.9	16.61	13.81
TOTAL INMATES	181.26	185.58	183.75
Highest Daily Count	189	198	—
Lowest Daily Count	179	178	—

REVENUE	June 2024	May 2024	Montly Average 2023
Last Month			
State Housing Payments	\$76,263.72	\$82,942.98	\$105,704.89
Federal Housing Payments	\$114,285.00	\$123,462.00	\$85,958.25
Federal Transport Payments	\$12,849.93	\$15,524.04	\$8,245.58
Lyon Co. Housing Payments	\$20,196.00	\$22,104.00	\$14,880.00
Other County Housing Payments	\$1,632.00	\$1,952.00	\$666.67
Weekend/Work Release	\$192.00	\$1,600.00	\$296.00
TOTAL HOUSING	\$225,418.65	\$247,585.02	\$208,736.23

ANALYSIS	June 2024	May 2024	Montly Average 2023
Last Month			
Cost of Crittenden Inmates	\$21,024.00	\$16,480.00	\$14,986.67
Numbers of Co. Housing Days	657	515	468.33
County Daily Housing Rate	\$32	\$32	\$32.00
Avg Daily Population Co. Inmates	21.9	16.61	15.44



Pictured here are (from left) Sheriffs' Camp Coordinator Jessie Moor, Crittenden County camper Isabella Milby and Crittenden County Sheriff Evan Head. Milby was one of several regional youngsters who attended the Kentucky Sheriffs' Boys & Girls Ranch this month during its 49th camping season. The ranch is a non-profit organization, serving youth through a camping program designed to build self-esteem while teaching them respect for themselves and others.

PAST SCHOLARSHIP WINNERS

													<p>Memorial contributions for the Jake Hodge Scholarship Fund may be made to: Farmers Bank and Trust Co. 201 South Main Street, Marion</p>		



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2024

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Jeremiah 29:11

Com-Care now has second daytime crew in Marion

STAFF REPORT

A regional change in Com-Care EMS's service area is adjusting the way it staffs Crittenden County's ambulance service.

Com-Care, which has been serving Crittenden County for about six years, has recently left Caldwell County.

When the service was supporting emergency response and medical transfers in both counties, it used staffs in

those adjoining areas to provide secondary backup to primary crews based in each community.

Now, there are two crews on duty for at least 12 hours each day, according to Bobby Woolsey, who spoke to magistrates last week at Crittenden County Fiscal Court's regular monthly meeting.

Woolsey said that in addition to the primary ambulance crew, a sec-

ond is now handling service calls from 8 a.m., to 8 p.m., which are the busiest hours for ambulance runs, he said.

Com-Care provides non-emergency transfers between healthcare facilities as well as emergency transportation.

Caldwell County Judge-Executive Kota Young said Com-Care did not attempt to renew its bid to provide ambulance service there. AmeriPro EMS, which formed in

Atlanta in 2018 and now operates in six states in the Southeast, is the new provider in Caldwell County.

Meanwhile, Com-Care also currently serves Ohio, Logan and Todd counties. Since those counties are not contiguous to Crittenden County, it was not possible to rely on routine backup from one of Com-Care's other operations.

Jim Duke, president of Com-Care, says the com-

pany has developed a strong relationship with Crittenden Community Hospital and local government since it came to Crittenden County in 2018.

"We continue to be committed to the residents of Crittenden County along with the continued success of Crittenden Community Hospital," Duke said.

"Com-Care recognizes the benefit to the community to have an inde-

pendent healthcare organization in the community. In rural Kentucky, it is of the utmost importance that the EMS provider is willing and capable of providing all aspects of ambulance transportation, both emergency and non-emergency, to the community. It is also vital that these services are provided at a fair and reasonable cost to both the county court and the citizen."

Blaze on Copperas Springs latest in series of home fires

STAFF REPORT

The threat of a home fire is greater than most people think. In fact, 40 percent of people believe they are more likely to win the lottery or get struck by lightning than experience a home fire, yet residential fires are the most common disaster people face in the United States, according to the American Red Cross.

There has been an unusually high incidence of home fires in Crittenden County in 2024. The latest was last Wednesday afternoon on Copperas Springs Road in rural eastern Crittenden County.

Over the past five or six months there have been more than a half dozen house or structure fires in the area.

A lightning storm overnight Tuesday may have been responsible for last week's blaze that damaged the home of Cody and Adrienne Travis. Crittenden County Volunteer Fire Department Chief Scott Hurley said the home lost power during the

storm and some of the electricity came back on afterwards. The owner swapped out some fuses that morning and when he came home around 4 p.m., smoke was billowing from the house.

Hurley said it appears the fire started around a the fuse box in the basement and had burned through the floor into a child's bedroom.

The Traveses have three children ages 7, 8 and 9. No one was home when the fire started. Hurley said it appears the home should be salvageable, but heat and smoke damage was found throughout it.

The National Fire Protection Association reports that 60 percent of home fires are due to human error.

There are simple actions homeowners can take to help prevent accidents. For starters, cooking is the leading cause of house fires. Never leave cooking unattended. Keep the cooking area free of flammable items such as potholders, towels and packaging, and always maintain

a three-foot safety zone free of pets and children.

The preliminary investigation into at least one Crittenden County fire earlier this spring found that cooking may have been the cause.

Homeowners should always keep smoke detectors up to date and armed with a fresh battery, Hurley said.

"That's probably the most important thing," he added. "After a thunderstorm like we had when you know lighting was close by and you lose power be vigilant about it. If a breaker is thrown or fuse blown, it might be a good idea to have an electrician come look at it."

At last week's fire, Crittenden County and Shady Grove were the primary responding agencies. Also responding to the scene were the sheriff's department and EMS.

"We have had an usual number of structure fires this year," Hurley said. "There was one in Lola, too, over the Fourth of July."

Grand jury indicts three

STAFF REPORT

Crittenden County Grand Jury in July indicted three individuals, two for being behind on child support payments and another was an inmate at the county jail.

A grand jury does not determine guilt or innocence. It merely determines whether sufficient evidence exists to continue prosecution of a felony case in circuit court. Following are indictments handed down this month.

•Jacob Mooney, 22, of Morganfield was indicted on a charge of first-degree criminal mischief, a

GRAND JURY

class D felony for intentionally damaging property belonging to Crittenden Detention Center. Court records show that Mooney is believed to have on June 27 damaged a mobile phone kiosk in the jail. The damages equaled \$1,410.96, based on court records.

Mooney is jailed here serving an 18-month sentence for rape and sodomy. He pleaded guilty to those charges in Crittenden Circuit Court on June 13. Court

records also indicate that Mooney pleaded guilty to a felony wanton endangerment charge in Union County on July 21, 2023.

•Frank Aviles, 47, of Lawrenceville, Ga., was indicted on a Class D felony charge of flagrant non-support for being arrears on his child support payments by more than \$40,700 as of July 1.

•Donald Baker, 26, of West Point, Ky., was indicted on a Class D felony charge of flagrant non-support for being arrears on his child support payments by \$4,367.

Time's Kid of Year heads Kindness campaign here

STAFF REPORT

Kindness Week in Marion and Crittenden County will coincide with a visit from the Kindness Kid himself, Orion Jean, Time Magazine's Kid of the Year in 2021.

Jean, author of "Race to Kindness," will speak to Crittenden County staff at 8:30 a.m., Tuesday, Aug. 6, and the public is invited to attend at Rocket Arena.

Jean's visit has been planned for several months; coincidentally, Marion Mayor D'Anna Browning had been formulating a plan for "Marion Kind," a movement to recognize people for their kindness and also link local needs with people or organizations that could fulfill them.

Browning said examples might be contributing to the needs of a fire victim, mowing a neighbor's yard or picking up groceries for an elderly neighbor.

"Marion Kind is a way to promote kindness and recognize kindness,"


Browning said.

The City of Marion and Crittenden County Fiscal Court signed proclamations last week, designating Aug. 4-10 as Kindness Week. According to the proclamation, Kindness Week is an opportunity to highlight good deeds in the community and recognize acts of affection.

Several kindness initiatives will be conducted by the Crittenden County School District as it prepares to welcome students back to school Aug. 14.

Jean, who will be entering high school this fall, was honored by Time Magazine for his kindness initiative, "Race to Kindness," designed to spread kindness all over the world. He also authored "A Kids Book About Leadership" and encouraged the collection of toys, books and food in his past endeavors, Race to 500 Toys, Race to 100,000 Meals and the Race to 500,000 Books.

On his website, he said, "I believe that everyone can make a difference. I am committed to inspiring and empowering people of all ages to be kind to each other, no



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matter what."

The website race-tokindness.com is on a mission to acknowledge 1 million acts of kindness, and individuals can submit their own act of goodwill on the site.



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6 p.m. Tractor Pull & Truck Pull sanctioned by USA PULLERS - Local Classes to Follow
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Gate Fee \$15 (16 and up) • \$5 (6 to 15) • FREE (under 5)

Tuesday, July 30
6 p.m.
Local Miss Pre-Teen (8-12) and Teen (13-15)
Miss Crittenden County (16-21)
(Open to Crittenden County residents)
@ Fohs Hall
Contact Natalie Parish (270) 871-1383
Gate \$10 (16 and up) • \$5 (6 to 15) • FREE (under 5)

Miss Pre-Teen (8-12) and Teen (13-15)
Miss Crittenden County (16-21)
(Open to all counties in Kentucky) @ Fohs Hall
Contact Natalie Parish (270) 871-1383
Gate \$10 (16 and up) • \$5 (6 to 15) • FREE (under 5)

Friday, Aug. 2
7 p.m.
Enduro Derby
Full contact racing, \$1000.00 to win "Modified", 100% payback "Stock", 100% payback Youth Modified
Call Joseph Mullins @ 270-556-9178 or Kenny Hardesty, JR. 270-704-2818 for more information.
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Saturday, Aug. 3
7 p.m.
Demolition Derby
Power Wheels, Lawn Mowers, Golf Cart Timed Barrel Racing
Contact Rodney Travis (270) 704-9514
Gate fee \$15 (16 and up) • \$5 (6-15) • FREE (under 5)

4-H Exhibits @ Lions Club Building

Tuesday, July 30
11 a.m. - 3 p.m.
Entry for 4-H Exhibits
Open Garden Exhibits and Open Family Consumer Science Exhibits

Wednesday, July 31
1-6 p.m.
4-H Exhibits, Open Garden Exhibits and Open Family Consumer Science Exhibits viewing

Thursday, Aug. 1
11 a.m.-3 p.m.
4-H Exhibits, Open Garden Exhibits and Open Family Consumer Science Exhibits viewing
5 p.m. 4-H Poultry Show
6 p.m. Dummy Roping (\$1 Throw)

Friday, Aug. 2
7 a.m. • Fair Breakfast
Contact 270-965-5236
4-H Sweepstakes Awards Presentation, 4-H Open Exhibits, Open Garden Exhibits and Open Family Consumer Science Exhibits checkout directly following the Fair Breakfast until noon.

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The health care system can feel uncoordinated and costly. One in 10 U.S. adults ration medication because they can't afford their prescriptions, according to the Centers for Disease Control and Prevention. In fact, the more a patient must pay at the counter, the more likely they are to abandon their treatment. Other Americans simply lack convenient access to primary care providers and pharmacies, and go undertreated as a result.

Pharmacy services companies exist to fill these gaps in care. Because these companies sit in the middle of the health care delivery system, they have the unique ability to spot and solve problems across the supply chain to drive affordability and deliver improved clinical outcomes.

"Every day at Express Scripts, we use our clinical expertise and patient-centered programs to help the more than 100 million Americans we serve keep their health on track," says Adam Kautzner, president of Express Scripts, a leading pharmacy services company.

Before filling your next prescription, check out these insights from Express Scripts:

- Check your coverage: At a time of rising drug costs and access barriers, some pharmacy services companies are helping people take their medications as prescribed. Express Scripts, for example, was the first in the industry to cap the out-of-pocket costs of insulin and other diabetic treatments, saving people more than \$45 million in two years.
- A prescription drug

doesn't work if it's priced out of reach," says Kautzner. "Reducing out-of-pocket costs is the single best thing we can do to improve the health of people we serve."

■ Tools to stay adherent: Half of all treatments fail because people don't take medication as prescribed and nearly one-quarter of hospitalizations are due to medication non-adherence, according to the American Hospital Association. Further, chronic conditions, such as cancer, diabetes, and heart disease have been on the rise for more than two decades – today, 60% of U.S. adults have at least one chronic condition. One of the biggest – and costliest – challenges with managing the rise of chronic conditions is ensuring patients get on and stay on the medicines they need.

Express Scripts is helping patients better understand and manage their conditions through comprehensive disease management, including condition-specific coaching, tracking medication adherence, and digital tools.

"By taking medications as directed and working with their pharmacist, patients stay healthier longer and spend less on health care, requiring fewer emergency room visits, hospitalizations and medical tests," says Stephanie Smith Cooney, PharmD, senior director of independent pharmacy affairs at Express Scripts.

■ Understand your pharmacy benefits: Prescription drug coverage is the most frequently utilized benefit that employers and health plans offer. On average,

a pharmacy benefit is used approximately 11 times a year. Unfortunately, pharmacy care benefits, like all health-care benefits, can be confusing. That's why pharmacy services companies are taking steps to give patients greater clarity. Starting this year, prescriptions from Express Scripts include an easy-to-understand digital pharmacy benefits statement with drug price information, out-of-pocket costs and the value delivered.

■ Pharmacy access: Pharmacists often fill care gaps in their communities, particularly where there are shortages of physicians, such as in rural areas. One in five Americans live in rural areas, yet less than 10% of physicians practice in these communities. This means longer wait times to get an appointment and more difficulty accessing pharmacies.

A new effort called the IndependentRx Initiative, is working to expand pharmacy care services to widely include such care as smoking cessation support, behavioral health screenings, biometric screenings, routine vaccinations and the administration of life-saving naloxone. The Express Scripts program will also increase what it pays rural independent pharmacies to make sure their businesses can continue to serve their communities.

To learn more, visit evernorth.com/affordableforall.

Ensuring equitable access to affordable, quality pharmacy care and health services will not only improve health, but it will also help individuals, families and communities thrive.

Risk factors for AFib

Metro Creative Services
A healthy heart is vital to a long life. Aging individuals recognize that link, and many take steps to protect their heart health, which may include changing their diets or exercising with greater frequency.

Recognizing certain threats to heart health is another important step individuals of all ages can take as they seek to live long, healthy lives. One such threat is atrial fibrillation, which is often referred to as "AFib." Johns Hopkins medicine notes AFib is a type of abnormal heartbeat caused by extremely fast and irregular beats from the upper chambers of the heart. Johns Hopkins notes a person with AFib may have

a heart that beats more than 400 times per minute, which is caused by faulty electrical signals that make the atria (the two upper chambers of the heart) contract much faster than normal.

The American Heart Association reports that AFib increases the risk of heart-related death and stroke. But individuals may be curious about their risk for AFib. Though some of the risks for AFib, such as family history, may be beyond an individual's control, others can be managed with the goal of reducing the likelihood of developing the condition. The AHA notes that people who have one or more of the following conditions are typically at higher risk for AFib.

■ Age: Age is a significant risk factor for AFib.

Johns Hopkins notes that adults older than 50 are at elevated risk for AFib. In addition, the AHA reports that medical researchers suspect the number of AFib cases will rise considerably in the coming years as people are living longer. Recognition of age as a significant risk factor for AFib might compel more individuals to take additional risk factors for the condition more seriously.

■ High blood pressure: The AHA reports that longstanding, uncontrolled high blood pressure can increase a person's risk for AFib. This link between AFib and high blood pressure underscores the need for annual health examinations, which often uncover the condition known

AFIB — Continued on page 3B

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Stay informed of scams

Typically, elder scams involve the transfer of money to a stranger or imposter for a promised benefit or good. In 2023, banks reported more than \$27 billion in suspicious activity related to elder scams, according to the Financial Crimes Enforcement Network, and reports filed by the public to the Federal Bureau of Investigation indicated an average loss of more than \$33,000 per case. And these numbers may be conservative, as elder fraud cases may be underreported.

One technology behind these staggering figures is artificial intelligence (AI). Advanced methods of masking one's identity using AI make it difficult to detect fakes. Voice print – or voice clone – scamming is becoming more of an issue when it comes to impersonation fraud. Using voice clips from social media or by calling and having a brief conversation with someone, criminals can generate an imitation to be used as part of their ruse.

Most scams targeting elders generally follow one or two main strategies: 1) elicit strong feelings and apply a sense of urgency to get someone to act quickly before thinking, and/or 2) entice someone with an offer that seems too good to be true, yet too alluring to pass up.

Here are some of the more common types of elder scams:

- Tech Support.
- Government Imposter.
- Grandparent.
- Investment.
- Romance.
- Lottery/Sweepstakes.

The most effective way of preventing fraud is to pause when being rushed and take time to verify the legitimacy of both the person making contact and their claims.

To learn more about cyber fraud, visit PNC Bank's Security & Privacy Center for educational resources.

If you believe you or someone you love has been a victim of fraud, contact the Department of Justice Office for Victims of Crime's National Elder Fraud Hotline website or call 1-833-FRAUD11.



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- General weakness



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Romance	Online Shopping
Travel	Giveaways
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"Mental health and well being is just as important as physical health. I want patients to know that they can seek help without fear or judgement."
Jennifer Alexander, PMHNP

AFIB

Continued from page 1B

as “the silent killer” due to the fact that it does not necessarily produce noticeable symptoms.


■ Existing heart conditions: Heart valve problems; hypertrophic cardiomyopathy, which is marked by a thickening of the walls of the heart chamber; acute coronary syndrome, an umbrella term used to refer to conditions in which blood supplies to the heart are suddenly blocked; and a history of heart attack are just some of the heart conditions that increase a person’s risk for AFib. Anyone with a personal or family history of these and other heart conditions is urged to discuss AFib with their physicians.

■ Alcohol consumption: Binge drinking increases risk for AFib, according to the AHA. The organization defines binge drinking as five drinks in two hours for men and four drinks in two hours for women. If individuals want to consume alcohol, Johns


Hopkins emphasizes the need for moderate consumption, which is defined as one drink or less per day for women or two drinks or fewer per day for men.

■ Activity levels: Though physical activity is an essential component of a healthy lifestyle, the AHA notes that AFib is common in athletes. The condition can be triggered by a rapid heart rate known as a supraventricular tachycardia, which can be a byproduct of exercise.

AFib can pose a serious threat to individuals from all walks of life. Recognition of that threat and how to reduce AFib risk can be part of anyone’s long-term health regimen.

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Celebrate aging and fight ageism

The blatant ageism encircling the 2024 Presidential campaign is disgusting and dangerous. Age has taken center stage in our political discourse. A recent opinion piece in the Wall Street Journal, ‘Trump and Biden, Two Old Men Facing Armageddon,’ is symbolic of the persistent bias against aging in our society. Unfortunately, age-based discrimination is common in the workplace; 3 in 5 older workers report either seeing or experiencing age-based discrimination, like not being selected for a job interview or training opportunity.

The President of the United States has a job description. The American voter — as with any employer — is expected to select the best candidate based on the job description. According to Article II, section 1. of the U.S. Constitution, the President’s job is to faithfully execute the Office of President...to the best of their ability to preserve, protect, and defend the Constitution. To be eligible for President, the candidate must be at least 35 years of age, but there is no upper limit for a good reason. Just as all people are different, older adults have diverse interests, needs, skills, abilities, and experience. An older adult adapts and grows over a lifetime— adding value to the job and the entire enterprise. And just as with any job, it is the Presidential candidate’s skills, abilities, experience, and integrity that count. Older adults live longer, work longer, and are a vast, untapped resource in the marketplace. Over the next decade, the American Association of Retired Persons (AARP) predicts that workers 75 and older will be the only age segment of our workforce to grow. There is no room for ageism as we go about hiring our next President.

Ageism is so pervasive in every aspect of our lives that it has become invisible. But, by 2030 –in just 6 years –1 in 5 people living in the U.S. will be age 65 or older. The fact is – we are all aging — Republicans and Democrats alike. Aging is a lifelong process; we all age every minute of our lives. But many people fall into the ageism trap regardless of age, job title, or political party. Ageism is holding us back.

Ageism is defined as stereotyping (how we think), prejudice (how we feel), and discrimination (how we act) against individuals or groups based on their age. Ageism is a form of societal bullying — a pattern of repeatedly humiliating older adults or the process of aging.

Ageism has become a dangerous habit. In fact, ageism has become a socially acceptable form of prejudice. There are too many false notions about growing older. Aging is neither good nor bad, yet harmful ageist messages are everywhere.

It is no mistake that most people view aging as negative. Ageism is pervasive in the mass media. Ads, greeting cards, and news stories often stereotype older adults as disabled or in decline (physically and cognitively), incompetent, sick, frail, weak, or lonely.

Ads for anti-aging skin products, for example, perpetuate the myth that aging is undesirable, ugly, and scary. Research shows that pervasive negative age stereotypes change the way we see ourselves. Ageism can lower memory performance in older adults and their will to live, leading to a shorter life span. When society is ageist, older adults may experience stigma, feel robbed of their sense of purpose, and feel ashamed, unequal, or see themselves in a negative light. Ageism leads to unfair treatment of older adults.

The science is clear: ageism has serious negative effects. Ageism can lead to a whole host of health problems including, but not limited to, Alzheimer’s disease, suicide, and depression. Research shows that people with positive attitudes toward aging live 7.5 years longer than those who think, feel, and act with a negative view of aging. Our society has given the words, ‘old’ and ‘aging’ a bad reputation and it is hurting the public’s health. Words like ‘the aged’, ‘senior citizens,’ and ‘elderly’ can perpetuate negative emotions and attitudes toward aging and foster ageist bullying. Use ‘older adults or older people’ instead. The reality is that many older adults are leading longer, healthy lives. There is nothing shameful about aging, so avoid use of ‘a certain age.’ It is urgent that we change the conversation about aging.

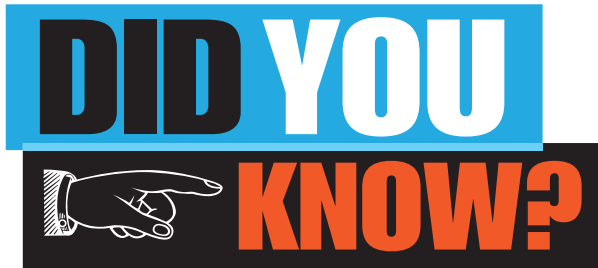
What can be done to dismantle ageism in our political discourse? First, vote for the candidate based on their skills, abilities, experience, and integrity—not based on their age. Second, treat older adults with fairness and dignity by rejecting ageism in all its forms, especially in policy and politics. Third, build cities and towns for people of all ages and abilities; if a sidewalk works better for someone in a wheelchair it also works for a

mom pushing a stroller. Widen curb cuts on all streets to accommodate wheelchairs and strollers. These changes extend a welcoming hand to all ages. Every policymaker can celebrate aging and fight ageism. Fighting ageism is not partisan.

This is an important time in our nation’s history especially as the country is rapidly aging: by 2035, older adults will outnumber children. The National Center for Reframing Aging says getting older is a time for work, play, connections, and contribution. It is crucial that we work with the experts to transform the way we view aging, celebrate it, and fight ageism. I call on our political leaders and the media to counter ageist bullying and fight age discrimination by acting on the values of aging.

I challenge our political leaders and the media to think about an older version of themselves before criticizing the age of our political candidates. If you are reading this, I urge you to see yourself as someone who is aging. I challenge all Americans to insist on a more productive, positive, and respectful public narrative on aging leading up to and after the 2024 Presidential election.

Ellen Hahn is a member of the Lexington Senior Commission and Age-Friendly Lexington.



Five-year survival rates for prostate cancer are notably high. Johns Hopkins Medicine notes that approximately 80 to 85 percent of all prostate cancers are detected in the local or regional stages, which plays a significant role in improving survival rates for the disease. Johns Hopkins notes that many men diagnosed with prostate cancer and treated at the local or regional stages are cancer-free after five years. Indeed, the American Cancer Society reports that the five-year survival rates for localized and regional prostate cancers was greater than 99 percent. Localized indicates there is no evidence that the cancer has spread beyond the prostate, while regional means it has spread to nearby structures or lymph nodes. The high survival rates for local and regional prostate cancers underscore the effectiveness of screening for the disease. The ACS recommends men who are at average risk for prostate cancer discuss screening with their physicians at age 50, while those at high risk should open such a dialogue at age 45. Men at very high risk, which includes individuals with a first-degree relative who had prostate cancer at an early age, should discuss screening upon reaching age 40. When prostate cancer has spread to other parts of the body, the five-year survival rate is 34 percent.

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Avoid becoming ‘burden’ on grown children

Here’s an interesting statistic: Some 72% of retirees say one of their biggest fears is becoming a burden on their families, according to a 2021 survey by Age Wave and Edward Jones. Both before and during retirement, what steps can you take to avoid burdening your loved ones in the future?

Here are a few suggestions:

- Build your retirement savings. The greater your financial resources, the less likely it becomes that you’d ever have to count on your grown children for financial support. You may have access to a 401(k) or similar retirement plan at work, so take advantage of it. Even with an employer-sponsored plan, you also may be eligible to contribute to an IRA. In addition to offering a variety of investment options, a 401(k) and IRA provide potential tax advantages. And

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once you do retire, be careful about how much you withdraw each year from your retirement plans and other investments.

- Plan for health care costs. Once you are retired, health care costs will be a significant expense. You may have Medicare, but you’ll also want to consider your need for supplemental health insurance to cover traditional medical costs. And you’ll want to consider another potential health-related expense: long-term care. You may never need the services of a home health aide or a stay in a nursing home, but no one can predict the future.

Medicare does not cover most costs for

long-term care, which can be quite high. In 2021, the annual national median cost for a private room in a nursing home was over \$108,000, while the median cost for a full-time home health aide was nearly \$62,000, according to a survey by Genworth, an insurance company. You may want to consult with a financial professional on strategies for protecting yourself from these costs.

- Create necessary legal documents. If something were to happen to you, and you didn’t have the appropriate legal documents in place, your loved ones could be placed in a bind, both financially and emotionally. That’s

why it’s a good idea to create documents such as a durable financial power of attorney, which lets you name someone to manage your finances if you became incapacitated, and a durable power of attorney for health care, which allows someone to make medical decisions on your behalf if you can’t make them yourself. You’ll want to work with a legal professional to develop the documents appropriate for your needs.

- Evaluate your housing needs. As you enter retirement, you may want to evaluate your living situation. Could you downsize to a smaller home, or perhaps a condominium or apartment? Not only



Grant Rogers
Financial Advisor

might you save money with such a move, but you could also end up relieving your grown children of the responsibilities and hassles involved in clearing out and selling your home should you become unable to do so yourself during the later years of your retirement.

By taking these measures, along with others, you can go a long way toward maintaining your independence and putting yourself in a place where you won’t burden your grown children. And that’s a good place to be.

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