



The

# Crittenden Press

Truck & Tractors First on Fair Track

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THURSDAY, JULY 29, 2021

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

AN INDEPENDENTLY-OWNED, LOCAL NEWSPAPER SINCE 1879

ONE DOLLAR

## ON TAP AT THE FAIR

■ **CONCERT** Classy & Grassy, Thursday, July 29, 7pm, fairgrounds, Gate \$5. 6-under free.

■ **PULLS** Saturday, July 31, Truck & Tractor Pull, 7pm, fairgrounds, Gate \$12, 6-under free.

■ **RISE 'N SHINE** Fair Breakfast Saturday, Aug. 6, 7am, Fair Breakfast at Ag Building. Inaugural class of Crittenden County Ag Leadership Hall of Fame will be revealed. Call 270-965-5236 for tickets. Cost is \$10 with proceeds benefitting 4-H.

■ **ENDURO** Friday, Aug. 6 Enduro Derby, 7pm, fairgrounds, Gate \$10, 6-under free.

■ **WARS** Saturday, Aug. 7 Cupcake Wars, 9am, Ag Building.

■ **MARKETS** Farmers Market Days, Saturday, Aug. 7, 9am until noon, Imogene Stout Market on Main.

■ **FAIR QUEEN** Saturday, Aug. 7 Pageants, 3pm, Fohs Hall, Admission \$5, 6-under free.

■ **DERBY** Saturday, Aug. 7, 7pm, fairgrounds, Gate \$12, 6-under free.

## SCHOOL MASQUERADE?

The governor wants unvaccinated students and teachers to mask up in the classroom. See what the local board of education is recommending for the coming academic year on page 5.



## LICENSE RENEWAL, TESTS LEAVING HERE IN AUGUST

Local leaders have been told that Crittenden County will be among the next set of counties that will have its driver's license renewal service and testing moved away from the circuit clerk's office to a regional licensing center. The last day to renew in Marion will be Aug. 20. Testing will likely end at mid month. Nearest regional centers are at Paducah and Madisonville. You can also renew online.

## HURRICANE REVIVAL

Hurricane Camp Meeting will continue this week through Sunday, Aug. 1. Nightly services begin with music at 7 p.m., followed by a message by evangelist Bro. Steve Stone at the open-air tabernacle. Dinner inside the dining hall begins nightly at 5:30 p.m. There will be a noon meal on Aug. 1. Meals cost \$8.50.

## VICTORY GARDEN OPEN

Distribution of free food from the Victory Garden continues each weekday. Residents can pick up produce at the gardens off Old Morganfield Road from 9 a.m., to 1 p.m.



The Crittenden Press  
USPS 138-260 / Marion, Ky.



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# Lions Fair closing in on golden age

STAFF REPORT

From its beginning in 1973, the Crittenden County Lions Club Fair has been a constant reminder of the reasons to celebrate a rural lifestyle and for a community to champion assets from agriculture to beauty and brawn.

Yes, the county fair has had quite an array of attractions since it began 48 years ago. Typical fair events have supplied much of the entertainment, including livestock and produce exhibits, horse shows, tractor pulls, rodeos, bull riding, motorcycle racing, live bands, donkey basketball, wrestling and the ever-popular demolition derby and its off-spring, enduro racing.

"We've had some real fights at the derby, too," said Lions Club three-term President Ronnie Heady with a chuckle. "Well, actually we have had a few break out, but once it happened right out in the middle of the arena. They just started pounding on each other."

Apropos some might say, but county fairs are not, and have never been, tea parties. One can expect raw amusement in forms as diverse as the crowds who now pay as much

See **FAIR**/page 9

## 48 Years of Queens



Kate Keller, 2020  
Harley Wesley, 2019  
Jenna Potter, 2018  
Bailey Barnes, 2017  
Lindsay Sizemore, 2016  
Chloe McKinzie, 2015  
Amber Wright, 2014  
Davana Head, 2013  
Jessica Tinsley, 2012  
Jessi Hodge, 2011  
Ragon Dossett, 2010  
Lacey Etheridge, 2009  
Meredith Lanham, 2008  
Breanna Cozart, 2007  
Stephanie Harris, 2006  
Chelsea Steele, 2005  
Morgan Dooms, 2004  
McKinzey Hodge, 2003  
Dani Harrison, 2002  
Yvette Wilson, 2001  
Leigh Browning, 2000  
Brooke Frazer, 1999  
Brandi Travis, 1998  
Summer Smith, 1997

Shanna Wood, 1996  
Heather Davis, 1995  
Shanna Moore, 1994  
Ginger Orr, 1993  
Julie Boram, 1992  
Angela Hardin, 1991  
Allison Mick, 1990  
Andrea Shemwell, 1989  
Vickie Holloman, 1988  
Marcie Simpson, 1987  
Dana Brown, 1986  
Michelle Hughes, 1985  
Katrina Wallace, 1984  
Angie Belt, 1983  
Lisa Kaye Boyd, 1982  
Shari Smiley, 1981  
Vickie Wilderman, 1980  
Tina Underdown, 1979  
Debbie York, 1978  
Lynda Woodside, 1977  
Donna Kirk, 1976  
Michelle Ramage, 1975  
Diane Robertson, 1974  
Marilyn Penn, 1973

# Remarkable Benevolence

## Estate leaves sizable sum to community organization

STAFF REPORT

Twenty-five years ago this week, a former educator and local historian left a large amount of money to the community. Today, it's still working for Marion, funding Crittenden County's heritage without a single cent of the original endowment being spent.

It was in July of 1996, about six months after former school superintendent Braxton McDonald died, that \$300,000 was left to the community for the purpose of pre-

serving its history and heritage. At the time, local observers called it the largest monetary gift ever left to the community.

Wednesday that changed when final settlement of a greater community bequest was made in Crittenden District Court. While the exact amount was not available at press time, it appears that the estate of Linda Schumann is leaving almost \$1 million to a local non-profit group, Crittenden County Tomorrow, Inc.



Schumann



McDonald

McDonald and Schumann had a great deal in common. Both cared deeply for the community and both wanted to leave a lasting legacy of

See **ESTATE**/page 3

## Buy-back leaves questions on Main

STAFF REPORT

One of Marion's most historic and recognizable buildings sold at public auction at the courthouse door last week. It has been known by many names, originally built as a Masonic Lodge and later was Hunt's Department Store.

It has been co-owned since 1997 by Thom Hawthorne and Paula Collins and they formerly operated a diner in the building, which is located at the corner of Main and Belleville streets.

Records indicate that Collins asked the court for a partition sale, which was

recently granted.

At auction, Collins bought the property with a bid of \$130,000. Only she and the other owner, Hawthorne, cast bids during the public auction.

By law, the purchaser will have 30 days to complete the deal.

A court-ordered appraisal figured the building's worth at \$150,000.

There has been no public disclosure of plans for the building now that it has a single owner, leaving downtown merchants and other observers to only wonder what might happen with the building.



## INSIDE

The Crittenden Press celebrates Health and Aging in this week's edition. Our annual special five-page section starts on Page 10.



# Oh what a feeling of value

If you think about it, some of the greatest accomplishments in our lives are born of opportunity presented seemingly from out of nowhere. It only takes someone believing in your value, perhaps worth you don't even recognize exists. Amazing to see what the planting of a seed in your heart can do. I'm watching it grow into something beautiful.

When we think back to our roots and where we came from long ago, it might mean pulling things out of a vault in our minds that we haven't visited in quite a while. It is a moment of personal introspection placed in our lap. I like to call a God wink.

Our clan is fairly well-known as a religious bunch. The Davis family sang songs of praise to Christ long before my birth. Growing up in the General Baptist denomination, I am no stranger to the pages of a Highway Hymnal. Now married with my own family, we are active in what is referred to as a Full Gospel congregation. And the songs, "I'll Fly Away" and "Victory in Jesus" aren't as prevalent on the set list as they once were.

While attending a 50th anniversary gathering for my friends David and Carol LeNeave a few weekends back, I sat in a crowd of people as Classy and Grassy played some old-time-church tunes that struck my heartstrings. In a bit, I was called to the makeshift stage – a front porch appointed by anniversary decorations – as the Singleton brothers asked me to join in on a few old hymns. With much delight, I dove back into my General Baptist roots and the crowd favorite, "I Saw the Light." It snapped off the beginning of a beautiful afternoon. I couldn't help but reminisce about the days I sat and listened to my Dad's family blend their voices with a dynamic of different melodies and harmonies. What a blessing it was to sing with the group and to take that trip back on a path of fond memories.

After the evening was through, the Singleton's mother, Shelley, approached and asked if I might be interested in tagging along with the boys and their bass player Brennan Cruce when they opened for the Hurricane Church Camp Meeting. That was all I needed and Monday night it was a true blessing to perform at the Camp Meeting near Tolu. This opportunity really takes me back to those years my family spent touring neighboring communities, singing the same song lineup we had just completed.

Everyone around here knows that Classy and Grassy is a skyrocketing group and already the Grand Ole Opry has taken notice. Cutter is the oldest Singleton brother. His love for bluegrass music started with a banjo before he was

See **CLASSY**/page 2



Kayla MAXFIELD  
Press Columnist  
MAX-ED OUT



# Deaths

## Witt

Shaun Kaiser Witt, 29, of Marion, died Saturday, July 24, 2021 at his home. He was a United States Army veteran and had been employed by Liberty Tire. Surviving are his wife Holly Witt of Marion; children Britain Witt, Cade McKinney, Audrie McKinney and Devynn McKinney, all of Marion; his mother, Susan Rosenberger of Manson City, Iowa; three brothers, Christopher Pfile of Stockton, Ill., Nathaniel Witt of Sterling, Ill. and Christian Jacobs of Mt. Carroll, Ill.; two sisters, Nadya Rosenberger of Manson City, Iowa and Danielle Witt of Denver, Colo.; his grandfather, William Markwardt of Bay St. Louis, Miss.; and several aunts and uncles. He was preceded in death by twin infant sons, Emmett and Ezra Witt. Services were Tuesday, July 27 at Myers Funeral Home.

## Arflack

Senior Master Sergeant (MSGT) William Bruce Arflack, United States Air Force, died Monday, July 12, 2021 at his home in Benbrook, Texas. Committal services will be held at 11 a.m. Tuesday, Aug. 10 at the Dallas-Fort Worth National Cemetery. Arflack was born April 5, 1943 in Morganfield to Claude and Ruby (McDaniel) Arflack. He grew up in Tolu and graduated from Crittenden County High School. After gradu-

ation, he joined the U.S. Air Force Feb. 7, 1962 and served honorably for over 21 years. He retired from the Air Force Oct. 30 1983. As a telecommunications specialist, his overseas assignments included tours in West Germany and Thailand during the Vietnam War, and he ended his career as a senior enlisted leader at the former Carswell Air Force Base. He worked for the U.S. Postal Service 14 years until retiring in March 1999. He earned the Meritorious Service Medal; US Air Force Commendation Medal w/3 OLC; National Defense Service Medal; Vietnam Service Medal w/device; Republic of Vietnam Gallantry Cross w/device; Republic of Vietnam Campaign Medal; and US Air Force Good Conduct Medal w/6 devices. It was during his first assignment to West Germany that he met his lifelong spouse, Ilse Elisabeth Seibert. They were married on July 30, 1965 and celebrated their 55th anniversary in 2020. Arflack was adored by his German family and remained in close contact throughout his life. The son of a Kentucky farmer, Arflack achieved great success in his life through hard work, discipline, dedication and persistent encouragement of his wife. He is remembered for his love of life and homespun, Southern humor. He loved talking to people. His best moments were spent visiting and laughing with friends and family. He was preceded in death by his wife, Ilse; his parents; and a sister, Carolyn (USAF retired Lt. Col. Larry) Hodge. Surviving are two brothers, Kenneth (Janice) of Madison, Ala., and Carl (Patty) of Memphis; and numerous nieces, nephews and distant relatives within the U.S. and Germany who love him dearly. *Paid obituary*

## Chittenden

Arnold Ray "Zip" Chittenden, 66, of Smithland, died Tuesday, July 20, 2021 at Baptist Health Paducah. He was a member of Friendship Baptist Church and was employed by Vulcan Materials for over 42 years. Arnold loved eating at the Country Kastle, drinking unsweet tea, watching UK basketball and WWE, and most of all, his family. Surviving are his wife of 30 years, Tammy Jo (Hartman) Chittenden; two daughters, Danielle (Zachary) Thomas and Taylor (Dylan) Ramage, both of Smithland; a son, Brian Keith Chittenden of Calvert City; a sister, Janice (Bradley) Taylor of Grand Rivers; two brothers, Calvin (Carolyn) Chittenden of Russellville and Ronnie (Susan) Chittenden of Marmaduke, Ark.; four grandchildren, Dallas and Haylee Thomas, Emery Ramage and Nolan Ramage. He was preceded in death by his parents, Conrad and Jewell Fritz Chittenden. Funeral services were Saturday, July 24 at Friendship Baptist Church with Bro. Jason Medley officiating. Burial was in Dixon Cemetery in Grand Rivers. Boyd Funeral Directors was in charge of arrangements.



Classy & Grassy, featuring (from left) Cash Singleton, Kayla Maxfield, Brennan Cruce and Cutter Singleton, entertained the crowd at Hurricane Camp Meeting Monday night.

## CLASSY

Continued from page 1

in elementary school. Cash, the youngest, is one of the greatest mandolin pickers I have ever heard. Cruce is the oldest of the group, and has crafted his own version of a stand up bass with a drum head mounted to the right-hand side of the instrument for what he tells me "adds a little bit of percussion to the set." That additive on bass was popular in the 1940s and 50s. After this week's gig at Hurricane Camp the guys have already been talking to me about other

opportunities I might have to tour a bit with the band. I am just giddy with excitement. They will be at the Lincoln Jamboree in Hodgenville and the Rosine Barn in Rosine where Bill Monroe got his start. My vocal gifts are no doubt largely attributable to my precious grandmother who sang an impressive alto tenor. She taught me to know my part and not overpower anyone else. She always said it was a burden that can come with strong lungs. The band has welcomed me with open arms, and I don't take this opportunity lightly.

These three have already taught me so much more musically than I could have ever known in a little church choir. Yet, the message is all still the same - enjoying and using the God-given talent only He could provide. So, with this offer to join Classy & Grassy on some of their upcoming stages, I will be looking for a 1950s swing-dress wardrobe. Can anyone help? *The author, Kayla Davis Maxfield, is a lifelong Crittenden County resident who is a new mom, local entertainer and regular columnist for The Press. Contact her on Facebook.*

keep the change

**tabor**

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# County records 24th death from COVID-19

STAFF REPORT

There were three new deaths attributed to COVID-19 in the five-county Pennyriple Health District last week, including one in Crittenden County.

Health records are private, so there is no way to know who here died, but it was the 24th death in Crittenden County attributed to the pandemic since April 2020.

There were 13 new cases of the virus reported in Crittenden County during the seven-day period that ended Tuesday.

As of Tuesday, there had been 46 new diagnoses here during July. That after 22 cases in June and nine in May. A resurgence in the virus began in mid June here, and across the country. Some states are reinstituting mask mandates and considering lockdowns as the so-called Delta variant of the virus is causing a relapse nationwide. Public health officials say this is the most contagious strain

yet of the coronavirus.

As of early this week, Crittenden County had vaccinated 26.69 percent of its population. That's a distance from the statewide vaccination rate where 45.3 percent of Kentuckians are fully inoculated. Kentucky trails the broader national average of 49.7 percent. Public health officials are encouraging individuals who have not gotten one of the available shots to do so at the health department or a local healthcare provider.

THROW BACK

THURSDAY

OUR MEMORIES GO BACK TO 1879

## 50 YEARS AGO

### July 29, 1971

■ Six varsity cheerleaders from CCHS attended a camp at the University of Kentucky. While at the camp, they were presented several ribbons for their outstanding performance there. Those in attendance were Jan Wallace, Paula Watson, Janet Loyd, Linda Hunt, Luann Porter and Pam Holloman.

■ The Angels were the champions of the Marion Rotary Club's Little League baseball programs. Members of the championship Angel team were: Bruce Humphrey, Tracey Brewer, Mike Allison, Clifton Ethridge, Brian Floyd, Mark Wallace, Michael Harris, David Hackney, Alan Hunt, Ronnie Fritts, Pat Taylor, Spencer Cozart, Anthony Crawford, Tony O'Neal, Mike Johnson, Larry Fritts, Jeff Hardin, Jimmy Wallin and Daryl Belt.

■ Deborah Decker from Crittenden County was named to the Academic Honors list at Campbellsville College for the 1971 spring semester.

## 25 YEARS AGO

### August 251 1996

■ Six Crittenden County students spent nine days touring Spain. They took the European culture of seven Spanish cities and spent one day in Morocco. Most of the group's time was spent in Barcelona. Those attending the trip were Adria Mott, Jami Tabor, Tara Travis, Breana Tabor, Leigh Ann O'Neal and Lee Ann Grainger. They were accompanied on the trip by

## ESTATE

Continued from page 1

commitment to Crittenden County.

McDonald, who received his early education at county schools, graduated from Western Kentucky University and became a public school teacher for many years. He was superintendent here from 1948 to 1958 when keeping children in the classroom was one of the toughest jobs. Truancy rates were high before McDonald implemented policies to compel students to be at their school desks five days a week. He was also an artist and spent many hours interviewing and tape recording elderly residents of the community to preserve their stories. He was a well-known personality in the community and widely was considered the county's historian. McDonald died at the age of 93.

Brenda Underdown, who is now the community's historian and chairman of the Crittenden County Historical Society which manages the Braxton McDonald Foundation, said most of the historic documents and recordings developed by McDonald have tragically been lost with time.

"I would love to get my hands on them, but I don't know where they are," Underdown said. "He did a whole lot of work on the history of the county schools and other things."

In its early years, the Braxton McDonald

Foundation gave grants to community organizations. The Ben E. Clement Mineral Museum, Community Arts Foundation, Fohs Hall, Forest Pogue historical marker project, Crittenden County Genealogy Society and the public library were among the beneficiaries. However, because interest rates have waned to historic lows, income from the original donation has dwindled and so has its ability to contribute to the broader community. In 1997, the foundation earned \$11,580 in interest. Last year, the interest dropped to \$6,647.

Underdown said the foundation can spend only the interest and not the principal. Right now the entire income from the bequest is going to operate and maintain the Crittenden County Historical Museum on Belville Street.

"There is barely enough for us to keep the museum open," she said.

The late Judy Winn, who died in January 2020, left nearly \$7,000 to the museum, and similar amounts to Fohs Hall, the Woman's Club of Marion and other local organizations.

Schumann, who passed away in 2019, was a civic and community leader. She was active in activities at Fohs Hall, the Crittenden County Coalition for a Drug-Free Community, Crittenden County Tomorrow, Marion Baptist Church and other organizations.


Schumann was among a handful of local resi-

dents who founded Crittenden County Tomorrow, partly for the purpose of preserving the former hospital building across from Fohs Hall, also known as the Hayward House. Crittenden County Tomorrow raised around \$46,000 from local contributions in 2003 to buy the old hospital with plans of restoring it. However, that idea lost its tailwind when the group failed to qualify for state or federal grants to buoy the expensive plans. Crittenden County Tomorrow sold the property in 2012 to a private buyer.

Crittenden County Tomorrow has been less than conspicuous in the past 10 years or more. It did push for a citywide butterfly-attracting project a couple of years ago.

Although the Schumann estate will not be settled for another week, it's clear that Crittenden County Tomorrow will have a sizable sum, a figure that public records indicate will be greater than \$842,000. Leaders of the group say that until the courts make final settlement, they are not in position to make a public statement. More information will be forthcoming, they told The Press last week.

Articles of incorporation for Crittenden County Tomorrow state that it is a not-for-profit corporation created to benefit "charitable, benevolent, eleemosynary, educational and civic activities to improve the quality of life of the citizens of Crittenden County."



## FIVE-COUNTY AREA

Most info in this graphic current as of July 23. \*Updates with July 27 data.

County	Confirmed Cases Ever	Currently in Home Isolation	Currently Hospitalized	Recovered Cases	Deaths
Caldwell	1,305	12	2	1,259	32
Crittenden	780*	10	2	732	24
Livingston	934	10	4	897	23
Lyon	1,632	6	0	1,605	21
Trigg	1,339	9	0	1,315	15
New	5,978	47	8	5,808	115

Source: Pennyriple District Health Department

# Tourism Commission changes gear on playground equipment

STAFF REPORT

Things seem to be at a standstill this month for the City Tourism, Recreation and Convention Bureau.

Tourism Director Michele Edwards and other board members appeared ready to approve a proposal to close a deal on \$20,000 worth of playground equipment for the Marion-Crittenden County Park, but tourism commission member Jason Hatfield has a different idea. At last week's meeting of the tourism commission, Hatfield issued his concern that the equipment was not what he envisioned.

"I would like to have a \$200,000 playground. We need something larger than (the proposed equipment). We need a larger piece, something that would allow up to 60-70 kids to play," said Hatfield.

Since funds for the playground equipment were already in the 2021

budget, Commission President Tanner Tabor suggested maybe using that \$20,000 for the development of Lake George.

"We could use it on the bike trail," said Tabor.

The commission has for a few months been discussing an off-road bike trail at the undeveloped city-owned property around Lake George.

Commission member Mary Anne Campbell suggested using the funds for a floating kayak dock at Lake George, also known as City Lake.

"This playground is honestly going to bring more people to town than the bike trail will," Hatfield said.

Hatfield says he wants to see a "state-of-the-art playground" that will take a few years to complete, starting with a large centerpiece and adding to it annually as funds become available. Hatfield would like the project to become more of a community fundraising project.

"We can put a huge thermometer scale out there and paint it red as the funds go up. We could include everyone in this – a community playground coalition, type deal."

On another front, the commission voted to donate \$5,000 to Fohs Hall, Inc., to aid its plans to install new sound and lighting equipment in the community building. Fohs Hall President Alan Stout and Community Arts Foundation representative Phyllis Sykes were present at the commission meeting to request funding.

"We appreciate the support and leadership of the tourism commission," Stout said. "If anyone ever attended a performance or school at Fohs Hall, please consider supporting this worthwhile project to upgrade Fohs Hall to a performing arts center."



ALL EVENTS CASH ONLY AT GATE AND CONCESSIONS

July 24-August 7

**CAR SHOW**

Saturday, July 24 • 9 a.m.-3 p.m.

@ the Fairgrounds

**\$15 registration fee**

Registration: 9 a.m. - noon, Awards: 3 p.m.

Contact Matt Tinsley (270) 704-1477

**CONCERT**

Classy & Grassy

at Fairgrounds

**Thursday, July 29**

**7 p.m.**

Gate Fee: \$5, 7 & over 6 & under FREE

**ENDURO DERBY**

Friday, Aug. 6, 7 p.m.

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**CUPCAKE WARS**

at Fair Building, fairgrounds

**Saturday, Aug. 7**

**9 a.m.**

**DEMOLITION DERBY**

**Saturday, Aug. 7**

**7 p.m.**

Gate Fee: \$12, 7 & over 6 & under FREE

Contact Rodney Travis (270) 704-9514

**TRACTOR & TRUCK PULL**

**Saturday, July 31**

**7 p.m.**

Contact Jared Belt (270) 871-4502

Sanctioned by USA Pullers

\$30 registration fee

Gate Fee: \$12, 7 & over, 6 & under FREE

**PAGEANTS**

@ Fohs Hall

Gate \$5, 7 & over, 6 & under free

**Saturday, Aug. 7**

**11 a.m.**

Local Miss Pre-Teen (8-12) and Teen (13-15)

Miss Crittenden County (16-21) (Open to Crittenden County Residents)

**3 p.m.**

Miss Pre-Teen (8-12) and Teen (13-15)

Miss Crittenden County (16-21) (Open to all counties in Kentucky)

Contact Natalie Parish (270) 871-1383





Built in 1931, the Lucy Jefferson Lewis Memorial Bridge at Smithland is tentatively scheduled for demolition in 2023 after the new U.S. 60 bridge is completed.

# Smithland bridge work continues ahead of plans

STAFF REPORT

Construction of the new U.S. 60 bridge over the Cumberland River at Smithland in Livingston County continues to be ahead of schedule. Jim Smith Contracting, prime contractor on the \$63.6 million project, has started footers for the main piers for the new bridge.

KYTC District 1 Chief Engineer Kyle Poat noted the contractor postponed starting footers for the main piers until well after the spring flood season to reduce the likelihood of worksite flooding.

"These main piers are closest to the edge of the river," Poat said. "While this work started about a month later than expected, the crew placing the pilings made up that lost time."

The pilings are huge pipes driven into the ground to help create a deep foundation to support the bridge. KYTC Project Manager Austin Hart says it's hard to imagine their size until you see

**Tentative Construction Schedule**

- July-October 2021 Cofferdam for Pier 4 Structural steel deliveries. Begin offsite assembly of main truss Pier 4 footing, columns, web wall, cap Deck pour on north approach spans. Start additional roadway work KY 70 Intersection.
- February 2022 Span 3 and 5 beams.
- September 2022 Main truss float-in on Span 4. Deck Concrete on Span 4.
- April-May 2023 U.S. 60 highway connections tie-in. Traffic moved to new bridge. Demolition of old bridge.
- September-November 2023 Final roadway surfacing. Target completion date Dec. 1, 2023.

them up close.

"Also referred to as drilled shafts, these massive pipes are 80 ft. long and 8 ft. in diameter. They are essentially

screwed into the ground," Hart said. "Once they are in the ground, the soil inside is excavated out, a pre-assembled cage of reinforcing steel is lowered inside the piling, then it is poured full of concrete. It provides the base for the main piers."

Hart said three of the eight shafts for the main pier on the Smithland side of the river are complete. Another three of the eight shafts for the main pier on the north side of the river have been started.

"When the eight shafts are completed on each side, the base of the main pier will sit directly on top of these structures," Hart said. "Sometime in mid-August we expect to start construction of the main piers. They should emerge from the base we are constructing now and be visible above ground by sometime in September with completion of the main piers expected by the end of the year."

Steel for the main truss is expected to arrive this summer. The 700-foot main span will be assembled off-site, beginning this fall, then floated to the construction site by barge and lifted into place in fall 2022.

The construction schedule calls for moving traffic to the new bridge in spring 2023.

The new bridge will have a 40-foot-wide, two-lane deck with 12-foot driving lanes and 6-foot shoulders, allowing motor vehicles to share the bridge with most farm equipment.

In addition to providing a significant link for U.S. 60 through western Kentucky, the new bridge will maintain a critical connection for Livingston County, which is divided by the Cumberland River.

The new bridge will replace a span built in 1931 and known as the Lucy Jefferson Lewis Memorial Bridge or Smithland Bridge.



## Shelter benefactor shares cat litter

Gracelyn Taylor of Lyon County continued a birthday tradition recently, donating cat litter and dog and cat food to the Crittenden County Animal Shelter. Now 14, Taylor has been making dog food donations since she turned seven. This year she donated 190 pounds of cat litter. Timmy Todd, the animal control officer in Crittenden County, said these donations mean a great deal to the shelter. Anyone wishing to make similar contributions can do so at the shelter or call the county judge-executive's office for more information.

# State lowers property tax rate to 11.9 cents in 2021

The State Real Property Tax Rate has been recalculated for 2021 and it is declining from 12.2 cents to 11.9 cents.

This is the first decline since 2008. The reduction in the state rate is a reflection of the reassessment work that local PVAs, like Ronnie Heady in Crittenden County, have completed in response to the strong real estate market that currently exists.

The Kentucky Department of Revenue (DOR) has set the 2021 State Real Property Tax Rate at 11.9 cents per \$100 of

assessed value. Kentucky Revised Statute 132.020 requires DOR to set the real property rate no later than July 1 of each year.

The state property tax rate is based on the revenue generated from the increase in taxable real property assessments from 2020 to 2021. If the increase in revenue is more than four percent after the exclusion of both new properties added to the tax roll during 2020, and the property subject to Tax Increment Financing, then the prior year's rate must be reduced.

The 2020 State Real Property Tax Rate was 12.2 cents per \$100 of assessed value. Because the assessment increase for 2021 is estimated at 6.54 percent, the state real property tax rate must be reduced to 11.9 cents per \$100 of assessed value to keep state revenues from real property tax to no more than a 4 percent increase over the 2020 receipts.

Revenue generated from the state property tax rate is deposited into the state's General Fund.

## Driver's license services leaving Crittenden in August

Crittenden and eight other Kentucky counties will make the transition in August to a new, secure driver-licensing model, administered by the Kentucky Transportation Cabinet (KYTC).

The traditional issuance system of licenses and permits initiated at the Office of Circuit Court Clerk in each county is being phased out. It is being re-

placed by a network of KYTC Driver Licensing Regional offices located across the state. The entire state will be transitioned to the new system by next year.

Crittenden and Lyon counties are both making the transition next month. The Circuit Court Clerk in Crittenden County will cease in-person driver licensing services on Aug. 20.

Residents of counties

making the transition may renew or apply for a REAL ID or new standard card version of driver license, learner permits, commercial driver licenses (CDL) and ID cards at any regional office. Applicants are encouraged to make an appointment online, which can be done at drive.ky.gov. Walk-ins are welcomed on a first-come, first-served basis.

Q & A

Get to know the people in our community....

## CELEBRATE RECOVERY Local Coordinator Jack EASLEY

Jack Easley is coordinator of the local Celebrate Recovery program headquartered at Marion Baptist Church. Easley says Celebrate Recovery has grown in its successes in this community due to caring and diligent work by a team of local volunteers.



tion from the start. Pre-pandemic we were averaging around 40 participants per week and operating around 50 weeks a year. Due to COVID restrictions we were shut down for a few months but going strong again now and serving around 30 participants a week with faith God will build the attendance back greater than before!

**Q:** What are some of your goals for the program here in town?

**A:** Our goals at this time is to get back to the number of participants we had when the pandemic struck and to increase volunteer participation so we can resume children and youth programs in order to help the entire family during recovery.

**Q:** How did you get involved with Celebrate Re-

covery? Has it changed your life?

**A:** I got involved in Celebrate Recovery because I was a totally broken person with hurts, habits and hang-ups that developed over my life, most by my own bad choices. Celebrate Recovery taught me how to overcome my past mistakes by facing them head on under the guidance of a relationship with Jesus Christ. Celebrate Recovery completely changed my life and my family's life when nothing else had worked.

**Q:** Do you feel the program is a success in our community?

**A:** Our measure of success is seeing men and women regain hope in the midst of problems most of us would collapse under. Others who return to celebrate with us a year or more of their sobriety keep us in this work. If we give up why shouldn't they? The second part of the great commandment according to Jesus after loving God with all our heart and mind is "Love your neighbor as yourself." Our program wouldn't be where it is today without all of the great volunteers.

Retirement AUCTION

BILL SWITZER located at 440 Jeff Clements Rd., Marion, KY

Saturday, Aug. 7 • 9 a.m.

FARM EQUIPMENT: Massey Ferguson 399, approx. 6,700 hours; Single Shark Ripper; Ford 394 bottom plow; 10 ft. cultipacker; IH 12 pt. disc; 7 ft. box blade; 8 ft. John Deere blade; Bushhog 10 ft.; 5x8 trailer; 16 ft. utility trailer

SHOP TOOLS: Box fans; extension ladders; lots of Craftsman hand tools; bolt bins; electric tools; gas cans; air compressors; air tanks; DeWalt cordless tools; jacks; ext. cords; hammers; DeWalt miter saw; ratchet straps; drill bits; funnels; shop lights; pipe wrenches; bench grinder; bench vise

MISCELLANEOUS: Silver Strike arcade game; Rowe CD jukebox; electric dart board; slate pool table; pictures; cookers; 2 large chest freezers; Nascar radio set; luggage; tents; heaters; camping equipment; lumber; turkey fryers; wood burning stove; life jackets

HUNTING: Matthews 2-7 30 Draw 70 lb. pulk; live trap; 5 beaver traps; Duke traps; ladder stands; rifle rests; double fish cooker; fishing poles; climbing stands; turkey decoys; deer mounts; Moultrie deer feeders

FARM/GARDEN: Barbwire; T-posts; iron gate; ATV pull behind spreader; yard trailer; metal siding; TV antenna; ATV ramps; cattle panels; I-beam drag; dog house; 300 gal. fuel tank with stand; Ford 903 post hole digger; 3-pt. hay fork; 6 ft. root rake; front end loader attachment; 3-point seed spreader 500 lb.; Campbell 3-point boom sprayer; weedeaters; chain saws; rakes; shovels; pole saw; pressure washer; generators; chains; ATV sprayer

GUINS: Remington model 1100 12 ga.; Browning Gold Hunter 12 ga. 3 1/2; Mossberg 702 .22 cal w/scope; Browning Stainless Stalker 7mm magnum w/scope; (2) Remington 870 Wingmaster; Ruger M77 Mark II 22-250 w/scope; Winchester model 1400 12 ga. semi auto; TC Omega 50 cal. muzzleloader w/scope; Champion single shot 20 ga.; Remington Sportsman 48 12 ga. semi auto; Remington 870 super magnum pump; TC Omega 50 cal. muzzleloader w/scope; TC Encore Pro Hunter 50 cal. muzzleloader w/scope; Remington Woodmaster model 740 .308 cal. w/scope; CVA Firebolt ultra mag 45 cal. muzzleloader w/scope

Terms of Sale: 6% sales tax, all announcements made day of sale take precedence over any advertisement. Not responsible for accidents.

Massey Ferguson 399

2000 Chevy Silverado 2500 HD 4x4

28,880 miles, one owner, garage kept, no scratches or dings, excellent condition

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Snapper Zero Turn 60" Cut, 25 hp

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Low 1436 5 hp Mercury w/MinnKota trolling motor

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Remembering Crittenden County’s young men that gave the ultimate sacrifice in the Korean War. From left, J. R. McDowell, Jerald Henry, Ollie L. Hearrell and Ollie James Belt.

# Korean salute made each July 27

Tuesday, July 27 was National Korean War Veterans Armistice Day. This observance recognizes the 5.7 million veterans of the Korean War and those who made the ultimate sacrifice.

During the three-year war, which lasted from June 25, 1950 to July 27, 1953, active-duty service members faced unique risks and experiences that set them apart from previous generations. According to the U.S. Department of Veterans Affairs, extremely cold climates during the Chosin Reservoir Campaign in the winter of 1950 posed serious risks to those serving, and accounted for more than 5,000 U.S. casualties. Temperatures dropped to -50 degrees Fahrenheit with a wind chill of -100 F. This armistice observance presents the opportunity to remember and honor their service.



**Brenda Underdown**  
County Historian

*Forgotten Passages*

tle for Seoul, crossed the Ungi River in the north-east sector of Korea. They moved through snow-capped mountains to the Manchurian border and the icy banks of the Yalu River. Pvt. Driver, protected from the cold by parka and shoe-pacs, is with the northern most United States unit in Korea. (Driver passed away in 1988 in Crittenden County and is buried in the Love Cemetery.)

June 13, 1952 - **Cpl. Charles H. Fritts**, Awarded Purple Heart. With the 40th Infantry Div. In Koera, Cpl. Charles H. Fritts, son of Mr. and Mrs. Robert H. Fritts, Rt. 6, Marion, recently was awarded the Purple Heart for wounds received May 8 in action fighting with the 40th Infantry Division in Korea. Fritts has since recovered and returned to duty as an automatic rifleman with Company B of the division’s 224th Regiment.

He entered the Army in September 1950, took basic training with the 40th at Camp Cooke, Calif., and accompanied the division to the Far East in April 1951. After nine months of training and security duty in Japan, his unit was sent to Korea last January. (Mr. Fritts survived the war and returned to Marion, and June 4, 1974. He is buried at Crooked Creek Cemetery.)

**Crittenden County Korean War Deaths.** Here are their obituaries.

Sept. 8, 1950 - **Sgt. McDowell, Jr.**, son of Lou Vena McDowell, has been reported missing in action in Korea since July 25. The telegram reads as follows: Mrs. Lou Verna McDowell; The Secretary of the Army has asked me to express his deep regret that your son, Sgt. McDowell, Jr., has been missing in action in Korea since July 25, 1950. Upon receipt of further information in this office, you you will be advised immediately. Edward F. Witsell, Major General U. S. A. The Adjutant General.

December 9, 1955. The body of Sgt. 1st Class Junior Raymond McDowell, RA-35815976, who died in Korea Nov. 6, 1950, will arrive at the Hunt Funeral Home in Marion Saturday morning, Dec. 10. Funeral services will be conducted at Sugar Grove Church Sunday, Dec. 11 at 2 p.m. Full military rites will be conducted at graveside with burial in the Sugar

Grove Cemetery. Survivors include his mother, Mrs. Lou Vena McDowell of Marion; two sisters, Mrs. Geneva James of Marion; and Mrs. Ruth Rogalski of Detroit; a brother James of Dalton; and two half brothers, Herbert McDowell and Dalton Hobart McDowell of Princeton. (Sgt. McDowell is buried at Sugar Grove Cemetery).

March 1951 – **Jerald W. Henry**, Killed in Action in Korea

The little town of Dycusburg was saddened on learning of the death of Jerald Henry, who was killed in action in Korea Feb. 13, 1951. He was only 18 years old, the son of Mrs. Reba Henry and the late Raymond Henry.

Pvt. Henry was a member of the 23rd Infantry Regiment, 2nd Infantry Division. He was killed in action while fighting the enemy near Chipyeong-ni, South Korea on Feb. 13, 1951.

Pvt. Henry was awarded the Purple Heart, the Combat Infantryman’s Badge, the Korean Service Medal, The United Nations Service Medal, the National Defense Service Medal and the Korean War Service Medal. (Data source: Korean War Veterans Honor Roll) His body, along with 612 others that were killed in action, were shipped back to the states on the Exmouth Victory ship. It arrived at San Francisco on Oct. 5, 1951. Pvt. Henry has a stone at Dycusburg Cemetery, and he was buried with full military honors.

Sept. 1953 – Body of

**Pfc. Ollie Hearrell** To Be Returned To Lola.

The remains of Pfc. Ollie L. Hearrell, former Salem resident, are being returned from the battlefield of Korea. His remains are expected to arrive at Boyd Funeral Home Sept. 25.

Pfc. Hearrell was with the 2nd Engineers Combat Battalion stringing barbed wire on the night of July 20 near Sang-Jim-Ni, North Korea when the Reds broke through and in the hand-to-hand fighting that ensured he was killed.

Pfc. Hearrell entered the service Nov. 25, 1952. He embarked for Korea in April 1953. His body was returned to the States Sept. 11. 1953.

He attended school at Salem and Tolu. He was born in Crittenden County near Tolu April 18, 1932. He is the son of Earnest and Katie (Willis) Hearrell, of near Salem, who survive him. Other survivors include, a brother, Paul of Salem; three sisters, Mrs. Reba Crews and Mrs. Robert Westmoreland, both of Marion; and Mrs. Wayne Watson of Sturgis. Burial will be in the Lola Cemetery.

October 12, 1952 – Pfc. **James Ollie Belt** Dies in Korea.

Marine Pfc. Ollie James Belt, 21, was killed in action in Korea Sept. 23, 1952. Belt was inducted into service Dec. 7, 1951 at Camp Pendleton, Calif., and sailed Aug. 15, 1952 for Korea. He arrived in Korea on Sept. 2. (He was there less than a month). Belt was born Jan. 24, 1931 in Crittenden

den County to Herman and Cenia (Dunning) Belt. The body will be returned to Lola for funeral and burial. Besides his parents, he is survived by three sisters, Mrs. Ruby Gresham, Miss Lucille Belt and Mrs. Velva Walker, all of Evnasville; four brothers, Oakley Belt, Evansville, Jewel Belt, Kenneth Belt and Donald Belt, all of Lola.

Each year on July 27,

National Korean War Veterans Armistice Day provides a moment for reflection on the service and sacrifices of Americans and our local Korean veterans during this conflict.

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

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**PENDING**

**CALDWELL COUNTY, KY - 115 ACRES - \$710,500** - Established hunting tract with tillable acreage and open areas for food plots. Home with scenic views is located on the property with finished walkout basement.  
**PENDING**

**LIVINGSTON COUNTY, KY - 71.51 ACRES - \$150,164** - Hunting tract with rolling topography, food plot locations, a good trail system, a pond, creek, gated entrance and security cover.  
**PENDING**

**CALDWELL COUNTY, KY - 105 ACRES - \$293,475** - Mostly tillable hunting tract in a good location. This property has established trails throughout and an ideal building site. Located near Pennyrile State Forest.  
**SOLD**

**CRITTENDEN COUNTY, KY - 300.5 ACRES - \$560,000** - This farm is a so... anything needed to grow, hold and harvest big bucks! The tract also includes a 7 +/- acre pond with fishing opportunities  
**REDUCED**

**CRITTENDEN COUNTY, KY - 160.7 ACRES - \$345,000** - Hunting property with WRP acreage and quaint hunting cabin. Property sits alongside the Tradewater River and has excellent deer, turkey and waterfowl.  
**PENDING**

**LIVINGSTON COUNTY, KY - 132.73 ACRES - \$238,914** - Great hunting tract with dynamic hunter friendly topography, mast producing timber, security cover, open areas for food plots and a good trail system.  
**PENDING**

**CRITTENDEN COUNTY, KY - 798.05 ACRES - \$1,792,000** - Secluded hunting property alongside the Ohio River with a diverse habitat. Deer and waterfowl opportunities. Tillable ground and open pasture.  
**PENDING**

**CALDWELL COUNTY, KY - 128.55 ACRES** - This tract has a diverse blend of habitat types and a proven history of big bucks. The farm features rolling topography, some tillable acres and an established hunting camp.  
**PENDING**

**LIVINGSTON, KY - 99.954 ACRES** - Hunting tract with a large creek, open ground for food plots, mast producing hardwoods and numerous funnels and pinch points! \$199,909.  
**PENDING**

**CRITTENDEN COUNTY, KY - 239.27 ACRES - \$376,900** - This farm has a diverse blend of habitat types that provides excellent deer, turkey and waterfowl hunting opportunities. This area is known for producing big bucks!  
**PENDING**

**CALDWELL COUNTY, KY - 257.32 - \$599,900** - Prime hunting tract with an area for producing big bucks. Diverse blend of habitat types and topography, well-managed property that is ready to hunt.  
**SOLD**

**LIVINGSTON COUNTY, KY - 118.16 ACRES** - Topography is a mix of semi-flat creek bottoms and timbered ridges. An established food plot on the main ridge is a hot spot for big bucks. Excellent hunting! Reduced \$209,751.  
**PENDING**

**CALDWELL COUNTY, KY - 158.83 ACRES** - Established hunting tract with a proven history of big bucks. Includes a 2006 Fleetwood mobile home for lodging and approximately 30 acres of tillable ground!  
**SOLD**

**CRITTENDEN COUNTY, KY - 103 ACRES** - Located in big buck territory, this scenic property features a spacious home, garages, a barn ideal for equipment or storage and a diverse blend of habitat types!  
**PENDING**

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# Being lights

The very first thing any being said in the Bible is, “Let there be light.” This is the first word that is necessary when sorting out the chaos that is the universe. That scale is still beyond us. The light began the process of separating and sorting that makes the rest of creation possible.

What is true from the beginning is still true today in nearly any context one can imagine. If one wants to clean a room, light is necessary. If one wants to build something, light is necessary. If one wants to correct a wrong or study a subject more deeply, we might say we need to “shed light” on it. Seeing clearly what could not be seen before is necessary for growth.

There is still more needed than light. Light was only the first act in the first Biblical creation story. What followed was the rest of creation – the earth, moon, stars, flora, fauna, and human beings. Light makes everything else possible. It makes no sense to focus on the darkness once the light has arrived.

What does make sense is to clean up the chaos that is exposed by the light. It makes sense to work through the pain and difficulty of personal or national sin exposed by the light. It also is understandable that those who prefer things remain in the dark become agitated, or worse, when the light exposes them or the system that benefits them. This is especially challenging when those very supporters of darkness claim to be lights themselves.

I have also found myself, when attempting to clean up a mess, passing judgment on those who made the mess in the first place. It is worth remembering that, at least at my house, what is now a mess was at one time either a necessity or the result of bad decisions. Sometimes it is obvious which is which,

but sometimes it is not. It does little good to dwell on why something got to be a certain way so much that it never gets cleaned up. If all I did was blame and accuse and demand that the ones who made the mess clean it up, it would not happen.

T a l k i n g about light, thinking about light, and observing the effects of light are useless without action. The anonymous sixteenth century spiritual classic, Theologia Germanica says, “Let no one suppose that we may attain to this true light and perfect knowledge, or life of Christ, by much questioning, or by hearsay, or by reading and study, nor yet by high skill and great learning. . . So long as a man takes account of anything which is this or that, whether it be himself, or any other creature; or does anything, or develops a purpose, for the sake of his own likings or desires, or opinions, or ends, does not come to the life of Christ. But so long as a man holds on to the elements and fragments of this world (and above all to himself) and makes great account of them, he is deceived and blinded, and perceives what is good no further than as it is most convenient and pleasant to himself

and profitable to his own ends. These he holds to be the highest good and loveth above all. He never comes to the truth.” (Theologia Germanica, 19)

There are many reasons why shedding light does not guarantee order being brought from chaos. It might be that not everyone considers what is seen to be necessary to clean up. It might be that some are so mired in the chaos they have no energy, ability, or skill set to even begin. This is not judgment, it is fact. Anyone who has asked a child to clean a kitchen without supervision and hands-on help understands this. Neither is it condescending. I have had several times in my life when I could see something clearly wrong but was completely out of my depth to fix it. I needed help.

Jesus told a group of “common people” (I do not believe there is such a thing), “You are the light of the world” You. . . not someone else. True light gets a response. Light will always overcome darkness. Just the presence of light exposes those things that we would like to keep hidden. True light demands action. Being light is not a philosophical exercise, it is the life of those who desire to create order from chaos.

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

## Church Events & News

- Rosebud Cemetery Association Annual Meeting will be at 1 p.m., Sat, July 31 at the cemetery. Bring lawn chairs.
- The Clothes Closet of the First Baptist Church in Fredonia is open to serve the area with free clothes. For the time being, the Clothes Closet is operated outdoors from 1-3 p.m. each Thursday. Please observe social distancing. The Clothes Closet will be closed in case of rain.
- Fredonia Unity Baptist Church's clothes closet is open from 9 a.m. to noon on the second and fourth Saturday of every month.
- First Baptist Church of Fredonia food pantry is open from 1 to 3 p.m. the third Thursday of each month in Coleman Hall of the church.
- The clothes closet at Mexico Baptist Church is open from 9 to 11:30 a.m. each Monday.
- Cave Springs Baptist

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

Does Your Congregation Have Something Planned?

Let us know. We post church notes here at no charge.

Email to thepress@the-press.com or call (270) 965-3191

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

## Jesus commissioned us to share His good news

**Question:** I've readily received Jesus as my Savior and Lord, but I'm not comfortable in talking to others about Him. Why does Jesus insist on us sharing His message with others?

**Answer:** It's wonderful you have received Christ into your heart. It's the start of the best and most meaningful life you can possibly live, but it is important we not neglect to carry out a primary mission He gave. He commissioned His followers, "As the Father has sent me, I also send you" (Jn. 20:21). We are to share His redeeming work

ASK the PASTOR

By Bob Hardison

of releasing people from their sin-debt.

The response of many is "I don't want to do that!" Recognizing that hesitancy, it is important to tell others of God's love and Jesus' sacrificial death for them. People desperately need a Savior. Lee Strobel expressed that need this way: "Jesus Christ did not come into this world

to make bad people good; he came into this world to make dead people live."

Even though it isn't natural for many to share that "Good News" with others, Jesus gave His followers His authority and power to witness when He said to them, "Receive the Holy Spirit" (Jn. 20:22). Through the presence of the Spirit in us, we can share Christ's love and redeeming work with others. Sharing Jesus with others is one of the greatest privileges we have, don't neglect to do so.

Send your questions to: bob@bobhardison.com

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**MIDWAY MINI FARM...**This property has approx. 10.6 acres w/3 stocked ponds, a large barn w/stables. Home has stainless appliances including a gas stove. Large master BR w/master bath & walk in closet. Large 24 foot above ground pool, single car attached garage, and detached carport. Storage shed in the back yard with plenty of play room for the children.. **SOLD**

**CRAYNE RANCH HOME...**Open Floor plan in this ranch conveniently located just south of Marion, in Crayne KY. Home has stainless appliances including a gas stove. Large master BR w/master bath & walk in closet. Large 24 foot above ground pool, single car attached garage, and detached carport. Storage shed in the back yard with plenty of play room for the children.. **SOLD**

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Marion, Ky  
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Father John Okoro

### Mexico Baptist Church

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

### DEER CREEK BAPTIST CHURCH

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

### Emmanuel Baptist Church

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

### Tolu United Methodist Church

Bro. Alex Kirby, Pastor  
We invite you to be our guest  
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Sunday School 10 a.m. • Service 11 a.m.  
Wednesday Night Youth 6:30 p.m.

### Barnett Chapel General Baptist

Sunday School: 9:45 a.m. Barnett Chapel Rd., Marion, Ky.  
Sunday Worship: 11 a.m.  
Wednesday Night Bible Study: 6 p.m.  
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 Evening 6 p.m.  
Sunday Worship 11 a.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 CHURCH TIMES:  
8:30 a.m. Coffee Juice Fellowship • 8:45 a.m. Sunday School • 10 a.m. Morning Worship  
6 p.m. Youth Bible Study • 6 p.m. Evening Worship  
WEDNESDAY CHURCH TIMES: 6 p.m. Prayer/Devotional Service • 6:45 p.m. Adult Choir Practice

### SEVEN SPRINGS MISSIONARY BAPTIST CHURCH

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

### Crayne Community Church

Crayne Cemetery Road, Crayne, Ky.  
Bro. James Driver, Interim Pastor  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.

### FIRST CUMBERLAND PRESBYTERIAN CHURCH

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

### growing in grace

2 Peter 3:18  
PLEASANT GROVE General Baptist Church  
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Sun. Evening 6 p.m. • Wed. Evening 6 p.m.  
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585 Sugar Grove Church Rd., Marion, Ky.  
(270) 704-2455  
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Wed. Bible Study: 7 p.m.

### Marion United Methodist Church

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The People of the United Methodist Church  
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SUN: Sun. School 9:30 a.m. Worship 10:45 p.m.  
Bro. David COMBS  
South College St.

### Frances Community Church

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

### Hurricane Church

Hurricane Church Rd. off Ky. 135 West  
Pastor: Bro. Danny Hinchee  
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

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Barry Hix, pastor • (270) 365-5836 or (270) 625-1248  
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Sunday Evening 6 p.m. • Wednesday Night Service 6 p.m.

### Marion Church of Christ

546 West Elm Street • (270) 965-9450  
Sunday Bible Study: 9:30 a.m.  
Sunday Worship: 10:30 a.m. and 6 p.m.  
Wednesday Bible Study: 6:30 p.m.  
- The end of your search for a friendly church -



# Classifieds The Crittenden Press

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### for sale

Use the patented Flea Beacon to control fleas in the home without toxic aerosols or expensive exterminators. Results overnight! Akridge Farm Supply (270) 545-3332. ([www.fleabeacon.com](http://www.fleabeacon.com)) (3t-30-p)

### yard sales

Multi-family yard sale, Fri., July 30, 8 a.m.-4 p.m., Saturday, July 31, 8 a.m.-1 p.m. at Rozann's place beside Tambco in Salem. Furniture, clothing, home décor, old doors, canning jars & much more. Proceeds go to support missions. (1t-30-p)

Moving/Tag/Garage sale, located at Greenwood Heights, Fri., July 30 and Sat., July 31, 8 a.m.-5 p.m. Everything from furniture, antique dolls, depression glass, Bausch & Lomb microscope, Christmas décor, Kirby vacuums, old records, too much to list. (1t-30-p)

Gigantic yard sale Saturday, July 31 8 a.m.-3 p.m., 57 Mexico Rd. Something for everyone. (1t-31-p)

### real estate

House for sale, 202 Cowen Rd., Sullivan. 3 BR, 2 bath, garage, 2 carports, storm cellar. Shown by appointment, call (270) 952-1794. (2t-30-p)

### for rent

1 BR, 1 bath efficiency apartment, all appliances, \$350/mo plus deposit. (270) 704-3234. (tfc) je

### employment

Professional Help Wanted: The Crittenden Coun-

ty Fiscal Court is now accepting applications and resumés for the position of County Finance Officer. Qualified candidates will be proficient in the operation and use of computers, establishment and use of spreadsheets, accounts payable systems, word documents, budget management, filing, data base management, possess excellent communications skills both verbal and written, and the ability to manage multiple tasks simultaneously. Starting salary will be commensurate with skill level. Benefits include paid holidays, vacation, retirement, and health insurance. Candidates will be subject to background checks and drug screenings. Mail letters of application to Crittenden County Fiscal Court 107 S. Main St., Ste. 208 Marion KY 42064 or applications may be obtained onsite. All applications due by August 4, 2021. (1t-30-c)

The Earle C. Clements Job Corps Academy is seeking employees. We offer a competitive salary, benefits package, and advancement opportunities. Full-time, part-time, and substitute positions available. MTC is an equal opportunity employer-Minority/Female/Disabled/Veteran. To view current openings and qualifications and to apply, please visit our website: [www.mtcjobs.com](http://www.mtcjobs.com). "Building Tomorrow's Futures Today" (4t-30-p)

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### legal notice

I, Melissa Guill, Clerk of Crittenden County District Court Marion, Ky. do certify that the following has filed notice of Final Settlement: Kenneth Ford of 280 Pickering Hill Rd., Marion, Ky. 42064, executor of Rich-

ard Ford, deceased, whose address was 140 Pickering Hill Rd., Marion, Ky. 42064. The foregoing settlement is to be heard at the regular session of Crittenden District Court on August 25, 2021. All persons having exceptions to said settlements are to file same at once. Melissa Guill, Clerk Crittenden District Court (1t-30-c)

Notice is hereby given that on July 21, 2021 Kendall Faught of 133 Mary Todd Drive, Frankfort, Ky. 40601 was appointed executor with will annexed of James Edward Faught, deceased, whose address was 418 West Elm St., Marion, Ky. 42064. Hon. Edwin Jones, 410 Broadway, Paducah, Ky. 42001, attorney. All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the executor with



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will annexed on or before the 21st day of January, 2022 and all claims not so proven and presented by that date shall be forever barred. All persons indebted to the estate of the above-named decedent, will please call and settle said debts immediately. Crittenden District Court Melissa Guill, Clerk (1t-30-c)

**ORDINANCE NO. 21-01: NOTICE OF PASSAGE AND SUMMARY OF ORDINANCE AN ORDINANCE AMENDING ORDINANCE 01-23, TO ESTABLISH THE ZONING STATUS OF 1201 US 60 WEST** Notice is hereby given that the City Council of the City of Marion, Kentucky, at a regular meeting held on July 19, 2021 at 5:00 o'clock p.m., gave second reading and passed and adopted an Ordinance relating to the Marion Code of Ordinances, which Ordinance had been given its first reading at its regular meeting of the City Council held on June 21, 2021, at 5:00 o'clock p.m. A summary of the Ordinance is as follows: This Ordinance amends Ordinance No. 01-23 such that the property located at 1201 US 60 West is es-

tablished as I-2 General Industrial District. The full text of the Ordinance is on file in the Office of the City Clerk in the City Building, Marion, Kentucky, where it is available for public inspection. **PREPARED BY:** **/s/Robert B. Frazer**  
**ROBERT B. FRAZER**  
**CITY ATTORNEY**  
**FRAZER & MASSEY**  
**ATTORNEYS -AT- LAW**  
**P.O. BOX 361**  
**MARION, KY 42064**  
**270/965-2261**  
**July 19, 2021**  
**(1t-30-c)**

**NOTICE OF PUBLIC HEARING**

The Public Service Commission of Kentucky issued an order on July 8, 2021, scheduling a hearing to begin on August 17, 2021, at 9:00 a.m., Eastern Daylight Time, in the Richard Raff Hearing Room at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of receiving public comment and cross-examining witnesses of Kentucky Utilities Company ("KU") and Intervenor in Case No. 2020-00349, Application of KU for an Adjustment of Its Electric Rates, a Certificate of Public Convenience and Necessity to Deploy Advanced Metering Infrastructure, Approval of Certain Regulatory and Accounting Treatments, and Establishment of a One-Year Surcredit. This hearing will be streamed live and may be viewed on the PSC website, [psc.ky.gov](http://psc.ky.gov). Public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, [psc.ky.gov](http://psc.ky.gov).

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# Boudro, Orr on are on target with state title performances

Middler schooler Tucker Boudro and elementary schooler Emory Orr of Marion were crowned state champion archers during last weekend's Archery Shooters Association Kentucky State competition at Burlington.

Orr won the Eagle Open title and Boudro the Youth Male Open division.

Boudro was also selected as Shooter of the Year in his class. It was his second such honor in Kentucky this year. He was also the S3DA Shooter of the Year.

The previous weekend, Orr and her father, Josh, who coaches the local In-

side Out Archery team, were Tennessee state champions at Celina, Tenn.

Boudro, 12, also won the Kentucky outdoor field target championship two weeks ago at Fairfield, Ohio. He advanced to the national championships and finished in the top five in the Youth Open Male for ages 12-14.

All three of the local archers will be shooting this weekend in Elite Archery ProAm at Cullman, Ala.

The local archery club will begin its season in October with a new home at the former armory.



Emory Orr and Tucker Boudro at state championships.



Crittenden County middle schoolers Elliot Evans and Elle McDaniel played with the 14-under Talons team in the Sporting Events Association of America Fast-Pitch Softball World Series last week in Pigeon Forge. The girls won eight of the 11 games they played and finished runnerup in the tournament that started with 35 teams from all across the country. The Talons are based in Mayfield and the team is made up of girls from across western Kentucky. McDaniel, who was diagnosed with a fracture in her elbow at mid week, missed much of the tournament, but batted .400 while she was playing. Evans hit .389 and pitched in six games, finishing with a 4-0 record in the circle.

Crittenden County 12-under all-star baseball team won a tournament at Lyon County last weekend, beating Trigg County in the championship game. Pictured are (front from left) Jack Porter, Eli Herrin, Colt Bailey, Brady Dayberry, Colby LaRue, (second row) Jaxton Duncan, Brayden Walton, Davis Perryman, Jake Rich, Drake Young, (back) coaches Brian Bailey, Sonny Duncan, Adam Dayberry and Joey Rich.



## 2nd Time Golf Champ

Local high school golfer Jeremiah Foster won the Calvert City Red Bird Junior Tournament recently at Calvert City Country Club. It was the second year in a row that Foster has won this particular tournament. He shot an 82 to win his age division. Foster will be a sophomore at Crittenden County High School this fall, and he is a member of the golf team.



# Find your own fair entry, even if it has ugly stitches

It's county fair time! The excitement of fair time is just as strong as an adult as it was as a child. Growing up my parents were on our local fair board and I spent many hours at the fairgrounds helping and having fun before, during and after the week long fair.

I can tell lots of stories about my fair adventures but one that sticks in my mind is my grandmother (Nanny as I called her) entering items in the exhibit hall. The exhibit hall is not just for youth items, but adults would bring their best garden produce, flowers, quilts or various craft items.

One year Nanny had worked long and hard on a handstitched quilt for my bed. She set her quilt-



ing frames up in the living room and tried to teach me how make stitches. Those were some of the most misplaced and ugliest stitches you can imagine; but of course she told me I had tried hard and had done a good job.

She finished the quilt just in time for the fair and entered it, putting my name on the entry tag alongside hers. Much to our surprise, the quilt got a third place ribbon. The judges' comments on the tag was about how those ugly stitches prevented the quilt from placing higher in the class. Nanny was showing a neighbor those stitches during the exhibit viewing and the neighbor stated that those stitches could easily be snipped from the quilt. Nanny was adamant that they stay.

That third place ribbon was one of the first fair ribbons I received. I went on to receive many ribbons

for years after. I showed hogs, cattle, horses, dogs (if you could put a halter or lead rope on it I showed it) and of course tons of exhibit hall entries from baked goods, craft items, sewing projects, grain and hay crops to dozens of vegetables.

I don't know what happened to the ribbon for the quilt but I know exactly where that quilt is - hanging on my living room wall. And you guessed it, the ugly stitches are still there.

My challenge to you is to scroll through the fair catalog and find a category that you can enter something in. You don't have to be a kid, just a kid at heart to enter items and support the county fair at the same time. Who knows, maybe you'll make a life-long memory out of something like ugly stitches on a quilt.

## LOCAL SPORTS

### BASEBALL Belt hired as new Rocket skipper

Devin Belt has been hired as the new Crittenden County High School baseball coach. Over the past six years, Belt has served as an assistant high school and middle school baseball and basketball coach. This past season he was assistant head coach for the Rockets as the team went 23-10, winning more baseball games in a single season than any club in school history. Chris Evans resigned as head baseball coach in June, but will remain on the CCHS coaching staff next spring. Last season, the Rockets were also a state quarterfinalist in the All A Classic and a KHSAA Second Region semifinalist. Belt graduated from CCHS in 2014 and was recruited to play baseball at Southeast Illinois College, but an injury cut his collegiate career short. Belt, 25, will be working at the high school as a computer based learning instructor.



Belt

### SOCCER Fundraiser, new season coming soon

Jessica DeBurgo is the new soccer coach. Her team opens the season Aug. 10 at St. Mary. DeBurgo is a native of Rhode Island where she played, coached and referred soccer for many years. She replaces Summer Riley, who had coached the Lady Rockets for five seasons, compiling a 14-59-5 record.

The Lady Rocket soccer team will be conducting a car wash fundraising event from 9 a.m., until 1 pm., Saturday at H&H Home and Hardware on Sturgis Road in Marion.



DeBurgo

### MOTORCYCLING KMA planning benefit run Sunday

The Kentucky Motorcycle Association (KMA) will have a Poker Run on Saturday, July 31 to raise money for the group's PAC fund. This fund is used for lobbying efforts for motorcycle rights throughout the year.

Kickstands will be up at 9:30 a.m., from Custom Biker Wear in Sturgis. Registration starts at 9 a.m. Cost is \$15 for a single rider, \$25 for a couple on the same bike and \$10 for an extra hand. There will be a 50/50 pot available.

For more information, email angle.c.4297@gmail.com.

## FAIR

Continued from page 1 as \$12 for feature events like the derbies and pulls. Twenty years ago, six bucks would get you in the gate, but the cost of hosting a fair continues to rise, says Natalie Parish, who has served several years on the Lions' fair committee and organizes a lineup of pageants that has more than doubled in size since 15-year-old Marilyn Penn was crowned the first fair queen in 1973.

"It's tough to make ends meet," Parish said. "We spend everything we take in. The Lions Club supports a whole lot of programs in the community that most people don't see. We sponsor families for Community Christmas, give to things like Happy Feet, the backpack program, school supply program, 4-H, scholarships for camps and the food bank. Plus, we have the free eye screenings and eyeglass programs that the Lions are known for."

When the fair began almost five decades ago, it was a three-day affair and included a horse show, tractor pull, Miss Crittenden County pageant and a carnival. About 5,000 people attended over the course of that inaugural event. This year, fair events will be spread out of three weeks and the demolition derby will probably draw nearly 2,000 people.

"We've found that we get more participation if we have more stuff on the weekends," Hedy



In 1988, the fair featured pro wrestling with a ring set up in front of the grandstands.

said.

Fair attendance was huge in the early days, but it began to wane a bit in 1986, according to a newspaper article in The Press that summer. Fair organizers started looking for innovative ways to keep folks coming, so they promoted Family Night where rides were cheaper at the carnival, brought in a mechanical bull, moved the pageant indoors to Fohs Hall in 1985 and in 2019 added a fair breakfast to benefit 4-H. When the demolition derby was added to the fair lineup in the 1980s, it quickly became a headliner, and continues to be the largest drawing card every year.

**Earliest beginnings**

The Lions Club was formed in March of 1972 and after organizing and planning for the next 17 months the organization launched its first fair at Town and Country Subdivision Arena, which was home to a club made up largely of horse riding enthusiasts.

Margaret Gilland was an early member of

Town and Country Riding Club, which owned what is now the fairgrounds.

"When it was rainy, it was very muddy, but we had a lot of fun," Gilland said about the crude arena with no fencing and a small lean-to for a concession stand. Once the Lions Club started using the facility, it began to make improvements to the grounds. A larger concession stand, grandstand seating, announcer's stand, livestock buildings and an exhibit hall were built. The riding club dissolved in the late 1990s, sold the property to the Lions Club and gave away its cash assets to community organizations. Two years ago, with help from grant money, the Lions razed the old concession stand and built a modern one with a large meeting room and named it the Crittenden County Agriculture Building.

The late Jim Hatfield was among the first to spearhead an effort to start a county fair. His father, James T. Hatfield

Sr., was the county's University of Kentucky Extension agent of agriculture and having a fair was a dream of his. Unfortunately, he died only days before the Lions Club organized and began preparing for the first fair, said Bonita Hatfield, Jim's widow.

She remembers making spears to pick up trash after each night's fair feature, being out all night for tractor pulls and how her husband worked for weeks ahead of the fair organizing and getting things ready, in particular trying to make sure a good carnival company was booked.

"There were times the carnival didn't even show up," she said with a chuckle.

Hatfield said the Lions Club's mission of hosting the fair is a labor of love and it's allowed other groups to benefit from the traffic that comes to town.

"Jim figured out that he could attract other groups to help with manpower," she said. "Different groups or clubs could make a fundraiser out of it. For years the football team made lemon shake ups and the girls' basketball team parked cars. It takes a whole lot of work by a whole lot of people to have a county fair."

In recent years, the fair has not had a carnival. The companies that provide rides and side shows are dwindling due to the rising cost of liability insurance, say organizers. Community organizations still set up vending booths and fun-for-kids stations at the fair.

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# HEALTH and Aging



Taking control of your health  
A special to The Crittenden Press

Thursday, July 29, 2021

Page 10



METRO SERVICES

The signs and symptoms of dementia are typically categorized as being in one of three stages: early stage, middle stage and late stage.

## Dementia signs and symptoms

### Metro Services

Dementia is a global issue that affects people's daily lives in myriad ways. According to the World Health Organization, dementia is a syndrome marked by deterioration in memory, thinking and behavior. That deterioration affects dementia patients' ability to perform everyday activities, potentially robbing them of their independence.

The WHO reports that approximately 50 million people across the globe have dementia and there are nearly 10 million new cases diagnosed each year. Though the hallmarks of dementia, such as memory loss, might be the same, the WHO notes that dementia affects each person differently. That's due to certain factors, including a patient's personality prior to becoming ill. Though people will experience dementia differently, the signs and symptoms of the disease are typically categorized as being in one of three stages: early stage, middle stage and late stage.

### Early stage

Signs and symptoms that mark the early stage of dementia are often chalked up as side effects of aging. But the WHO notes that dementia is not a normal part

### Are Alzheimer's disease and dementia the same thing?

There are many different forms of dementia, and Alzheimer's disease is one of them. In fact, the WHO notes that Alzheimer's is the most common form of dementia, potentially contributing to as many as 70 percent of dementia cases. But people diagnosed with dementia do not necessarily have Alzheimer's.

of aging, so its signs and symptoms, even if they are not yet severe or significant, should not be written off as a byproduct of growing old. Common symptoms in the early stage of dementia include forgetfulness, losing track of the time and becoming lost in familiar places.

### Middle stage

Life becomes more difficult during the middle stage of dementia, when signs and symptoms become more apparent. The forgetfulness present in the early stage now becomes forgetfulness of recent events and people's names. People in the middle stage also may become lost in their own homes and experience a growing difficulty with communication. People in this stage may need help caring for themselves, and some experience behavioral changes such as wandering and

repeated questioning.

### Late stage

Memory disturbances are significant in the late stage of dementia, when people are almost entirely dependent on others. People in late stage dementia may have difficulty recognizing relatives and friends and be unaware of the time and place. Many people in this stage need assistance with self-care and they may have difficulty walking. Behavioral changes may escalate, and some people in this stage become aggressive, even toward their loved ones.

Dementia affects tens of millions of people across the globe. Though there currently is no cure for dementia, the WHO emphasizes the importance of early diagnosis, which starts with learning the stages of dementia and the hallmarks of each stage.

## Debunking COVID-19 vaccine myths

### Metro Services

Vaccinating a high percentage of individuals against COVID-19 is a key component of the global strategy to diminish the effects of the virus that first appeared in late 2019. Since the distribution of the COVID-19 vaccines began in the United States on December 14, 2020, more than 294 million doses have been administered, and more than 135 million people, or 41 percent of the total U.S. population, have been fully vaccinated, according to data from the Centers for Disease Control and Prevention released in May 2021.

As vaccine eligibility continues to open up and now includes children as young as 12 for certain vaccines, public health agencies are urging eligible people to get vaccinated. However, with myths continuing to circulate, individuals may need a little more reassurance that vaccination is the smart and safe choice. The following information, courtesy of Johns Hopkins Medicine, the CDC, the Cleveland Clinic and the Mayo Clinic Health System, can clear up some misinformation about the COVID-19 vaccines.

■ **Myth #1:** Because COVID-19 vaccines were rushed, they're not safe and can't be trusted.

**Fact:** The vaccines were developed in record time but not because there were shortcuts in the process. Certain red tape was navigated more efficiently than it had been with past vaccines. Plus, the new technology at

the center of the mRNA-based vaccines has been in development for more than three decades. The vaccine developers put the vaccines through rigorous clinical trials involving tens of thousands of volunteers.

■ **Myth #2:** The vaccines affect fertility.

**Fact:** COVID-19 vaccines encourage the body to create copies of the spike protein found on the surface of the coronavirus and "teach" the immune system to fight the virus that has that specific spike protein. There was confusion when this spike protein was mistakenly reported as the same as another spike protein that is involved in the growth and attachment of the placenta during pregnancy. During the Pfizer vaccine tests, 23 female study volunteers became pregnant. The only one to suffer a pregnancy loss had received the placebo and not the vaccine.

■ **Myth #3:** COVID-19 vaccines will change my DNA.

**Fact:** Both mRNA vaccines and viral vector vaccine, which is the technology for the Janssen vaccine, deliver genetic material to cells to start virus protection. The material never enters the nucleus of the cell, which is where DNA is stored. That means these vaccines do not alter or interact with DNA in any way.

■ **Myth #4:** These vaccines have severe side effects.

**Fact:** Side effects to the vaccines are short-term, mild or moderate reactions

Myths - Cont. on page 10

## Healthy living with Diabetes

Kentucky Department for Public Health

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# Health problems middle-aged men may face

*Metro Services*

The human body requires constant upkeep in order for people to maintain their health over the long haul. An encouraging annual physical should inspire people to keep up the good work, while one that uncovers certain issues should spark changes designed to promote optimal health for years to come.

Men who work hard to keep themselves healthy should know that their hard work may not prevent certain issues. That's especially so for men in middle age, as men's risk for various conditions increases with age.

**High blood pressure/hypertension**

Blood vessels naturally become less flexible as the body ages. WebMD notes that this decreased flexibility puts pressure on the system responsible for carrying blood throughout the body. That's one reason why high blood pressure, also known as hypertension, is more common among aging adults. In fact, Johns Hopkins Medicine notes that even people who do not have hypertension by age 55 to 65 still have a 90 percent chance of developing it at some point. The Mayo Clinic reports that, until age 64, hypertension is more common in men, so middle-aged men should take steps to reduce their risk even if retirement is still a long way off. Johns Hopkins Medicine notes that shedding excess weight, reducing alcohol consumption, becoming more physically active, and reducing stress are just some of the ways adults can reduce their risk for hypertension.

**Heart disease**

A recent report from the Centers for Disease Control and Prevention found that a growing number of middle-aged Americans are dying from heart dis-

ease. Researchers at the CDC's National Center for Health Statistics found that, between 2011 and 2017, the rate of deaths from heart disease for adults between the ages of 45 and 64 increased by 4 percent. The American Heart Association notes that a significant percentage of heart disease cases are linked to obesity, so men in middle age can make a concerted effort to lose weight if they're already overweight or obese. Middle-aged men who are currently maintaining healthy weights can continue to do what they're doing while also recognizing that they may need to alter their diets and exercise regimens in the years ahead.

**Prostate problems**

WebMD notes that the prostate begins to enlarge as men age. In fact, that process slowly begins around age 25. Enlargement of the prostate is known as benign prostatic hyperplasia, or BPH, and it's entirely normal. However, around age 50, BPH can begin to produce some uncomfortable side effects. More frequent trips to the bathroom and difficulty with urination may begin around this time, and that's a result of the prostate growing larger. Various organizations recommend men, beginning around age 40, start speaking to their physicians about their family history in regard to the prostate. Lifestyle changes like cutting back on caffeine and alcohol consumption may help reduce the side effects of an enlarging prostate by decreasing the number of times men must visit the toilet each day.

Men may have to confront various health issues in middle age. Many of these issues can be overcome or made less severe by implementing some simple strategies.

# Functions of the thyroid

*Metro Services*

A small, butterfly-shaped gland located in the front of the neck may not seem like a significant part of the body, but it performs many critical functions. The thyroid is a part of the endocrine system and it's responsible for controlling various hormones throughout the body, notably T4 (thyroxine) and T3 (triiodothyronine). The pituitary gland tells the thyroid how much of these hormones the body needs. Here's a look at some functions of the thyroid, courtesy of University of Michigan Health.

■ **Metabolism:** The thyroid is estimated to be responsible for up to 60 percent of one's metabolism or basal metabolic rate. Basal metabolic rate relates to how many calories a person burns at baseline while

performing normal functions to survive.

■ **Hair:** The thyroid affects hair texture and growth.

■ **Energy level:** The thyroid can ensure that a person has enough energy to get through the day.

■ **Controls other hormones:** Testosterone, estrogen, progesterone, and cortisol are regulated by the hormones of the thyroid.

■ **Ability to focus:** People who have issues with their thyroids may experience difficulty focusing and may feel as though they have "brain fog."

■ **Regulates heart rate:** Thyroid hormones help to regulate heart rate by influencing how fast or slowly the heart pumps.

■ **Digestion:** The thyroid influences the rate at which food moves through the digestive tract.

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# Women's guide to menopause

*Metro Services*

Menopause is a natural occurrence in a woman's life. Menopause occurs 12 months after a woman's last period. It marks the end of the reproductive years and the cessation of menstruation.

Many women mistakenly believe that the years leading up to the end of their periods is menopause. In fact, this time of potential hot flashes and changes in their monthly cycles is a transitional period known as perimenopause.

The National Institute on Aging says menopause can take place between ages 45 and 55. Perimenopause may occur several years before that.

**Signs the transitional years are beginning**

Irregular menstruation is one of the first indications that a woman's body is changing. Periods may come at different times or be shorter or last longer. Some women bleed more or less than usual. Women should consult their gynecologists if their periods last more than a week or if bleeding is especially heavy.

**Hot flashes could occur**

The NIA says many women experience hot flashes in both peri-

menopause and menopause. Hot flashes are believed to be related to changing estrogen levels. The sudden feeling of heat in the upper part or all of the body is often accompanied by flushing of the face and neck. When they occur at night, hot flashes are called night sweats.

**Mood changes/sleep issues**

Fluctuating hormones can cause other changes in the body. It's common for women in perimenopause to experience mood changes. However, mood also may be affected by disruptions to sleep that can occur at this time. Women can speak to their doctors about remedies that can help with mood and sleep issues.

**Additional changes**

Since hormones are responsible for many operations in the female body, additional changes are possible at this point in a woman's life. Thinning hair and dry skin may occur. Many women also complain of vaginal dryness. Loss of breast fullness might be evident. Furthermore, weight gain and slowed metabolism are possible.

The Mayo Clinic says women may still experience pregnancy in midlife despite irregular periods. This can be a confusing time for women, as they may not be sure if they're pregnant or if they've started the

menopause transition. After a woman experiences menopause and enters post-menopause, she is more vulnerable to heart disease and osteoporosis. Women should continue to see their doctors for routine health visits and screenings. Menopause is often accompanied by various side effects. Women can speak with their physicians if they have any questions or concerns during this unique time in their lives.

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# What to expect from cataract surgery

Metro Services

Cataracts are a clouding of the lens of the eye that can cause blurry vision and increase glare from lights. The Mayo Clinic indicates that cataracts can make it difficult for people to carry out their normal activities or interfere with treatment of other eye problems. In such instances, doctors may recommend cataract surgery.

The American Academy of Ophthalmology says cataract surgery involves removing the lens of the eye when it's cloudy. A cloudy lens can make people feel like they are looking through a foggy or dusty car windshield. That's because a cataract-plagued lens cannot refract light rays effective-



ly. Many images appear hazy and blurry, or less colorful. Surgery is the only way to effectively treat cataracts. The cloudy lens is replaced with an artificial clear lens called an intraocular lens, or IOL, says the AAO.

Cataract surgeries have become routine and most operations are successful. The National Institutes of

Health says as many as 95 percent of people who undergo cataract procedures experience an improvement in the sharpness of their vision.

Replacement of the damaged lens is the goal, but there are different types of cataract surgery that vary based on the size of the incision and the technology used to remove

the cataract. Phacoemulsification is one popular procedure during which a surgeon will make a two- to three-millimeter-long incision in the front of the eye for an ultrasonic probe. The probe utilizes vibration to break up the cataract and removes the fragments with suction. A foldable lens is then inserted through the incision. Here are some things to expect from cataract surgery.

■ A week or more before the surgery an ultrasound test will measure the size and shape of the eye. This helps to determine which type of IOL will later be inserted and become a permanent part of the eye.

■ IOLs can come with different features, such as

blocking ultraviolet light or being monofocal or bifocal in nature. Others correct astigmatism. An eye doctor will discuss which type of lens is best.

■ Medicated eye drops may be prescribed before surgery to reduce the risk for eye infections.

■ Patients may need to stop taking certain medications prior to surgery, particularly if they can increase bleeding risk. Also, doctors may advise patients to avoid solid food several hours before surgery and avoid drinking alcohol for a day prior.


■ You will be awake for the procedure, but your eye will be numbed and you won't be able to see what the surgeon is doing. Some doctors provide a

sedative to help with relaxation.

■ Typically the surgery is an out-patient procedure, meaning you'll be able to return home the same day. However, you will not be able to drive, so arrange for transportation.

■ Medicated eye drops may be prescribed, and recovery may include limiting activities for a few days. Any eye discomfort should disappear after a couple of days. Eye patches and protective sunglasses also may be recommended.

Cataract surgery can give people a new lease on life through improved visual clarity. The procedure is relatively easy and successful for the majority of people who undergo it.



## Senior Scams

### Tips to Prevent Fraud

#### General Tips to Prevent Fraud

- Never give out personal information to anyone on the phone, mail or internet.
- Never respond to an offer that you do not understand.
- Ask for it in writing and pay only when you have received a performed service.
- Do not toss credit card receipts or statements in the trash whole — shred them first.
- Close unused credit card or bank accounts.

#### Healthcare & Health Insurance Fraud

- Do not sign blank insurance forms or give blanket authorizations.
- Do not do business with telephone or door-to-door salespeople.
- Do not give your Medicare or health insurance to just anybody.
- Check with your doctor if a prescription bottle looks suspicious or has adverse side effects.

#### Investment & Reverse Mortgage Scams

- Do not respond to unsolicited requests.
- Do not sign any documents from unsolicited persons.
- Be wary of anybody offering a free deal.

#### Funeral & Cemetery Fraud

- Don't let the salespeople pressure you into immediate purchases.
- Understand contract terms, basic fees and extra services.


#### Telemarketing Fraud

- Hang up if you hear these phrases: "free," "low-cost" or "act now."
- Don't buy from unknown companies.
- Don't pay for anything until you receive it.

#### Charity Scams

- Do not disclose any personal or financial information.
- Check and see that the charity is registered with the state. Qualified charities will not ask for all this information.

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## What You Need to Know About Diabetes and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. **Getting vaccinated is an important step in staying healthy.**

### Why Vaccines Are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections. If you have diabetes, you may be at risk for more serious complications from an illness compared to people without diabetes.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications to control your diabetes. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

#### Getting Vaccinated

You regularly see your provider for diabetes care, and that is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit [www.healthcare.gov](http://www.healthcare.gov) to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

### What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Hepatitis B vaccine series to protect against hepatitis B

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

**For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).**

For More Information Contact Pennyridge District Health Department

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Patients can take steps to ensure their telemedicine sessions with their physicians are as productive as possible.

# How to prepare for online appointments

*Metro Services*  
Change was a big part of life in 2020. As the world confronted the COVID-19 pandemic, changes had to be made to keep people safe and prevent the virus from spreading. Some of those changes will no doubt prove temporary, while others may have staying power.

An increased reliance on telemedicine is one notable change to take place during the pandemic that figures to stick around long after people have gotten rid of their masks. When in-person doctor visits became risky, many doctors increased their telemedicine offerings, allowing patients to call in and discuss issues or symptoms over the phone. In many instances, doctors can prescribe medications or recommend treatments without seeing patients in their offices, and patients may appreciate that convenience even after the pandemic has ended.

Some people may have been hesitant to embrace telemedicine, and reports during the pandemic's early stages reflect that hesitation. Data from the National Cancer Institute indicates that screenings for breast cancer and colorectal cancer dropped by roughly 89 and 85 percent, respectively, in the

first couple of months after the World Health Organization declared a pandemic. Though cancer screenings typically must be conducted in person, the decline in screenings suggests patients were not speaking with their physicians during the early months of the pandemic. Had patients been more willing to speak with their physicians over the phone or via video conferencing apps like Zoom, the decline in cancer screenings likely would not have been so significant, as doctors would have emphasized the importance of screenings, even during a pandemic.

Telehealth appointments can be valuable for anyone, and patients can take steps to ensure their telemedicine sessions with their physicians are as productive as possible.

- Write down questions. Prior to an appointment, patients can write down any questions they have for their physicians. This helps ensure nothing is forgotten during the appointment. Writing down questions is especially important for telehealth appointments, as it can be easy to be distracted when calling in from home.
- Keep a health diary. A health diary can help

patients point to symptoms or other persistent issues they've faced in the weeks or months leading up to their telehealth appointments. Jot down everything from the severity and frequency of symptoms to fluctuations in weight to any reactions to medications. No detail is too minor, as the more informed patients are the more fruitful their discussions with physicians can be.

- Photograph any extraordinary symptoms. Physical examinations are vital components of preventive health regimens, but many people have delayed or skipped annual physicals during the pandemic. If any unusual symptoms or issues like rashes arise, document them by taking photos and measure the size of any lumps. Any symptoms should be reported to a physician immediately, but documentation like photographs can ensure nothing is lost in translation during telehealth appointments.

Telemedicine figures to play a bigger role in health care in the years to come. Embracing strategies to make telehealth appointments more successful can help patients adapt to the changing health care landscape.

## Men's health screenings recommended

*Metro Services*  
Men need to be proactive in regard to monitoring their overall health. This includes seeing their doctors for regular wellness visits and keeping up with recommended screenings to catch and/or prevent illnesses. While men and women can experience the same conditions, health experts recommend specific tests and screenings for men in various age groups.

Johns Hopkins Medicine advises that men are at risk for certain conditions, including several types of cancer, such as prostate, colon and lung cancers. However, Harvard Medical School states men are less likely than women to get routine physical exams and screenings. An American Academy of Family Physicians survey found that 55 percent of men had not seen their doctors for a physical exam in the previous year, even though 40 percent had a least one chronic condition.

While many screenings are recommended starting at age 40 or 50, men should discuss family histories and risk factors to determine if testing

should begin earlier. The following are important health screenings to consider.

- Prostate-specific antigen test: A PSA is a blood test that measures how much prostate-specific antigen is in the blood. Measuring PSA has been a standard for prostate cancer screening for 30 years. General guidelines indicate PSA screening begin at age 55. However, having at least one first-degree relative with prostate cancer could necessitate earlier testing.
- Colorectal cancer screening: Colorectal cancer screening generally occurs between ages 50 and 75. Tests include fecal occult blood tests, stool DNA tests, colonoscopy, and contrast barium enemas. Doctors will determine which tests are applicable and how often to conduct them.
- Diabetes: Men who have a BMI over 25 are overweight and should consider a diabetes screening. In addition, blood pressure above 130/80 mm Hg or other diabetes risk factors could require a blood test to check for elevated glucose levels.
- Abdominal aortic aneurysm: Guidelines recommend a one-time screening for men who

have smoked between the ages of 65 and 75.

- Hepatitis B and C: Men are at increased risk for infection if they have had unprotected sex with multiple partners, received blood transfusions or transplanted organs before June 1992, are healthcare workers who have been stuck by needles, or travel to regions with high rates of the hepatitis B virus.
- Lung cancer screening: Men should undergo a lung cancer screening through low-dose computed tomography if they are over age 55, have a 30-pack-per-year smoking history and currently smoke or quit within the past 15 years.
- Testicular cancer screening: Testicular cancer is one of the most common cancers among young men, says Johns Hopkins Medicine. Early screening can include self-checks. Routinely checking the testicles for any lumps or unusual features while showering can help detect testicular cancer. Doctors may order a painless ultrasound if something is discovered.

Health screenings are an important component of men's health care. Now is the time to have a discussion with the doctor about which screenings are necessary.



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## Did you know?

*The exact causes of many headaches continues to confound medical researchers*

The exact causes of many headaches continues to confound medical researchers. Though the Cleveland Clinic notes that certain environmental factors, such as exposure to allergens or strong odors from household chemicals, can trigger headaches, the mechanism that causes muscles or blood vessels to swell or tighten remains something of a mystery.


During a headache, the mysterious mechanism activates specific nerves that affect muscles and blood vessels, and these nerves then send pain signals to the brain. Harvard Medical School notes that tissues that surround the brain and some major nerves in the brain also can signal pain.

HMS also reports that while there are more than 300 types of headaches, only about 10 percent of them have an identifiable cause. And what triggers a headache in one person will not necessarily do so in another. However, HMS notes that people who suffer from migraines, an especially severe type of headache that can increase a person's risk of heart attack, tend to remain sensitive to the same triggers. That's good news, as it means that people who can identify their headache triggers can then take steps to avoid those triggers in the future in the hopes of reducing the frequency of their headaches.


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# Vaccinated seniors should prep before travel

Metro Services

The efforts of researchers and public health officials in developing safe and successful COVID-19 vaccines was nothing short of historic. Vaccines typically take years to develop, but a combination of factors enabled researchers to make COVID-19 vaccines available to vulnerable populations by December 2020, or roughly nine months after the World Health Organization declared a global pandemic. Researchers had already conducted years' worth of vaccine research on human coronaviruses, which the Centers for Disease Control and Prevention notes were first identified

in the mid-1960s. That research proved invaluable as pharmaceutical companies raced to produce COVID-19 vaccines. In addition, a less linear approach to testing and vetting vaccines than was traditionally applied in past outbreaks enabled the vaccine to be rolled out more quickly, potentially saving millions of lives. Men and women over the age of 65 were among the first groups to be given the COVID-19 vaccine. Many people within that group are retired and had looked forward to traveling, only to have those plans interrupted by the pandemic. Now that they're fully vaccinated, seniors are setting their

sights on travel once again. Though the COVID-19 vaccines have made vulnerable groups like seniors less likely to suffer severe illness from the virus, there's still a few things adults over 65 should know when making travel plans. — **The virus** Data from the CDC indicated that more than 87 million people in the United States had been fully or partially vaccinated as of April 20, 2021. Among those, just 7,157 had become infected with COVID-19, and only 331 of those required hospitalization. That's an encouraging figure that illustrates just how effective


the vaccines are at preventing infection and serious illness. Recognizing that efficacy may help calm any concerns fully vaccinated seniors have about traveling. — **Restrictions** Though a significant portion of the eligible populations in the United States and Canada had been fully or partially vaccinated by mid-spring, overseas travel restrictions may still be in place. Some countries, such as India, continued to confront devastating waves of the virus and may not be allowing overseas visitors anytime soon. In addition, in mid-spring the European

Union was still devising a strategy to allow fully vaccinated foreign tourists to visit the continent. Proposals suggested such travel could be allowed by late June, but it's important that seniors learn of any potential restrictions before booking trips. — **Attractions** When planning a trip, seniors may want to look for areas with plenty of outdoor attractions. The CDC continues to recommend that people, even those who are fully vaccinated, gather outdoors, where the virus is less likely to be transmitted. When traveling, seniors may be spending time

around people who have not yet been vaccinated, and despite the efficacy of the vaccines, that might make some travelers nervous. So choosing locales with plenty of outdoor attractions can be a great way to quell any travel-related concerns seniors may have. The remarkable achievements of researchers involved in developing COVID-19 vaccines has helped seniors return to something resembling normal life. Seniors with their eyes on travel can safely book trips after doing some research about their destination and giving careful consideration to their comfort levels.

Did you know?

The Academy of Nutrition and Dietetics reports that mushrooms contain about 15 vitamins and minerals, including folate magnesium, potassium, vitamin B6, and zinc. Mushrooms also are low in calories and rich in antioxidants, which can help to lower risk for inflammation.



## Simple ways to maintain memory

Metro Services

Adults confront various age-related side effects as they transition from middle age to their golden years. Skin may begin to wrinkle and hair may turn gray, but those are just the visible side effects of aging. Many additional effects are unseen, but those changes can have a profound effect on adults' quality of life. According to the Mayo Clinic, various parts of the body are affected by aging. For example, the cardiovascular system changes as people grow older. Blood vessels and arteries stiffen as adults age, forcing the heart to work harder to pump blood through them. Though many changes are linked to aging, other changes commonly associated with aging, such as a decline in memory, reasoning and other thinking skills, are not natural. The Alzheimer's Association® notes that dementia is not a normal part of aging. There are many different types of dementia, including Alzheimer's disease, and these are the result of damage to brain cells that affect a person's ability to communicate. That damage is not inevitable, even if it's commonly associated with aging.

education compels people to remain mentally active, which in turn helps them maintain a strong memory. Even aging men and women who are still working in challenging fields can benefit from pursuing a new hobby or learning a new skill. ■ Use the tools at your disposal. It may seem counterintuitive to suggest that organizational tools like planners, maps and lists can help people maintain their memories. However, HMS notes that expending mental energy on finding car keys or trying to remember what to buy at the store makes it harder to learn new and important things. ■ Let all your senses play a role. HMS reports that the more senses a person uses to learn

something, the more his or her brain is involved in retaining a memory. HMS cites one study in which adults were shown a series of emotionally neutral images that were each presented along with a smell. Participants were not asked to recall what they saw, but were later shown a set of images and asked to indicate which they had previously seen. The participants had excellent recall for the odor-paired images, and researchers believe that's because additional parts of the brain were activated when participants were asked to use more than one sense. Memory loss is not an inevitable side effect of aging, especially for adults who take steps to maintain their memories as they age.

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## MYTHS

Continued from pg. 6

that often resolve without complication or injury and include things like headache, body aches, fatigue, or mild fever. The Janssen/Johnson&Johnson vaccine has been linked to blood clots in a very small percentage of vaccine recipients, but the risk was so minimal that the vaccine was cleared for use after a brief pause. ■ **Myth #5:** The vaccines were made using controversial ingredients. **Fact:** The COVID-19 vaccines were not developed using fetal tissue, eggs, latex, or other allergens. In addition, they do not contain microchips or tracking devices. Millions of people have been vaccinated against COVID-19. To continue this public health initiative, people who may still be wary about the vaccines can learn more about them by speaking with their physicians.



SALEM SPRINGLAKE  
HEALTH & REHABILITATION CENTER

Comprehensive Care

Our clinical approach to wound care is systematic and focused on rapid healing and addressing the underlying causes of patient's wounds. Our comprehensive services and tailored approach helps patients heal faster and avoid more serious illness such as progressive tissue loss or amputation.

Our Clinical Team Includes

- Board-Certified physicians who have advanced training in wound management. Specialties represented include areas such as internal medicine, general surgery and podiatric surgery.
- Nurses trained in caring for acute and chronic wounds.

Wounds We Treat

- Non-penetrating/penetrating wounds and miscellaneous wounds
- Diabetic wounds/ulcers
- Non-healing surgical wounds
- Arterial ulcers
- Complex soft tissue wounds
- Traumatic wounds
- Burns and radiation wounds

Services We Offer

- Debridement
- Advanced wound medications
- Controlling edema
- Off-loading
- Advanced skin grafting
- Wound Vac therapy – KCI certified staff with units available in-house.



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