



Daylight Saving Time officially begins at 2 a.m. Sunday, March 14. At that time, we will jump from 2 a.m. to 3 a.m., source of the familiar saying "spring forward" about the annual start of Davlight Saving Time. Daylight saving time will last until Nov. 7. Much of the country has been observing Daylight Saving Time since 1918.

#### **COMMUNITY NEWS**

#### **FREE FOOD NOW COMES WITH** SET OF USDA STIPULATIONS

Crittenden County will get another round of USDA free grub through the Farmers to Families food box program. The community had a couple of days of program in November when more than \$100,000 worth of food was distributed free to anyone. Now, there are some stipulations. New guidance from USDA require that distributors confirm that individuals and families accepting a box of food are truly in need. "By accepting the food they are certifying that they are food insecure, lack money or other resources and are in need of the Farmers to Families food boxes for their household," according to an official announcement from the county. Distribution will be at 9 a.m., Friday, March 12 at the Pennyrile Allied Community Services center at 402 North Walker

## **Gaining from Loss**

## Local teacher fits into national marketing plans

#### BY KAYLA MAXFIELD THE CRITTENDEN PRESS

A Crittenden County High School teacher is losing something that is putting her on a national stage

Leah Waters, a high school English teacher, has been singled out by BodyFX for her personal weight loss success. BodyFX is a globally-known home-workout program with nutritional guidance and coaching. Part of Waters' diet and exercise plan en route to losing 128 pounds, included the FX model. Because she has seen tremendous results, BodyFX has made her a company ambassador and included her in its marketing material.

Waters credits a diet change, dance workouts and BodyFX instructor Jaana Kunitz as factors that assisted her in shedding those pounds since January of 2019.

Around Christmas 2018, Waters' brother had lost 100 pounds. After seeing his transformation, she decided it was time to make a lifestyle change. Her weight had begun to impact her health and she was relying on Tums and Excedrin for indigestion and headaches.



Fitness guru Jaana Kunitz and local teacher Leah Waters during their recent meeting in Florida.

around the upper level of the high school hallways while on break. Success came with that and a low-carb diet, with some light exercising. Physically she could feel and see a difference, but hit a plateau on the scales.

"During that summer while scrolling through my Facebook feed I came upon an ad for the Figure 8," Waters and a couple of which is a Latin dancecoworkers started walking based exercise program Podcast

through BodyFX.

"They were offering a 30day free trial, so I thought, why not? It was a video of some older men who had success with the program. I mean, hey, if they can do it, surely I can!"

As it turns out, the program was exactly what she needed, losing 18 pounds in those first free days. At that

## Flooding on Ohio

### Lowlands under water, closing roads

STAFF REPORT

Flooding in the Crittenden County lowlands will begin to recede late this week along the Ohio River and its tributaries.

The Ohio River was projected to crest just below 46 feet on Thursday, and to drop fairly rapidly beyond that. The Cave In Rock Ferry, closed since late last week, could possibly open as early as Saturday, if projections on river stages remain on course and further rain does not add to flooding.

The ferry cannot operate when the Ohio River rises much beyond 40 feet on the Shawneetown river gauge. The National Weather Service is forecasting the river to be back to near that level at some point early Saturday.

Temporary closure of the ferry turns a normal 20minute trip to Cave In Rock, Ill., from Marion into a 70-minute detour via the Shawneetown, Ill., bridge.

The ferry carries about 500 vehicles across the river in an average day, according to the Kentucky Transportation Cabinet.

As floodwaters along the Ohio River and its tributaries rose and spilled into lowlands of Crittenden County over the past week, at least a dozen roads were impassable. Those included Providence Road, Enon Church Road, Cool Springs Road, River Drive, Phin Croft Road, Elizabethtown Ferry Road, Weston Road, Barnett Chapel Road, Monroe Wesmoland, Charlie May, River Road and Water Street in Tolu. Some should be passable by the weekend.

Street. The giveaway will include a box of mixed foods.

#### FREE DUMP DAYS THIS WEEK

Free dump days are this week on Thursday and Friday and a half day Saturday. This is a spring cleaning type opportunity for Crittenden County residents. Everyone bringing items to the convenience center on U.S. 60 West must stay in their vehicles while on the grounds due to Kentucky Department of Corrections guidelines. Workers will unload items. Identification will be required and traffic will likely get backed up on U.S. 60 in front of the center. Local law enforcement will be helping direct traffic.

#### UPCOMING MEETINGS

•Crittenden County Board of Education will meet for a working session at 5:30 p.m., Thursday at Rocket Arena.

•Marion City Council will meet in regular monthly session at 5 p.m., on Monday, March 15 at city hall.

•Crittenden County Fiscal Court will meet in regular monthly session at 8:30 a.m., Thursday, March 18 the courthouse.



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As part of The Press' celebration of Women's History Month, we sat down with four-term County Attorney Rebecca Johnson to discuss her career, her late mother's role in the community and home, plus other women who helped shape her education, values and vision. Audio of the entire interview can be heard at The Press Online. Also, local historian Advion Brenda Underdown traces some careers of notable women in Crittenden County's history on Page 5.

The water was also over the road at Sawmill Hollow on Ky. 135 Monday night and a vehicle that tried to go through it became stranded, and had to be helped out by a passersby.

## Out of Touch for Too Long Advocates push to update nursing home guidelines

STAFF REPORT

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It's been one year this week since long-term care facilities have been almost completely closed to family, and the strain is weighing on residents and their loved

ones. Under way right now is a push by a pub-



opportunities for families to reunited

with loved ones in nursing homes. Betty Tabor's husband Jimmy, a longtime Marion

businessman, has been in the local nursing home for almost two years. She believes, that with precautions, there should be ways to see her husband of nearly six decades.

"After 57 years of marriage and old age creeping upon us, I feel like we have been robbed of one of our remaining years," Tabor said.

So far, the only communication she's had with her lifelong spouse has been through a window or over the phone.

"It's not like being able to hold their hand, give them a hug or see their smile. We can't spend enough time with them to get reacquainted. At times I wonder if he even knows me," Tabor lamented.

Tammy Lewis, a Crittenden County woman who's no stranger to nursing homes, has taken it upon herself to help lead a march toward safe contact through in-person visits at nursing homes across the state. She's a medical assistant by profession and has first-hand experience with long-term care because her mother spent 13 years in a nursing home before passing away six years ago. Lewis also had guardianship over another woman in an area nursing facility.

"A lot of times, our older folks just get forgotten,'



Lewis said. "My mom was in there so long and I spent so much time there that I got to know many of the residents, and got to hear all their stories.

Her empathy for the plight of families dealing with COVID-19 separation is the driving force for speaking out and encouraging others to do so, too. She's joined forces with a movement by Consumer Voice called Lift the Lockdown. It includes a virtual rally at 11 a.m., on Friday. You can participate

by joining online at TheConsumerVoice.org.

Lewis says she understands safeguards during the pandemic, but there are risks in not allowing families to see their loved ones in long-term care facilities. There are things a family will notice during in-person visits, such as inconspicuous physical or mental changes that might otherwise go unnoticed.

"The best nurses in the



Thomas "Tommv" Swinford, 84, of Fredodied Thursday, nia, March 4, 2021 at Rivers Bend Retirement Com-

munity in Kuttawa. He was a retired mechanic and was of the Pentacostal failh.

Surviviing are a daughter-

in-law, Christal Swin-Smithland; one ford, sister, Lena Bucking-Marion; ham. two brothers, James Swinford of Marion and Mau-"Buddy" (June) rice Swinford of Ledbetter; one brother-in-law, Doug James of Princeton; one grandson, Bayler Thomas Swinford of Smithland; and several nieces and nephews.

He was preceded in death by his wife, Bonnie Mae James Swinford; his parents, Thomas Leonard and Thelma Mamie Smith Swinford; and one son, Thomas Glenn Swinford.

Funeral services were Sunday, March 7 at Lakeland Funeral Home in Eddyville. Burial was in New Bethel Cemetery in Lyon County.

You may light a candle or leave a message for the family at www.lakelandchapel.com.

### Taylor

Michael Dean Taylor, 58, of Crittenden County, died Tuesday, March 2, 2021 at his home.

Taylor was born April 26, 1962 in Livingston County to the late Neil and Alberta (Threlkeld) Taylor. He was a workaholic who enjoyed riding the tractor, farming, guitar picking and being with his family and grandchildren. He worked as a maintenance technician for TreeHouse Foods/Bremner and was a member of New Union General Baptist Church.

He is survived by his wife of 30 years, Theresa

(Watson) Taylor of Salem; two sons, Jer-

е m (Sarah)



Joyce Watson; and sevaunts, uncles. eral nieces, nephews and cousins. He was preceded in

death by an infant sister and his parents. Funeral services were

Saturday, March 6 in the chapel of Boyd Funeral Directors and Cremation Services with Rev. David Davis officiating. Burial was in Salem Cemetery.

#### Chesnutt Adyson Grayce Ches-

nutt, infant daughter of Breanna Leigh and Caspar Chesnutt, both of died Monday, Boaz, March 1, 2021 at Nortons Children's Hospital in Louisville. She was born Feb. 23 in Paducah.

In addition to her parents, she is survived by a sister, Presleigh Chesnutt of Boaz; grandparents, Michelle and Greg Rushing of Paducah. James Leigh of Marion, Caspar Chesnutt of Lowes, Melissa Miller of Paducah, Mike Ward of Paducah and Cheri and Eddie Ryalls of Portland, Tenn.; her great-grandparents, Brenda and Jim Myrick of Lola, Kim and Doug Miniard of West Paducah, Maryanne Chesnutt of Paducah; and several aunts, uncles and cousins.

She was preceded in death by her grand-mother, Shelby Ward-Miniard and great-grandparents, Bob and Phyllis Phillips and Caspar Chesnutt.

Private graveside services were held at Frances Cemetery. Gilbert Funeral Home was in charge of arrangements.

Memorial contributions may made to Nortons Children's Hospital NICU or the Ronald McDonald House.

#### Marshall Virginia Paula Mar-

shall, 68, of Marion, died Friday, Feb. 26, 2021 at Livingston Hospital and Healthcare Services.

Surviving are her husband, Harold Marshall of Marion; children, Charles Marshall of Drumright, Okla., Jenny Marshall of Marion and Lorie Marshall of Marion; brothers and sisters, Charles Tinsley, Steve Tinsley, Rocky Tinsley, Michael Tinsley, Marie Redd, Barbara Riley and Nora Jane seven grandchildren вен;

She was preceded in death by her parents; Charles and Virginia Tinsley; a daughter, Jodi Sleeger; and a sister, Sally Fritts.

Services were Wednesday, March 3 at Gilbert Funeral Home with burial in Whites Chapel Cemetery.

#### Holloman

Roger Dean Holloman, 74, of Salem, died Saturday. March 6, 2021 at Baptist Health Paducah.

Rev. Roger was pastor of Creekside General Baptist Church for the last 18 years. He led the gospel group, The Servants, for

13 years. the In 1990s, he established Maranatha Baptist Church in Cedar Grove and pastored

there for 10 years. He also served as president Hurricane of Campground for several years.

He was a dozer operator for 31 years. He also did carpentry work and built steeples for several churches in western Kentucky and Missouri.

In addition to farming, Holloman was owner and operator of Lola Nursery and Produce.

He is survived by his wife, Margaret Ann Holloman of Salem; four daughters, Vicky (Jerry) Parker of Clinton, Tenn.; Johnetta (Austin) Taylor of Salem, Valerie (David) Loveless of Panama City, Fla., and Marlene (Billy) Davidson of Bowling Green, KY; a sister, Kuma Little of Marion; 11 grandchildren, Ashley Plaugher, Tyler Collins, Blake Davidson, Jonathan Martin, Aaron Davidson, William Tanner Collins, McKayla Perry, Josie Taylor, Heather Loveless, Anessia Griffin, Andrew Loveless; and eight great-grandchildren.

He was preceded in death by his parents, Virgil and Mary Eva Holloman; brothers, Doyle and James V. Holloman; sisters, Maggie Staab and Mary Lena Belt; a son, George Lawrence.

Funeral services were Wednesday, March 10 at Myers Funeral Home in Marion, with Bro. David Davis officiating. Burial was in Bethel Cemetery.

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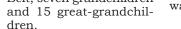
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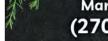


Smun 01 Evansville, Ind., and Chad (Michelle) Taylor of

Princeton; three brothers, Bruce Taylor of Tiline, Donnie Taylor of Marion and David Taylor of Marion; two sisters, Brenda Adams of Marion, grandchildren,

and Jane Anderson of Greensburg, Penn.; six Allie Smith, Payton Smith, McKinley Wadlington, Hadley Taylor, Bailey Taylor and Whitley Taylor; his mother-in-law,





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#### **KDFWR WMA IN CRITTENDEN, UNION** WILL BE BURNING

Kentucky Department of Fish and Wildlife Resources will be conducting several prescribed burns on Big Rivers Wildlife Management Area in Crittenden and Union counties.

The burn period is expected to occur between now and April 15. During this period, the public may notice smoke rising from the Wildlife Management Area.

#### SHOOTING SPORTS **GEARING BACK UP** WITH 4-H PROGRAM

Crittenden County 4-H Shooting Sports is getting ready to gear up for local youngsters age 9-18.

There will be a registration meeting at 6 p.m., on Monday, March 22 at the Crittenden County Extension office annex on U.S. 60 East.

Registration cost is \$10. There is a mandatory safety training class at 6 p.m., the following Monday, March 29 at the Crittenden **County Extension Park** (former Crittenden County Gun Club on Ky. 91).

The shooting sports program includes instruction, live firing and competitions for shotgun, rifle and black powder weapons.

#### Call the Extension office at 270-965-5236 for more details.

#### **KICK CANCER WILL ZOOM NEXT SESSION**

**Kick Kentucky Cancer** program will host a Zoom session titled "Taking Care of Your Mental Health During Cancer," at 6 p.m., March 18 and at 10 a.m., March 22.

The educational series, locally facilitated by the Crittenden County Extension Service, addresses the seriousness and consequences of mental health issues after a cancer diagnosis and focuses on making healthy lifestyle choices to decrease that risk. Information is beneficial for patients and caregivers.

Call the Crittenden **County Extension Office** at 270-965-5236 to get the Zoom link and lesson materials.

#### **GAS PRICE SPIKE CONTINUES IN KY**

Kentucky gas prices have risen 5.1 cents per gallon in the past week, averaging \$2.57 early this week, according to GasBuddy's daily survey of 2,623 stations in Kentucky. Gas prices in Kentucky are 29.1 cents per gallon higher than a month ago and stand 39.7 cents per gallon higher than a year ago.

The national average price of gasoline has risen 3.4 cents per gallon in the last week, averaging \$2.77, up 29.8 cents per gallon from a month ago and 41.1 cents per gallon higher than a year ago.

#### **U-HAUL TEAMS WITH** MARION BUSINESS

U-Haul has announced that Rocket Tire has joined its team as a U-Haul® neighborhood dealer to serve the Marion and Crittenden County.

Rocket Tire will offer a full-range of U-Haul services, the company said in a news release. U-Haul has teamed

with independent dealers to offer moving equipment since 1945.

#### **UNEMPLOYMENT IN** STATE IS UP IN 2020

Kentucky's annual unemployment rate for 2020 was 6.6 percent, up from 4.1 percent in 2019, according to the Kentucky Center for Statistics (KYSTATS), an agency of the Kentucky Education and Workforce Development Cabinet.

The U.S. annual unemployment rate jumped to 8.1 percent in 2020 from 3.7 percent in 2019.

The U.S. Bureau of Labor Statistics' estimate of the number of employed Kentuckians for 2020 was 1,885,645. This figure was down 99,017 from the 1,984,662 employed in 2019.

The number of unemployed Kentuckians for 2020 was 134,242, up 48,572 from the 85,670 unemployed in 2019. There were 78,479 fewer individuals unemployed in 2020 than 10 years ago.

In 2020, the estimated number of Kentuckians in the civilian labor force was 2,019,887. This was

down 50,445 from the 2,070,332 recorded in 2019, and down 45,136 from 10 years ago when the civilian labor force was 2,065,023.

Labor force statistics, including the unemployment rate, are based on estimates from the Current Population Survey of households. The survey is designed to measure trends in the number of people working. It includes jobs in agriculture and individuals who are self-employed.

All 50 states experienced a statistically significant increase in their annual unemployment rates from 2019 to 2020. Kentucky's unemployment rate for 2020 was higher than 20 states and lower than 29 states. Nevada had the highest unemployment rate in 2020 at 12.8%, while Nebraska had the lowest rate at 4.2%. Among its surrounding states, Kentucky's unemploy-

Family Pratin Con the

ment rate was lower than Illinois, Indiana, Ohio, Tennessee and West Virginia and higher than Missouri and Virginia.

In a separate federal survey of business establishments that excludes jobs in agriculture and people who are self-employed, Kentucky's nonfarm payroll in 2020 decreased by 110,018, or 5.7 percent, to 1,835,367 jobs.

#### **CRITTENDEN WOULD** GET \$1.7 MILLION

The American Rescue Plan Act passed by the U.S. Senate last week awaits final approval from the U.S. House and President Joe Biden perhaps as early as late this week. If approved by Congress the \$1.9 trillion coronavirus relief bill would send an estimated \$874 million in direct aid to Kentucky counties. Crittenden County's

share of the relief aid would be \$1,723,104. Livingston stands to receive \$1,799,026.

Deadline to spend funds would be Dec. 31, 2024 and approved expenses would include COVID response; assistance to households, small businesses and nonprofits; aid to impacted industries such as tourism, travel, and hospitality; cost for essential work during the COVID-19 public health emergency; for government expenses if the pandemic adversely affected revenue from taxes such as online, property or income taxes; public health emergencies; and to make necessary investments in water, sewer, or broadband infrastructure.

For Breaking News Between Issues See The Press Online Go to The Press Online

### **MARION POLICE activity report**

Data below provided by Marion Police Department compare February police acitivity for the month of February 2021 to the same month in 2020. The chart also includes the previous month's totals, year-to-date police activitiy totals and a five-year monthly average.

CATEGORY	FEB. 2021	FEB. 2020	JAN. 2021	2021 YR TOTAL	5 YEAR AVG.	
Miles driven/patrolled	2,457	2,625	3,110	5,567	2,821.5	WARION
Criminal investigations	6	9	7	13	14.6	new
Domestics	4	12	6	10	9.3	Mortes Col
Felony Arrests	1	3	1	2	3.8	1389
Misdemeanor arrests	6	4	2	8	8.2	ALL ST
Non-criminal arrests	3	8	3	6	6.5	MPD 270.965.3500
DUI arrests	0	1	1	1	0.9	Police Chief
Criminal summons serv	ed <b>1</b>	3	2	3	2.6	Ray O'Neal
Traffic citations	6	23	29	35	18.8	Asst. Chief
Other citations	8	17	9	17	19.6	Bobby West
Traffic warnings	3	6	2	5	8.6	
Parking tickets	1	0	0	1	0.2	<b>On Facebook</b> Marion Police
Traffic accidents	9	1	3	12	6.0	Department
Security checks/alarms	30	31	42	72	59.6	Marion-KY
Calls for service	124	179	131	255	209.3	

### **50 YEARS AGO**

#### March 11, 1971

A number of students at Murray State University were listed on the Dean's List for the fall semester. Among the honor students from Crittenden County were Ronald Alvis, William Arflack, Deborah Barnett, Pamela Caudill, Joy Hendrix, William Hodge, Mary Holloman Yvone Holsapple, John A. Hunt, Linda L. Hunt, Brenda Kirk, Kathy McNeely and Glenna Tosh. After 33 years of postal service to the Sheridan community as postmaster Charles S. Hughes retired. He served under six presidents and eight postmaster generals.



Brenda Walton, Keely Holloman, Robin Hinton, Mona Todd, Jennifer Driver, Shelly Asbirdge, Jennifer Brasher, Whitney Clark, Melinda Tinsley, Kerrie Barnes, Roxanna Tinsley, Amanda Anderson and Amanda

## Looking for a new physician?

Dr. David Fairbanks sees patients of all ages at Family Practice Clinic.

## **25 YEARS AGO**

#### March 14, 1996

The Crittenden County elementary-level chess team captured its second state championship in three years. Members of the team were Jason Guess, Brian Mc-Cree, Cameron Mays, Jay Thompson, Lyndsey Hall and Coach Brenda Foster. The Crittenden County High School chess team also won the state championship for the third consecutive year. Coach Brenda Foster as well as Mike Wheeler, Jamie Myrick, John Foster and Jonathan Kirk brought home the win for the high school team.

Twenty-seven Crittenden County Middle and High School Chorus students participated in the annual Kentucky Music Educators Association First District Solo-Ensemble Performance Assessment Event held at Marshall County High School. Kristy Walker, a high school junior achieved a Superior/Distinguished rating on her soprano solo. Receiving Excellent/Proficient ratings were: Shawn Vandevender, Jamie Hoolis, Jennifer Driver, Shelly Asbridge and Shannon Joyce. In the Good/Apprentice category were: Jessica Walker, Shawn Vandevender, Jennifer Moore, Shannon Joyce, Carra Martin,

Wright.

■ The Woman's Club of Marion held its Annual Meeting and Federation program, and the installation of new officers at the club's building. Marsh Leonard, KFWC First District Governor, installed the following officers for 1996-97: Rebecca Tyner-Belt, president; Pari Mizeur, vice president; Lucy Leonard, recording secretary; Penny Funkhouser, corresponding secretary and Cindy Moore, treasurer.

## **10 YEARS AGO**

#### March 10, 2011

Crittenden County Elementary students participated in Read Across America Week and celebrated Dr. Suess' birthday. Students were encouraged to dress up like their favorite book characters and winners from each class were chosen. They were Aria Kirk, Hannah Long, Lane West, Trevor Eifler, Ryleigh Tabor, Logan Young, Cole McKinney, Kyle Tinsley, Samantha Tinsley, McKenna Myers, Nathan Brantley, Lily Gardner, Alivia Moore, Kyren Rozwalka, Matthia Long, Alivia Parent, James Crider, Milaja Kimbrell, Elizabeth Pasano, Jacob Hoover, CJ McDowell, Harley Wesley, Daelynn Hardin, MaKensie Simpkins, Kylie Collins, Devon Nesbitt, Kaitlynn Earls, Madison Champion, Alexis Wilson and Hannah Cooksey.

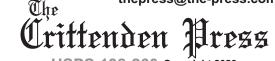
#### Local cooking show hosts town mayor

STAFF REPORT

Cooking with Janeen, the Crittenden County Extension live online cooking program, will feature Marion Mayor Jared Byford for its next show.

The program will be broadcast on the Extension's Facebook page, and perhaps for the first time on YouTube simultaneously. It will also be available on replay later on both platforms. It will air originally at 11 a.m., on March 25.





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42064

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The Crittenden Press (USPS 138-260) is published weekly by The Crittenden Press Inc., P.O. Box 191, 125 E. Bellville St., Marion, KY 42064. Periodicals postage paid at Marion, KY and at additional mailing offices. Subscriptions \$32 to \$55 per year. POSTMASTER: Send address changes to The Crittenden Press, P.O. Box 191, Marion, KY 42064

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## Broadband bill aimed at cleaning up Wired failures

The Kentucky Constitution requires the General Assembly to meet in odd numbered years for no more than 30 days and to complete its business by the end of March. As I write this update, we

have met for 24 days leaving six days for completion of busi-We ness. meet Thurs- Lynn day and Friday, March Guest 11 and 12;



**KY STATE HOUSE** Monday and

Tuesday, March 15 and 16; and Monday and Tuesday, March 29 and 30.

March 11 and 12 are primarily for the House to hear Senate bills and for the Senate to hear House bills. I also anticipate the budget will be voted on and possibly approved during one of those days. March 15 and 16 are primarily for each chamber to take up bills that the other chamber changed during debate and to come to agreement on any bills

that were sent to a conference committee.

Please note my use of the word "primarily" because what I described is simply the intent of those days. Some other work can, and most always does, take place during each of those days.

Once a bill is passed by both the House and Senate, the governor has 10 days – not including Sundays - to decide whether to sign a bill into law, let it become law without the Governor's signature, or to veto the legislation. During those days at the end of session, the legislature does not meet. Therefore, March 29 is set aside for the legislature to have the opportunity to review any vetoes made by the governor. March 30 is for any lingering business that remains.

The Kentucky Wired program was created during the waning days of the Steve Beshear administration with the stated intent to bring broadband to every part of the state. The program has been a colossal failure in bringing broadband to the end user which is referred to as the "last mile." This failure necessitated other options.

House Bill 320 (HB-320) is a bill designed to help bring broadband to unserved or underserved areas of the commonwealth. This is especially important to rural areas such as those of us in the 4th Legislative District. HB-320 would allow electric cooperatives that are regulated by the Public Service Commission to qualify for the financial assistance available to other broadband providers through the Broadband Development Fund that was created during last year's session of the General Assembly. To assure that the electric cooperatives conprovide tinue to electricity while working on broadband delivery to its customers, HB-320 limits co-ops to putting up no more than 25 percent of their assets as collateral for a loan to provide broadband service. I voted Yes on HB-

320, the bill passed the full House, and has been sent to the Senate for its consideration.

Bills aimed at protecting the children of the commonwealth were uppermost on the mind of House members. Three bills were considered: House Bill 472, House Bill 254, and House Bill 155. I voted Yes on all three, they all passed and have been sent to the Senate for its consideration.

Sexual abuse of any kind is abhorrent, but sexual abuse of minors is incomprehensible. House Bill 472 (HB-472) is a bill I filed to hold sexual predators accountable for their crimes against minors. HB-472 would extend the statute of limitations for certain sex offenses in criminal and civil cases, thus allowing more time for victims to report the crime. We as a society have come to better understand the physical, emotional and psychological effects of sexual abuse. and we need to acknowledge these effects as reasons why victims may not immediately report the crime.

Multiple studies show that most children who experience sexual abuse do not disclose it, or they significantly delay reporting it. Because of the existing statute of limitations on these crimes, this often leaves many adult victims of childhood sexual abuse without recourse. HB-472 gives victims more time to seek justice for these crimes. My goal in introducing this measure is to help the victims and to hold perpetrators ac-

countable. House Bill 254 (HB-254) would raise the penalty for possession or viewing of matter portraying a sexual performance by a minor under the age of 12 years and would also raise the penalty for the distribution of matter portraying a sexual performance of a minor under the age of 12. Our law enforcement community works tirelessly to identify, arrest, and prosecute those who take advantage of our

most vulnerable. HB-254 gives them greater tools in their work to keep these predators off the streets.

House Bill 155 (HB-155) would define and allow the use of a "newborn safety device" related to the anonymous surrendering of a newborn infant in the Commonwealth at participating police station, fire station, or hospital that is staffed continuously on a 24hour basis every day by a licensed emergency medical services provider. This allows parents who are unable or don't want to take care of and raise a child the ability to save the life of the baby and not be charged with child abandonment.

Rep. Bechler (R-Marion) represents the 4th District, which includes Crittenden and Livingston counties. You can reach him at at 800-372-7181. 502-564-8100 or bu visiting legislature.ky.gov where you can find his email link.

## Senate's work includes bill to get students back in class, offers a re-do year for some

Another week of the 2021 Regular Session is in the books. With only six legislative days left, robust discussion on critical issues is as prominent as ever.

While crafting the state budget remains at the forefront of everyone's minds, we are staying the course to uphold our other legislative obligations as members of the General Assembly by passing bills that include specific reforms and amendments to keep the Commonwealth moving forward.

Activity from the Senate Chamber this week includes passage of another Senate priority bill, Senate Bill (SB) 5, which I am proud to be sponsoring. Among numerous other measures, it is a bill that works to mitigate the negative impacts the COVID-19 pandemic has had on Kentucky's economy and infrastructure. In this case, notably to support and provide reassurance to various sectors of our society trying to reopen or continue operation.

If made law, SB 5 would provide liability protections for premises vners or leaseholders, including places of worship, schools, restaurants, medical facilities, and more. It would also establish essential services protections for food suppliers, manufacturers, distributors of personal protective equipment, child care service providers, and other businesses deemed essential. The measure, however, would not protect entities that act in a malicious or grossly negligent way to ignore safety orders during a state of emergency.

sues have proven to be a challenge for families. Quite simply, our students have missed their teachers, friends and vital emotional and

social experiences they deserve. SB will provide 128 local school districts with the ability to do right by students and families determining it is in their best interest to take **Robby** advantage of a sup- **MILLS** plemental year of KY STATE SENATE education. It will en- Guest sure participating Commentary

seniors' preparedness for whatever their next chapter in life is and all students the peace of mind knowing the pandemic will not cause them to be left behind.

Senate Bill 140, provides minimum standards for provision of documents and mail and for access to attorneys in those counties that elect to house state prisoners. As the sponsor of SB 140, I was pleased to see its passage in the Senate this week. Senate Bill 172 requires persons who damage underground utility facilities, such as pipelines and telecommunications lines during demolition or excavation, to cease activity and notify the operator of the underground facility. Senate Bill 181 is a companion bill to House Bill (HB) 4, a bill that made final passage this week. HB 4 is a constitutional amendment bill, so it does not require the governor's signature. Instead, it will go before you, the voters, on the next general election ballot. If supported by a majority of voters, HB 4 would provide the General Assembly with the ability to call itself back into session. SB 181 would establish the Senate President's and House Speaker's power to reconvene the General Assembly for up to 12 additional legislative days via joint proclamation. Additionally, it would allow for any bills filed by the deadline of the close of a Regular Session to survive until Dec. 31 of that same year. Senate Bill 228 would reform how a U.S. Senator of Kentucky is replaced should a vacancy occur. The bill would establish that the departing senator's state party would nominate three people from which the governor would select. That individual would serve out the remainder of the term. Additionally, it sets stipulations about how long a replacement can serve before voters get to elect someone to take over that seat and establishes provisions about how such elections should be held. Bills headed to the governor's desk for consideration include: Senate Bill 105, another bill I am sponsoring this session, establishes guidelines for filing and serving a petition for the appointment of a person responsible for the possession, repair and preservation of an abandoned and unsafe property. The bill also outlines the procedure for hearing a petition, defines the powers and duties of a conservator, and puts in place standards for the termination of a conservatorship.

their addiction recovery commitment. According to the Centers for Disease Control and Prevention, more than 83,000 people died in the 12 months ending in July 2020. The COVID-19 pandemic has only heightened addiction. The state has worked hard over the years to combat the scourge of drug addiction. Although the challenge is difficult, we must continue efforts to address the abuse of opioids and other narcotics. HB 7 is one more step in saving lives.

House Bill 8 allows quasi-governmental organizations, such as local health departments and mental health centers, to pay back unfunded liabilities owed to the Kentucky Retirement Systems for Employees using a liability-based system instead of a percent of payroll. By changing to a liability based contribution method, HB 8 provides assurance for accurate payment assumptions, allowing these agencies to adequately plan each fiscal year therefore reducing the risk of having to cut back on staff and services. HB 8 also establishes an intent that the general assembly will pay the increased cost associated with this bill for the first year. House Bill 50 provides that health insurance plans offered in Kentucky comply with a federal law designed to ensure the equal treatment of mental health conditions and substance use disorders by strengthening Kentucky's implementation of the Mental Health Parity and Addiction Equity Act of 2008. That means health plans' co-payments, deductibles, and limits on visits to health care providers are not more restrictive or less generous for mental health benefits than for medical and surgical benefits. An average of six people die of drug overdoses and suicides every day in Kentucky. It is vital that our state does not limit access or coverage to mental health care. House Bill 208 addresses the issue of getting our students back into schools amid the COVID-19 pandemic. Under this bill, local school districts must offer at least a hybrid schedule where all students are able to attend in-person classes a minimum of two days a week by March 29, 2021. Districts would still be able to offer virtual or remote learning for students whose parents/guardians provide written requests due to COVID-19 concerns. As a society, we have figured out a way to safely open restaurants, shopping malls and movie theaters. It is time we finally do the same for Kentucky's youth by prioritizing a pathway to normalcy for our schools. You can learn more about these bills and others by visiting www.legislature.ky.gov. Thank you for staying engaged in the legislative process. It is an honor to serve you in Frankfort.

### Chamber hires 2

Crittenden County Chamber of Commerce has announced the addition of two new employees who will be handling the responsibilities of the group's executive director. Staci Blackburn and Kayla Maxfield will share the role typically handled by the Chamber's executive.

Chamber Chairperson Elizabeth Floyd said Maxfield will be handling marketing and promotions for the Chamber and its members while Blackburn will be the office administrator, spending most of her time in he



Chamber headquarters at Marion City Hall.

Maxfield is a part-time reporter and columnist for The Crittenden Press. Blackburn formerly served as a law clerk for a Marion attorney.

The Chamber has been looking for an executive director since Amy Samuels resigned over the winter.



KENTUCKY LAND SPECIALIST, MARK WILLIAMS (270) 836-0819



Other notable bills passing in the Senate this week include:

Senate Bill 122 would prohibit a state contract from being awarded to a business if it was already awarded the same or similar contract and if a contract was awarded through an executive agency lobbyist who was convicted of a crime related to contracts. It also prohibits a person associated with an agency from participating in a contract procurement for one year after termination.

Senate Bill 128 provides any student enrolled in a Kentucky public school in grades K-12 during the 2020-21 school year the opportunity to request to participate in a temporary program during the 2021-22 school year to retake or supplement the courses or grades the student has already taken. The ultimate decision of providing this opportunity will be left to local school districts, which must decide to accept all students' requests or none at all.

The past year has been tough on so many, but Kentucky students have significantly been negatively impacted. A recent report from the Lexington Herald-Leader shows failing grades have skyrocketed. The good news is that most school districts have returned to some form of in-person learning, but the school year is almost over now. For the most part, all of the 2020-21 school year has remained virtual, and while districts, teachers and parents or other guardians have done their best. distance learning has been inadequate for many of our kids. Some children may not have the support they need at home. Our rural communities with broadband is-

House Bill 7 establishes a Recovery Ready Community council and program for cities and counties that want to demonstrate

Sen. Robby Mills represents Crittenden and five other counties -Caldwell, Henderson, Livingston, Union, Webster - in the Fourth Senate District. If you have any questions or comments about these issues or any other public policy issue, contact him toll-free at 1-800-372-7181 or email Robby.Mills@LRC.ky.gov.

CALDWELL COUNTY, KY - 265.69 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.

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

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

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

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.

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.

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.

CALDWELL COUNTY, KY - 30 ACRES - Solid hunting tract with solar and topography. Small lodge with finished living quarters.

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.

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!

CALDWELL COUNTY, KY - 257.32 - \$599,900 -Prime hunting tree NDP NG/n for big bucks. Diverse blend of habitat types and topography. Well-managed property that is ready to hunt.

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.



## Women in history make local impacts

#### Armina Wheeler - 1st **Female Superintendent** in Crittenden County

In the November 1893 election Miss Armina "Mina" Wheeler defeated George W. Perry for Crittenden County School Superintendent by one vote, after one of the most remarkable campaigns in the history of the county. This was a time when women were not even allowed to vote.

Wheeler was a native of the county. She educated herself, and at the time of her election was one of the best teachers in the county. Her friends who had knowledge of this, solicited her to become a candidate, and she at last

consented and created more real genuine enthusiasm among the people than any other person who ever asked for office in the county. She made a

number of public addresses of educationan al nature, and the people, after hearing her speeches, realized that she was thoroughly competent and deeply interested in the schools

of her native county and they rallied to her support.

Brenda

Underdown

County Historian

Forgotten

Passages

At first there were those who would not vote for a woman, but when they met Wheeler, or heard her addresses, their prejudice vanished and when the vote was counted, and she had a majority of two, her opponent contested the election. After hearing the contest the board gave her a certificate of election, and declared that she was elected by one majority.

Wheeler served her four-year term 1894-1898 and was elected again for another four-year term, 1898-1901. She won over John B. Paris by 21 votes. She was a very popular superintendent and served her county well.

Wheeler was a brave and remarkable young woman. As part of her duties of being superintendent, she and her trusty steed Bonaparte traveled from one end of the county to the other visiting the little country schools all over the county. They traveled the winding country roads, probably more like paths, through the countryside to get to the rural schools. In one of her visits, she recorded her trip as starting from Marion, her home base, and traveling to Moore's School, which was located near the Repton -Mattoon area. From there, she went to Hood's School, which was located on a bluff overlooking Nunn Switch, then she traveled cross country to Applegate, and back to Seminary School which was located near Mattoon. She retired at the end of her term in January 1902. Armina Jane Wheeler was the daughter of Isaac and Nancy Elvira Crider Wheeler. She was born April 6, 1861 and died Oct. 14, 1905 and is buried in the James Wheeler Cemetery on Just-A-Mere Road.



**Armina Wheeler** 

Electa Maria Carnahan - Early Marion Businesswoman Entrepreneur Electa Carnahan was born Jan. 7, 1844 to William C. and Emaline

O'Bryan Carnahan. The Carfamilv nahan moved to Crittenden Counfrom Hoptv kins County in William 1845. "Bill" Carnahan knew it would be a good time to move here start a and business. He would soon beknown came as the Godfather of Marion. because of his far-sightedness in realizing that Marion would soon be a rap-

idly growing town. Electra Carnahan and her father were very close, and she would follow in his business footsteps of being a good businesswoman.

Carnahan received her education in a one-room log building located where Gilbert Funeral Home is today, but she was quick to explain that her educational and financial business sense were learned from her father. At this time W. C. Carnahan owned most of the building lots on West Bellville Street and also on Main Street between the Masonic Lodge and Peoples Bank.

W. C., her father, died in 1892, and in his will he left his daughter a considerable about of money, bonds and real estate in Marion – in fact, all of the business section on the south side of the courthouse. This area contained several business houses, rented by businessmen, and also included the Opera House and several buildings on Main Street After the fire of 1919 that destroyed all of the buildings on Main Street from the People's Bank to the Masonic Lodge, Carnahan was in charge of having her buildings rebuilt in 1921. These buildings are still used today and you can still see the date of 1921 over these, which include Signature Boutique and Game Day restaurant. All the businesses that she was in charge of did well under her management. Elelctra Carnahan Frisbie died April 25, 1923 and is buried in Mapleview Cemetery.



**Madileen Small** 

worth) Small. She attended the Oakland School in the county and later graduated from Marion High School.

After high school she attended Western State College, received her A. B. degree from the University of Kentucky and did graduate work at American University, Washington, D.C.

Small entered her federal career with the Farm Credit Administration, in Louisville in 1934. Later her service in the nation's capitol would include assignments with the Vet-Administration, eran's the Department of Agriculture and the Office of Civil Defense during World War II. She transferred to the Bureau of Ordinance and was the first woman to travel with a bureau inspection team, which included major stations including the Naval Ammunition Depot, Honolulu, Oahu, Hawaii. The Bureau procured, stored and issued all ordnance and ordnance equipment used by the U.S. Navy and operated ordnance production and storage facilities.

Other recognitions included president of the Federation of Federal Employees and Independent Union and Vice President of the D. C. Federation. She was president of the Navy Branch of Local No. 2.

In 1968 she was appointed by the President, with the approval of the National Executive Council, to be the first Parliamentarian of the National Convention at St. Louis and served in this capacity for several years and was the recipient of the 1970 NFFE annual award in Sacramento, Calif.



Pearl O. Smith

University in Washington, D.C. In October 1938, she was employed by the U. S. Government and in ascending order, was secretary, administrative assistant and executive secretary to eight successive directors of the Federal Mediation and Concilia-

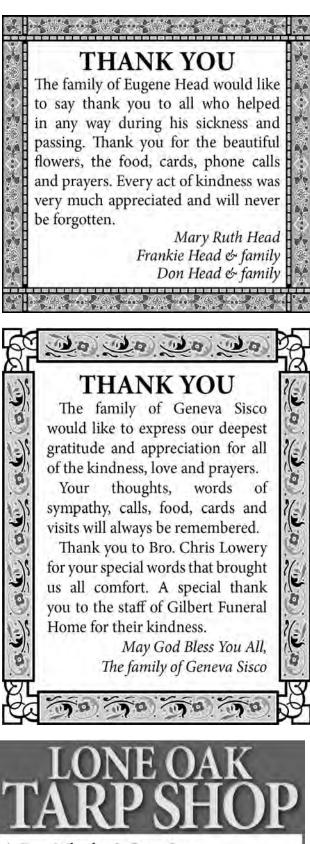
tion Service. On request of the Executive Office, in 1951, Pearl took a year's leave of absence from FMCS to serve as Secretary to the President's Commission on Internal Security and Individual Rights, appointed by President Truman and chaired by Fleet Admiral Chest W. Nimitz. President Truman created this commission on Jan. 23, 1951. The Commission considered in all its aspects the question of how this nation could best deal with the problem of protecting its internal security and at the same time maintaining the freedoms of its citizens. It considered the harm that comes from the wrong kind of action as well as the good that comes from the right kind of action.

Smith was honored several times by invitations to the White House receptions during the Roosevelt, Truman, Eisenhower and Ford Administrations.

When she retired from Federal Mediation the and Conciliation Service after t37 years of service, she was bestowed with its highest honor, the Distinguished Service Award.

Smith was also the author of two genealogical books that pertained to her family, "Tilford Trails and Renders and Their Relatives."

Smith retired in her



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HOMES	
4 Bed 2 Bath - 683 Chapel Hill Rd	\$139,900AR
6 Bed 5 Bath - 109 E Gum St. Historic Home	\$112,500SH
3 Bed 1 Bath - 421 W Bellville St soLD	\$79,000SA
3 Bed 1 Bath - 1700 St. Rt. 838 W	\$110,000JC
2 Bed 1 1/2 Bath w/Pool - 4516 US 60 W sou	n\$109,000KL
3 Bed 2 Bath - 649 S Main St	\$69 900 WE
3 Homes on 94+- Acres - Hoover Spur Rd. SOLD	\$279,000 CH
3 Bed, 1 Bath - 701 E Depot St	\$24,900 JM
4 Bed, 2 Bath - 6531 St. Rt. 1943 West, PRICE RED	UCED\$86,500 ST
2 Bed 2Bath - 149 Hickory Hills SOLD	and the second se

Madileen Small – First Woman to travel with a bureau inspection team Madileen Small, born 1905 near Repton, was the daughter of Alonzo Moten and Helen (Shuttle-

Small was a life member of the University of Kentucky Alumni Association, was an active member of the Washington D.C. Club, and served in numerous capacities including serving as the club's first female president.

At the time of her retirement, she was Director of the Office Methods Divison, U.S. Naval Ordnance Systems Command.

Small died May 3, 2003 and is buried in the Mapleview Cemetery.

#### Pearl O. Smith - Distinguished Career in Washington D. C.

Pearl O. Smith, daughter of William Edgar and Ella (Tilfrd) Smith was born Sept. 26, 1908 in the Repton area of Crittenden County. She received her early education in the schools of Crittenden County and Marion. To continue her education, she was a graduate of Lockyear's Business College in Evansville, Ind., and continued her education at George Washington

#### Community Events & News

■ Salem Baptist Thrift Store will reopen from 9 a.m.-1 p.m. Saturday, March 20.

Crittenden County High School's Fellowship of Christian Athletes Club (FCA) is hosting a "Spring" into Action Blood Drive at the Ed Tech Center in Marion from 2-6 p.m. on Thursday, March 11.

All donors will receive a t-shirt, and the West Kentucky Regional Blood Center (WKRBC) is offering a free COVID antibody test with blood donation.

As a high school senior, you also can earn a graduation cord! To earn the graduation cord, you

must donate with WKRBC four times during your high school years (this includes during the summer). All donors must be 17 years old, (or 16 with parent consent form), weigh 115 lbs, and have not donated within the last 56 days. You must bring a photo ID. For parent forms or more information, see Mrs. Glenna Rich, or email glenna.hoeszle@ crittenden.kyschools.us.

Crittenden County High School SBDM will meet at 3:45 p.m., Tuesday, March 16 in the high school library.

■ Pleasant Hill Cemetery and Paris Cemetery Associations will hold their annual meeting at 7 p.m., Tuesday, March 16, at Pleasant Hill Regular Baptist Church located off Ky. 120 on Pleasant Hill Road. Anyone with family buried at these cemeteries is encouraged to attend. Donations to assist with upkeep of the cemeteries can be mailed to Charlie Hunt, 501 E. Bellville Street, Marion.

Does Your Organiza-Something tion Have Planned?

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

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

hometown of Marion and died here Sept. 5, 2007 and is buried in Mapleview Cemetery.

(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).



#### ACREAGE

650+- AC - 9285 US 60 W Marion, KY	\$1,300,000
40+- AC on JT May Rd	\$79,000 DH
Cave-In-Rock Island - 160+ AC	\$359,900 AE
15+- AC - McMican Rd Marion, KY sold	\$54,900 TC
89+- AC - Zion Cemetery Rd Crittenden Count	
110+- AC - 9285 US 60 W Marion, KY	\$199,000
250+- AC - 9285 US 60 W Marion, KY	\$499,000
the second s	

10x30 STORAGE UNIT · \$100





MIDWAY MINI FARM ... This ranch conveniently located just Grandview Est. Agent owned. w/3 stocked ponds, a large barn Home has stainless appliances 723 S near county line. w/stables. Home was construct- including a gas stove. Large ed 2018 w/4 BR,3 BA, large master BR w/master bath & Gorgeous Kitchen & den over above ground pool, single car looking the farm. Master Bed- attached garage, and detached room has large private bath- carport. Storage shed in the room w/garden tub & full walk in back yard with plenty of play Closet. Farm consist of fenced room for the children ... areas for horses, livestock.

CRAYNE

RANCH

HOME ... Open Floor plan in this 11 ACRES ... building lot in

ACREAGE

Jim DeFreitas - Sales Associate (270) 832-0116 Raymond Belt-Owner / Principle Broker / Auctioneer (270) 965-2358

135 E. Carlisle ST. MARION, KY 42064 OFFICE: (270) 965-5271 FAX: (270) 965-5272

property has approx. 10.6 acres south of Marion, in Crayne KY. 12.5 ACRES...located on SR

#### SALEM/LIVINGSTON

living room, den, study/nursery. walk in closet. Large 24 foot BRICK RANCH ... just off Hwy. 60. Private location w/approx. 4 acres, low cost utilities, convenient location for those who are looking for country living. **REDUCED \$87,000** 



CrittendenPress.Blogspot.com



## Scrubbing the past does not change it

The telling of history is never fair. Even the best historians have their biases and agendas. Anyone who has carefully read the books of Kings and Chronicles in the Bible knows that even there we find different perspectives.

There will always be a dominant narrative and those who will fight to be heard to correct it. There will al-

ways be speech that some engage in that deem others unacceptable; sometimes for right and iust reasons but more often for opposite. the There will never be a time when voungest the

Sean

Guest

Columnist

NIESTRATH

Faith-based columnist

generation picks up writings from the oldest living generation and fails to find the thinking either backward or offensive. There will always be those who think things were better "back then" and others who know better.

I believe that much of the language and attitudes present when I was growing up needed to change. What I am not so sure about is allowing us to skirt language and attitudes by effectively banning it from public discourse. The recent decision by the estate

I can say, as a parent, empathy and

There has been a re-

in the past; and people died who published anyway. Puritans (and I do not mean this pejoratively) banned the reading of some parts of the Old Testament because of the sexual language used (Song of Solomon was

> at the top of the list). Ón March 2, this statement published was seussville. on com "Today, Seuss's on Dr. Birthday, Dr. Seuss Enterprises celereadbrates and also ing our mission of supporting all children and families with messages of hope, inspiration, inclusion,

and friendship. We are committed to action. To that end, Dr. Seuss Enterprises, working with a panel of experts, including educators, reviewed our catalog of titles and made the decision last year to cease publication and licensing of the following titles: And to Think That I Saw It on Mulberry Street, If I Ran the Zoo, McElligot's Pool, On Beyond Zebra!, Scrambled Eggs Super!, and The Cat's Quizzer. These books portray people in ways that are hurtful and wrong. Ceasing sales of

I understand the im-

today's hypersensitive environment. On balance, he did much to reduce racism and promote kindness.

I think it is important for our children, and us, to see the whole of people. It teaches us forgiveness. It teaches us that even our heroes make mistakes. It shows us that people grow and change. What a missed opportunity to make a statement about the content of certain books and then teach. Scrubbing them out will not change who Dr. Seuss was - not that it will actually happen any time soon.

The best stories are not those who arrived on the planet with all the knowledge about how to treat others and who never make mistakes. The Bible does not hide the mistakes of its heroes. We see all of it, and are the better for it. Even if we think it is for the good of others, attempting to eliminate those works we find offensive never works. And to the extent it does temporarily, it deprives all of us the opportunity to either see ourselves for who we are or make changes that need to be made.

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.

#### What or to whom are you wholly committed?

Question: It seems every time I attend church the preacher is always asking for money. Why does he always want us to give more and more money?

Answer: An obvious reason is it takes money to operate a church and God's kingdom work on earth. A more important question for you to ask yourself is "What place does money have

in my life? A rich, young rul-

er asked Jesus, "What must I do to inherit eternal life?" Jesus gave him a "To-Do List" of commandments to follow. He responded that he does them. Then, Jesus made a radical demand of him, "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me" (Mk. 10:21). That's not a blanket statement Jesus asks us all to follow.

Jesus looked past the rich ruler's surface obedience and went straight to the one thing he loved more than anythingmoney. He loved his money and the things it buys more than he loved God.

Unless God has first place on the throne of our hearts, we can't enter into the kingdom of heaven. God wants our





hearts-all of our hearts. If you've been trying to be good to gain a right standing with God, acknowledge the futility of it. Trust Christ

as your Lord and Savior with a child-like faith. Send your questions to: bob@bobhardison.com





## Classifieds The Crittenden Press

#### for sale

ARs for sale (270) 969-0069 (4t-13-p)

Ammo for sale (270) 969-0069 (4t-13-p)

#### employment

CDL DRIVERS, EQUIP-MENT OPERATORS, LA-BORERS NEEDED IMME-DIATELY! Full-time. Local & travel positions, 1st & 2nd shift positions available now! Strong Solid Company with a Bright Future! Good starting wage based on skill & experience. Must pass background & drug screen. Apply at Liberty Tire Recycling, 2071 US 60 West, Marion KY or email resume to hmaloney@libertytire.com. Call for more info 270-965-3613. Equal Opportunity Employer. (4t-12-c)

NOW HIRING! General Laborers, Forklift Operators, Tire Tech, Lube and Machine Operators. Please apply at Rocket Tire, 314 Sturgis Road, Marion, KY Monday through Friday 7 a.m.-5 p.m. or Saturday 7 a.m.-12 p.m. (4t-12-p)

The Earle C. Clements Job Corps Academy is seeking employees. We offer a competitive salary, benefits package, and advancement opportunities. Fulltime, 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. "Building Tomorrow's Futures Today" (4t-12-p)

Reliable workers needed! Full-time, 1st & 2nd shift positions available now! Strong Solid Company with a Bright Future! Good starting wage \$10 & up based on skill & experience. Must pass background & drug screen. Apply at Liberty Tire Recycling, 2071 US 60 West, Marion KY or email resume to hmaloney@libertytire.com. Call for more info 270-965-3613. Equal Opportunity Employer. (6(Madisonville) Messenger and for only \$250. Save time and money by making one call for all! For more information, contact the classified department at (270) 965-3191 or email us at advertising@the-press.com.

#### legal notices

I, Melissa Guill, Clerk of Crittenden County District Court, Marion, Ky. do certify that the following has filed notice of final settlement: Steven Jeffrey Landry of 34243 Alameda Drive. Sorrento, Fl. executor of Stephanie-Madonna Warield Landry.

The foregoing settlement is to be heard at the regular session of Crittenden District Court on April 14, 2021. All persons having exceptions to said settlements are to file same at once.

Melissa Guill, Clerk Crittenden District Court (1t-10-c)

I, Melissa Guill, Clerk of Crittenden County District Court, Marion, Ky. do certify that the following has filed notice of final settlement: Janell Pyle of 210 Harmon Dr., Marion, Ky. executrix of James F. Mullersman, deceased

The foregoing settlement is to be heard at the regular session of Crittenden District Court on April 14, 2021. All persons having exceptions to said settlements are to file same at once.

Melissa Guill, Clerk

Crittenden District Court (1t-10-c)

I, Melissa Guill, Clerk of Crittenden County District Court, Marion, Ky. do certify that the following has filed notice of final settlement:

Angela Dooms of 2741 Mott City Rd., Marion, Ky. 42064 and Shirley Buchanan of 4206 S.R. 506, Marion, Ky. 42064 co-executrixes of Gleneth Reed James, deceased, whose address was 3366 S.R. 506, Marion, Ky. 42064.

The foregoing settlement is to be heard at the regular session of Crittenden District Court on April 14, 2021. All persons having exceptions to said settlements are to file same at once.

Melissa Guill, Clerk Crittenden District Court (1t-10-c)

Notice is hereby given that on March 3, 2021 Peggy Singleton of 740 New Union Church Rd., Salem, Ky. 42078 was appointed executrix of Harold Wayne Singleton, deceased, whose address was 740 New Union Church Rd., Salem, Ky. 42078. Stephen M. Arnett, attorney.

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All persons having claims against said estate are hereby notified to present the same properly proven as required by law to the executrix before the 3rd day of September, 2021 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 Clerk Melissa Guill, (1t-10-c)

Public Meeting Notice

(Application Review and Environmental Concerns)

The City of Marion has been awarded a low interest loan from the KIA Clean Water State Revolving Fund for the City of Marion - New Wastewater Treatment Plant Project, funded in part by a grant to Kentucky from the US Environ-



(USEPA). The project is as follows: The project will construct a new 1.5 million gallons per day wastewater treatment plant along Pippi Harden Blvd, adjacent to the current plant, which consists of influent pumping, screening, aeration, clarification, disinfection, return activated sludge/ waste activated sludge pumping, solids processing, administration building, and maintenance garage. The project will also construct 7,100 linear feet of new line extensions to connect to the new WWTP location including a 24-inch gravity sewer and a 10 and 12-inch force main. The

existing WWTP will be decommissioned.

The City of Marion will hold a public meeting on March 19, 2021 at 2:00 pm at City Hall located at 217 S. Main St., Marion, KY, 42064. The purpose of this meeting is to allow the public to review and comment on the proposed activities, potential impacts, and project alternatives. Any relevant documents will be on file at the Pennyrile Area Development District, 300 Hammond Dr., Hopkinsville, KY, 42240, for citizen's review during regular business hours. (1t-10-c)



NOTICE

Various Sizes Available

(270) 965-3633

(270) 704-5523

Kenergy Corp., 6402 Old Corydon Road, Henderson, KY 42420, will file an application for an adjustment in existing rates pursuant to the streamlined procedure pilot program on or around March 11, 2021 with the Kentucky Public Service Commission ("KPSC") in Case No. 2021-00066. The proposed changes are designed to increase revenues \$3,665,491, and are proposed to be effective on April 11, 2021.

The present and proposed rates are as follows:

Residential Service (Single & Three-Phase):	Present Rate Schedule	Proposed Rate Schedule
Customer Charge per Delivery Point Energy Charge per KWH	\$18.20 per month \$0.102038	\$20.60 per month \$0.105357
Special Charges: (per trip) Average Charge for Special Charges	\$24.94	\$29.81
Cable Television Attachment Tariff:	Present Rate	Proposed Rate
Average Attachment Fee	\$5.45 per year	\$5.36 per year
Residential Deposit Amount	Current \$325.00	Proposed \$315.00

proposes changes to its present lariff schedules to reflect the foregoing proposed changes in rates. The lariff schedules being proposed by Kenergy are attached to the

**The Press Online** CrittendenPress.Blogspot.com

#### services

CONCRETE WORK: Parking lots, garages, steel buildings, walls, sidewalks, driveways, room additions, rock driveways, clean ditches. Call for quote (270) 724-4672, Joe Mattingly Concrete Construction. (12t-11-p)

#### notice

Advertise your job opening, event, items for sale, auction etc. in this newspaper plus 83 other Kentucky newspapers including The Paducah Sun, Kentucky New Era (Hopkinsville), The Sturgis News, The (Princeton) Times Leader, The (Providence) Journal-Enterprise, The Union County Advocate, The Henderson Gleaner, The Livingston Ledger and The

The amount of the change requested in both dollar amounts and percentage change for each customer classification to which the proposed rate will apply is set forth below:

Rate Class	Dollars	% of Change
Residential Service	\$3,634,227	4.3%
All Non-Residential Single Phase	\$0	0.0%
Three-Phase (less than 1,000 KW)	\$0	0.0%
Three-Phase (1,001 KW & Over)	\$0	0.0%
Unmetered Lighting	\$0	0.00%
Special Charges	\$32,365	18.5%
Cable Television Attachment	(\$1,101)	-1,5%
Unbilled Revenue	\$0	n/a
Total Non-Direct Served	\$3,665,491	2.8%
Rate Class		
Direct Served Customers Class A	\$0	0.00%
Direct Served Customers Class B	\$0	0.00%
Direct Served Customers Class C	\$0	0.00%
Total All	\$3,665,491	0.9%

Additional information. links, and a copy of Kenergy Corp's full notice concerning its proposed rate adjustment can be found at Kenergy Corp's principal office at the above stated address or at 3111 Fairview Drive, Owensboro, KY 42303, its website at https://www.kenergycorp.com, and via social media on Twitter @KenergyCorp.com and Facebook www.facebook.com/KenergyCorp.

A person may submit a timely written request for intervention to the KPSC, 211 Sower Boulevard, Post Office Box 615, Frankfort, KY 40602, establishing the grounds for the request including the status and interest of the party. The KPSC's phone number is (502) 564-3940 and its website is https://psc.ky.gov. The KPSC is required to take action on Kenergy's application within 75 days of filing. The rates contained in this notice are the rates proposed by Kenergy Corp., but the KPSC may order rates to be changed that differ from the proposed rates contained in this notice.

By: Jeff Hohn, President and CEO

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NEWS right at your MAILBOX!	Press Online or get the paper sent to your mailbox each week by completing this form	EXPIRATION DATE CVV NUMBER PHONE NUMBER (FOR VERIFICATION) ACCOUNT ZIP CODE Mail payment to: The Crittenden Press, P.O. Box 191, Marion, KY 42064





#### **CCES** has model readers

Encouraging young readers and honoring the legacy of Dr. Seuss is the motivation behind Read Across America Week. celebrated at Crittenden County Elemnetary last week. Costume contest winners for students dressing up like book characters are (above left) K-second graders Blakelee Gardner, Henry Hall and Macy Larue; and (above right) third-fifth grade winners Colt Hayes, Brooklyn Lovell and Sofie Watson.



#### Woman's club contest winners

The Woman's of Marion has announced the winners of its annual writing contest. Pictured (from left) are Caleb Combs, Zoe, Paris and Isabelle Foster. Short Story winner from grades K-2 was Isabelle Foster with her story, "Saved by the Big Tooth Megalodon." Zoe Foster's story, "Saving Speedy" won first place in the 3rd-5th grade short story category. There was a tie for first place in the 6th-8th grade short story category. Paris Foster with his story, "Alive," tied Caleb Combs with his story "The Lost World." Results from the state contest will be announced later this year.

## Dying branches, exit holes signs of emerald ash borers

Emerald Ash Borer (EAB) is an invasive insect that was first discovered in Kentucky in 2009 and luckily was not found in

tenden County until 2019 and has been found in Henderson, Daviess and Muhlen-



quicker. Movement generally comes from firewood that is brought into an area, always use local

Monitoring and scoutlandscape as possible as

not recommended until EAB is confirmed with 15 miles of your location. If homeowners want to showing many

### Preschool screenings March 15

Crittenden County families with 3- and 4vear-olds are encouraged to register students for a preschool screening March 15.

Enrollment will begin with screenings for Crittenden County Preschool and Audubon Head Start for the 2021-2022 school year.

Screenings are required. Appointments will be taken throughout the day March 15.

To register for a screening, contact Ina Burke or Christy Watson at (270) 965-1568.

It is imperative that the following items be present at preschool screenings: Birth certificate, immunization record, medical or insurance card and proof of income.

Preschool is offered Monday through Thursday on the campus of Crittenden County Elementary School.



### Motorcycle event rasies funds for Dreyhaupt

The Kentucky Motorcycle Association (KMA) will have a benefit poker run to benefit

Angie Dreyhaupt on Saturday March 27 Dreyhaupt has been diagnosed with Stage Dreyhaupt cancer. The event will leave

from the Imperial Build-

ing parking lot beside

Rockhouse on the River

in Henderson at 10 a.m., March 27. Registration begins at 9:30 a.m., and cost is \$20 per individual hand or \$30 per couple. There will also be a 50/50 pot to help with fundraising.

KMA is a motorcycle group however, anyone who wishes to participate may do so in Jeeps, trucks, cars and all forms of transportation to support the Dreyhaupts.

#### CITY OF MARION

The following tax bills for the year 2020, being unpaid, I will offer for sale on April 2, 2021 at 2 p.m. to the highest bidder for cash. The following delinquent tax claims upon which a real as-sessment appears (the amount includes penalty, interest, and advertising cost)

advertising co	st) Tax Year Range 2020 To 2020
Bill Number	Account Name Unpaid Tax
2020 15	ADAMSON KENNETH & MELISSA \$54.81
2020 16	ADAMSON KENNETH & MELISSA \$2.10
2020 17	ADAMSON MARK E \$195.93
2020 29	ANTKOWIAK ASHLEY \$6.49
2020 41	ATOS IT SOLUTIONS & SER INC \$8.24
2020 64	BARNES JEFF \$124.55
2020 65	BARNES LEONARD \$6.49
2020 87	BEESON TERESA LEE \$97.09
2020 91	BELLSOUTH TELECOMMUNICATION INC \$901.33
2020 92	BELLSOUTH
2020 101	TELECOMMUNICATION INC \$61.60 BELT EDWIN \$116.31
2020 150	BRADFORD CHARLES \$16.11
2020 159	BROWN GARY \$11.98
2020 191	CALE PHILLIP \$47.67
2020 210	CAUDILL ROY D & JANEE J \$124.55
2020 235	CLIFFORD BRIAN \$7.86
2020 236	CLIFFORD BRIAN \$17.47
2020 283	COOPER PEGGY DEMOSS \$80.62
2020 304	COZART ANGIE D \$61.40
2020 316	CRIDER KENNETH O \$344.18
2020 373	CRUCE HERBERT EST \$4.30
2020 377	CURNEL RICKY EST \$143.77
2020 392	DAVIDSON BARRY \$32.57
2020 420	DICKEY DARREN \$14.73
2020 421	DICKEY DARREN \$17.47
2020 452	DOWNS KENNETH WAYNE & \$138.27
2020 471	DUNCAN TIMOTHY & DANIELLE \$28.45
2020 472	DUNCAN TIMOTHY & DANIELLE \$206.91
2020 562	FETTEROLF THADDEUS THOMAS JOSEPH \$69.64
2020 570	FLANARY SAMUEL WAYNE \$2.91
2020 630	GE HFS LLC \$1,032.25
2020 632	GERHARDT CRAIG \$11.98
2020 634	GETZ SERRINA & SCOTT \$25.71
2020 648	GIPSON SHELBY EST \$97.09
2020 649 2020 651	GIPSON SHELBY EST \$3.75
2020 681	GUESS EVERETT BRUCE & CHBISTIAL \$257.70
2020 682	GUESS EVERETT BRUCE & CHRISTIAL \$14.73
2020 695	HACKNEY EDDIE \$9.25
2020 714	HAMLET JO ANNA \$44.93
2020 725	HARDIN MATTHEW WAYNE & AMY \$330.46
2020 760	HAZZARD PATRICIA & WILSON DWAYNE \$373.02
2020 768	HEALTHQUEST WELLNESS CENTER PSC \$20.00
2020 814	HILL TONY A \$83.36
2020 849	HOMETOWN FOODS \$310.20
2020 850	HOMETOWN FOODS LLC \$25.71
2020 851	HOMETOWN FOODS LLC \$5.67
2020 852	HOMETOWN FOODS LLC \$14.73
2020 853 2020 854	HOMETOWN FOODS LLC\$11.98HOMETOWN FOODS LLC\$541.32
2020 855	HOMETOWN FOODS LLC \$65.52
2020 866	HUGHES DOUG & MILLER KELSEY \$10.61
2020 868	HUGHES LACY EST \$7.86
2020 907	HURST LARRY \$90.78
2020 934	JOE DAVIS ENTERPRISES INC \$14.73
2020 935	JOE DAVIS ENTERPRISES INC \$11.98
2020 936	JOE DAVIS ENTERPRISES INC \$9.25
2020 937	JOE DAVIS ENTERPRISES INC \$9.25
2020 938	JOE DAVIS ENTERPRISES INC \$17.47
2020 948	JOHNSON JAMES EST \$13.35
2020 967	JONES BRAD LEE \$3.75
2020 999	KELLEY DARRON H \$97.09
2020 1012	KING IRETHA C \$55.91
2020 1035	LA POTOSINA \$9.53
2020 1043	LARUE JAMES D & SHARON \$227.50
2020 1053	LEWIS JERRY & SHERRI \$10.61
2020 1060	LINDER TAKEKO \$97.09
2020 1072	LONG SHAUN A \$120.43
2020 1073 2020 1097	LARUE JAMES D & SHARON         \$9:53           LARUE JAMES D & SHARON         \$227:50           LEWIS JERRY & SHERRI         \$10.61           LINDER TAKEKO         \$97.09           LONG SHAUN A         \$120.43           LONG SHAUN A         \$3.75           MANNS LISA R         \$22.97           MASON LISA M         \$925           MCCAIN J C         \$21.59
2020 1145 2020 1154	
2020 1157	MCCLURE TROY EST \$14.73
2020 1158	MCDANIEL BELINDA D \$69.64
2020 1173	MCDOWELL SHANE ET AL \$83.36
2020 1180	MCKINNEY TYLER & KAITLYN \$69.64
2020 1216	MILLS KEITH 1/3 STONEY 1/3 & JAY 1/3 \$2.38
2020 1222	MINTON ROBERT & BILLIE JO \$401.15
2020 1225 2020 1260	NEW HAVEN ASSISTED LIVING \$11.98
2020 1310	OSBORNE PAUL E & JAMES OSBORNE \$156.95
2020 1393	PRYOR KENNETH R JR \$55.91
2020 1403	QUALLS CHARLES HENRY EST
2020 1404	& PATSY JEAN TABOR EST \$69.64 QUALLS CHARLES HENRY EST
2020 1404	& PATSY JEAN TABOR EST \$69.64 RASH DALYN \$17.47
2020 1400 2020 1413 2020 1426	REDBOX AUTOMATED RETAIL LLC \$7.57 RILEY CHARLES TERRY & \$618.73
2020 1440	ROBERTS DARLENE \$17.47
2020 1466	ROBINSON BETTY J \$3.75
2020 1467	ROBISON AUSTIN \$267.31
2020 1495	RUSSELL AUSTIN SHANE \$212.40
2020 1528	SHIELDS HAZEL OR \$5.95
2020 1534	SHUECRAFT JANET \$6.49
2020 1550	SINGLETON NORRIS D & CHERYL \$31.20
2020 1552	SISCO CHRISTOPHER \$77.88
2020 1553	SISCO CHRISTOPHER L & TABITHA \$39.44
2020 1568	SMOCK MARVIN & REBA \$110.82
2020 1569	SMOCK MARVIN DAVID \$55.91
2020 1570	SMUCKER FOODSERVICE INC \$7.02
2020 1613	SUN INDUSTRIES INC \$152.00
2020 1660	TAX EASE LIEN SERVICING LLC \$14.73
2020 1684	THURMOND GUY JR &
2020 1698	GAYLENE MCCAIN \$53.16 TODD WILLIAM E & MARGARET \$17.47
2020 1726	TSE INVESTMENTS LLC \$10.61
2020 1727	TUCKER DAVID D \$102.58
2020 1730	TURNER JOE D \$69.64
2020 1731	TYRIE SHELLY S \$94.08
2020 1739	UNDERDOWN CHARLIE \$35.32
2020 1740	UNKNOWN OWNER \$6.49
2020 1740 2020 1741 2020 1742	US BANK \$86.11
2020 1747	WALKER CHAD \$248.09
2020 1753	WALKER ROCKY \$9.25
2020 1764	WATSON MARY ELIZABETH \$11.98
2020 1771	WESMOLAND DANIEL & MARCIA \$171.22
2020 1810	WICKER WILLIAM EDWARD & TERRY LYNN
WICKER	\$75.13
2020 1873	WORLD FINANCE CORP OF KY \$1.89
2020 1902	YATES ANDY & CANDELIA \$2.91 Layten Croft, City of Marion Treasurer
	,,,

## **Snoring: It is not** funny, not hopeless

Does your bed partner snore heavily or have long pauses of breathlessness followed by a

huge gasping snort? Do you experience frequent awakenings during the night and excessive day-FAIRBANKS t i m e τ 1 m e Chief Medical Officer CCH sleepiness? Family Practice Physician You are not *Crittenden* alone.

As Hospital many as 36

million Americans experience these symptoms while sleeping - signs of a serious, potentially lifedisorder threatening known as sleep apnea. Yet many are completely unaware that they have this problem.

I routinely ask my patients if they snore or experience davtime sleepiness. I usually get a joking reply. One patient remarked he had stayed up all night and concluded he didn't snore. But unless your bed partner has complained about your loud snoring or told you that you stop breathing at night, you are probably in the dark about your symptoms.

People with sleep apnea often find they have trouble staying alert during the day. Often they find themselves falling asleep after meals, or during a TV show they want to watch, or worse, on the job and even behind the wheel. They often complain of being so tired that it is hard to concentrate and they have to fight or eat to stay awake.

What is sleep apnea? Sleep apnea is named from the Greek word, apnea, meaning "want of breath." It is classified into 2 types:

Obstructive sleep apnea, the most common, affecting 2 percent of females and 4 percent males, occurs when the muscles of the upper airway relax during sleep and blocks air flow into the nose or mouth. The sleeper usually continues to attempt to breathe without success until the

lighter level of sleep to take a breath.

Central sleep apnea occurs when the brain stops sending signals to breathe. This can happen after a brain injury or when obstructive sleep apnea has been present for a long period of time.

Overweight people are more likely to have excess tissue in the airway that narrows the airway, but even thin individuals can have an airway obstruction creating sleep apnea. In a given night a sleeper may have 30 or more of these awakening episodes every hour which disrupt the normal sleep patterns and cause excessive daytime sleepiness. morning headaches, and if left untreated may contribute to high blood pressure, excessive weight gain, irregular heart beat, heart disease and stroke.

So I snore, doesn't everybody?

Thirty-four percent of American adults admit to snoring 3 or more nights per week. Famous White House snorers included FDR, Grover Cleveland, Taft and Truman. Teddy Roosevelt was such an astounding snorer that while in a Washington hospital all the patients on the entire floor had to be relocated to get any sleep. The infamous Old West killer, John Wesley Hardin was noted to have killed a man, shot through the wall of the hotel, because of his loud snoring.

But loud snoring doesn't always mean you have sleep apnea. Your doctor can recommend a sleep study, called polysomnography, which will monitor your heart, lung and brain activity and blood oxygen levels during sleep. If you are found to have sleep apnea, treatment can be tailored to the nature and severity of the sleep disruption.

What therapies are effective?

For people with snoring and mild sleep apnea several self help techniques can improve your sleep quality.

ments may be required:

•CPAP (Continuous Positive Airway Pressure) - can be given by a small lightweight mask or nasal prongs which provide constant air pressure to keep the airway open at night. If used every night this is a highly effective and noninvasive treatment for sleep apnea.

•Tonsillectomy occasionally large tonsils may obstruct the airway and surgical removal can open the airway to reduce apnea

•UPPP (Uvulopalatalpharyngoplasty) is a surgical procedure that additional removes flabby tissue from the back of the throat. Up to 50% of people have tremendous permanent results from this surgery, but it is not always effective.

•Dental appliances can sometimes be used successfully to keep the tongue forward and the airway open.

•Other more radical surgical procedures can be used for more severe apnea.

Here are some helpful tips for reducing your snoring and improving your sleep:

•Try sleeping on your side rather than on your back.

•Elevate the head of your the bed with a brick under your bedposts, additional pillows under the head push the head forward and make it worse.

•Avoid heavy meals, alcohol and sedatives within 4 hours of retiring to bed.

•Increase your exercise.

•Lose weight, even a 10 percent reduction in weight can significantly reduce your symptoms.

If you snore or experience daytime sleepiness, talk to your doctor. A good nights sleep is important to your body and the untreated effects of these symptoms can be fatal.

Dr. David W. Fairbanks, M.D., FAAFP is chief medical director at Crittenden Community Hospital and is

#### BODY

Continued from page 1 point, Waters bought in. She subscribed to a membership with BodyFX, and the rest is history.

Complete with a nutritionalist and meal plans, the program is geared to make your body the best version possible with access to 200-plus video workouts, email coaching and an online support group. Among the perks, are monthly weight loss challenges. In June of 2020 up against thousands of others in the group, Waters won second place shedding 19 pounds, missing the championship by less than a pound. She walked away with \$350.

In January of 2021, she was second in another challenge, dropping 21.7 pounds and gathering \$500. Challenges unleashed in her an internal drive to compete, she said.

"I never knew I had that," she admits.

That's when everything changed. received an Waters

email asking her to provide a testimonial on her experience with BodyFX. As a faculty member of the CCHS English department, Waters was a natural. She sent them an 1,800-word essay of her voyage.

"I thought I was wast-

Look for more at BodyFX.com ing my time," she said. Honestly, not expecting

BODY

to receive a reply, Waters was shocked when in less than two days there was something in her in box from an FX producer. "They told me they

were amazed with my story and I was a walking inspiration. I was blown away," she aid.

Next thing she knew, Waters was on a flight to Miami on an all-expensepaid trip to meet Kunitz, the BodyFX CEO and retired ballroom dancer. The rendezvous was at a studio in a homelike setting where a number of

the FX videos are filmed. "I am my own biggest critic and having to workout in front of Jaana was so terrifying to me. I think I looked ridiculous and slow, but they were blown away by my rhythm, range of motion, speed and power. Their compliments were mindboggling!"

The trip was a lifetime experience, meeting an international fitness guru who has appeared on television and in film.

"Before I met her, I already felt as if we were friends. We had been on this journey together, and now that I have met

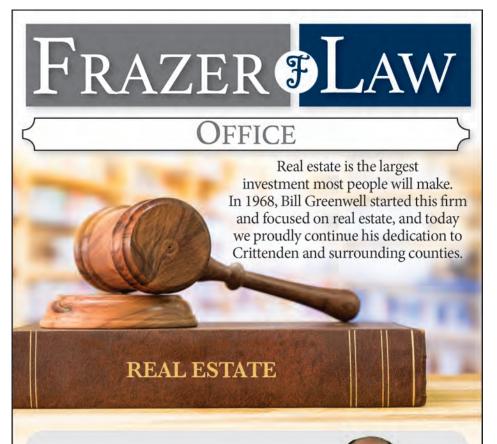
her, it's just an honor. She is actually a friend. It's all just crazy," Waters said.

In addition to becoming an ambassador for the company, Waters was given a free lifetime membership to FX. That's great news because now that she's met her original weight-loss goal, there's lots of maintenance to do going forward. She plans to continue the program for body toning.

Waters hopes her story is encouragement for others.

"As Jaana says, 'I can't do it for you, you have to do it for yourself.' I look at old pictures and cannot believe I allowed myself to accept that version of me. To remind me of what I have overcome, I have gotten rid of all my old clothes except for an old belt and one pair of jeans that I will never wear again."

Waters gives full credit to her husband, Mark, for his love and support on this journey and says she appreciates his sacrifices to help her stay on track. Together the Waters have three children, Emma, Jonah and Nora.





blood oxygen level drops too low and the brain awakens the sleeper to a

For people with more significant sleep apnea more aggressive treata family practice physician at Family Practice Center in Marion.

### тоисн

Continued from page 1 world can see some of those subtle little things," Lewis said.

That's exactly right, Tabor says, and that's among the most worrisome issues about her husband's 12-month isolation from the family.

"I can't look through his belongings to see if he needs anything, can't bring him anything without it having to be quarantined. It's been very frustrating to say the least," Tabor said.

"I think with masks and hand sanitizing, plus the vaccine they (and most of us) have had, there is no reason to continue to keep us out. A large percentage of the residents have had COVID during this year Tabor of isolation," added.

Pennyrile Area Development District's Cindy Tabor (no relation to the aforementioned Tabors) is working the system, trying to help people like Betty Tabor and Lewis find a compromise with nursing facilities. She's the regional ombudsman for long-term care patients. Her job is to listen to their stories, complaints and problems, then try to find a solution before their issues become official complaints and require an investigation by regulator agents.

Right now, Cindy Tabor says, the guidance for long-term care facilities is stale. It needs to be updated. The last update was in October, according to the Kentucky Cabinet for Health and Family Services website, and Centers for Medicare and Medicaid Services. She also says there is too little uniformity from one facility to the next when it comes to how they're handling requests for visitation. Some long-term care centers are beginning to allow on-site visitation. Others are not.

One in Madisonville, for instance, is opening this week, Cindy Tabor explains. There are state and federal pandemic rules that trigger when a nursing home can open up for on-site visits. For one, their county has to be out of the Red Zone on the state's colored-code COVID-19 map. There are other criteria, including whether there are positive cases inside the facility or whether the visitor has been vaccinated.

"There are all kinds of extremes going on right now," said the PADD advocate. "There are just so many different interpretations and applications of the guidelines."

Tiffany Lanham of Marion says she's heading to Henderson this week to see her grandfather who's been isolated from his family through the entire pandemic. He's 73 and has been in the nursing home for two years, so, like Jimmy Tabor, he barely had time to become acclimated to the long-term care environment when COVID-19 struck. Lanham's visit will be for only 10 minutes, she said, but the

opportunity is exciting and very welcomed.

"I am going to take him some chewing tobacco. He loves it, but you're not supposed to have it in there. I think this time I'm just going to take him some," Lanham said with a laugh.

Separation anxiety and other potential issues arising from being physically disconnected from family is wearing on residents in these types of facilities, and could be doing irreparable harm, said everyone who was interviewed for this article.

You can reach the PADD's ombudsman at 270-886-9484 or at cindy.tabor@ky.gov.

**CELEBRA** 

#### Robert B. Frazer, Attorney

#### **AREAS OF PRACTICE**

- Probate and Estate Planning
- Real Estate Law
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- Family Law
- Personal Injury-Property Damage
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200 South Main Street, P.O. Box 361 • Marion, Ky. 42064 Email: bfrazer@frazer-law.com Phone: (270) 965-2261 • Fax: (270) 965-2262 Hours: Monday-Friday 8 a.m.-4:30 p.m.



#### MORE ONLINE: KEEP TRACK BETWEEN NEWSPAPERS

Want to keep track of what's happening day to day around the community or in Rocket Sports? Visit The Press Online where you can get breaking news and additional coverage between print issues.

#### **IRISH MUDSLIDE**

- 👫 1.5 oz. Jameson
- 🖣 1.5 oz. Baileys
- 💑 1.5 oz. Kahlua
- 3 oz. half and half or milk
- the 1 C ice
- A few drops of green food coloring (optional)

COMBINE IN A BLENDER AND BLEND UNTIL SMOOTH. POUR AND TOP WITH WHIPPED CREAM AND CHOCOLATE SAUCE.



AMESON

CONVENIENT

Drive-Thru WINDOW

## LOCAL SPORTS

#### BASKETBALL

#### **2nd Region Rankings**

Area Me	Area Media Poll					
	GIRLS					
Rank	Team	Last Week				
1. Hender	son County	1				
2. Webste	r County	2				
3. Crittend	len County	3				
4. Union C	County	4				
5. Lyon Co	ounty	5				
6. Christia	n County	6				
7. Trigg Co	ounty	7				
8. Hopkins	s Central	8				
9. Caldwe	Il County	9				
10. Madis	onville	10				

#### BOYS

Rank	Team	Last Week
1. Lyon (	County	1
2. Hopki	nsville	5
3. Madis	onville	3
4. Unive	rsity Heights	2
5. Webs	ter County	4
6. Union	County	7
7. Hende	erson County	6
8. Critter	nden County	8
9. Trigg	County	9
10. Cald	well County	NR

#### SPRING SPORTS Season tickets on sale

Season passes for home high school spring sports events at Marion-Crittenden County Park are on sale now. No walk-up tickets will be sold at games due to COVID guidelines. A season pass is good for baseball, softball and track and field. Anyone who does not have a season ticket will be required to buy a single-game \$5 ticket in advance of each contest on TicketLeap. Season tickets are \$30 adults, \$10 students. Tickets for can be purchased at The Crittenden Press or contact the coaching staff or a booster club representative to arrange for tickets. Deadline to buy a season ticket is March 17.

#### RECREATION Park restrooms open

Marion-Crittenden County Park has opened its restrooms and turned on water for the season. Anyone interested in reserving a park pavilion or having a special event at the park should make reservations by calling 270-965-5015 weekdays.

#### SPORTS MEDIA McIntosh death

## **CCHS stopped in All A final four**

#### **BY ALLISON MICK-EVANS** THE CRITTENDEN PRESS

Private school Bardstown Bethlehem used its quickness and long arms and legs to control Friday's All A Classic Girls' State Tournament semifinal, defeating the Lady Rockets 80-54 at Richmond's McBrayer Arena.

Bethlehem (20-4) went on to win this year's tournament Saturday morning, marking its second straight All A Classic championship.

Three Lady Rockets were named to the All A Classic's All-Tournament Team. Those were seniors Jaelyn Duncan and Nahla Woodward and sophomore Taylor Guess.

Crittenden's girls (15-4), appearing in their seventh All A Classic State Tournament, made history by winning its first two games - against Murray and Hancock County – and advancing to the final four. In 2017, CCHS won its opening round game in the small-school state tournament. That was the first win ever.

This year's tournament was snowed out during its originally scheduled week so games were played at regional sites until the final four teams were determined.

played Highly-touted Bethlehem quickly, shot accurately and pounded the glass offensively and defensively against Crittenden. Two six-footers defended the basket like volleyball frontliners while Bethlehem's guard play wreaked havoc with a full-court press.

Bethlehem scored 25 points off 23 Crittenden County turnovers.

"They were very tall and quick, shot the ball well, so not a lot of weaknesses there," said CCHS Coach Shannon Hodge, who has skippered the Lady Rockets for 27 years and taken the girls to every All A Classic appearance.

"Recognizing who we are and who we are playing against with that level of competition, this can mean nothing but good things for our team," Hodge said, finding consolation in the lopsided loss. "This is the kind of play you really learn from and this should help us. They've done something no one else has ever done, so you have to be proud of that."

Crittenden was led in scoring by Guess with 26 points. The Lady Rockets had difficulty getting the ball inside to Woodward, but she finished with 11 points, one below her season average.



Bethleham had size and played a physical style in beating CCHS. Here sophomore Taylor Guess works out of a trap. Guess currently leads the Second Region in scoring with a 19.2 average.

#### **Girls beat Livingston & Mayfield**

The Lady Rockets led from start to finish en route to sweeping Livingston Central in Fifth District play this season. CCHS led 23-6 out of the gate and won 51-36 Monday at Smithland. Senior Chandler Moss led the way with 15 points while senior Nahla Woodward added 11. Lauren Wring had 23 for Livingston.

Guess scored 32 at Mayfield Tuesday in a seven-point road win. That's five points from her career-high in a game.

Crittenden County	9	21	39	54	
Bardstown Bethlehem	29	46	65	80	
<b>CRITTENDEN - Guess</b>	26, S	mith 2,	Moss	s 8, Dunc	an
7, Woodward 11. FG	15.	3-point	ters	(Guess	З,
Woodard) ET 20.24		•			

Woodard). F1 20-24. BETHLEHEM - Smalley 15, Clayton 2, Hodges 17, Thompson 18, Miles 2, Thurmond 9, Hurst 3, Spalding 4, Miles 2, Young, Fillatreau 4, Bishop 4. FG 35, 3pointers 3 (Thompson, Thurmond, Hurst). FT 7-11.

Crittenden	23	37	44	51	
Livingston	6	13	23	36	
<b>CRITTENDEN - Gues</b>	s 7, Sm	ith 4, N	loss 1	5, Dunca	an
6, Woodward 11, Hat	tfield 2,	Perryn	nan 2,	Easley	2,
Conyer 2, Long. FG 2	21. 3-poi	nters 3	3 (Gue	ss, Woo	d-
ward 2). FT 6-10.					
LIVINGOTONI NUT	00 D	~			e .

LIVINGSTON - Wring 23, Downey 9, Joiner 4, Croft, Ramage, Quertermous, Hargrove. FG 17. 3-pointers 2 (Wring, Downey). FT 0-1.

Crittenden	16	31	45	58	
Mayfield	9	22	34	51	
<b>CRITTENDEN – Gues</b>	s 32. S	mith 10	). Mos	s 13. Du	n-
can, Woodward 3, Peri					
2 (Guess). FT 15-30.		0		•	
MAYEIELD - Sullivan	12 Mar	ndry 1	Duke	6 Laws	n

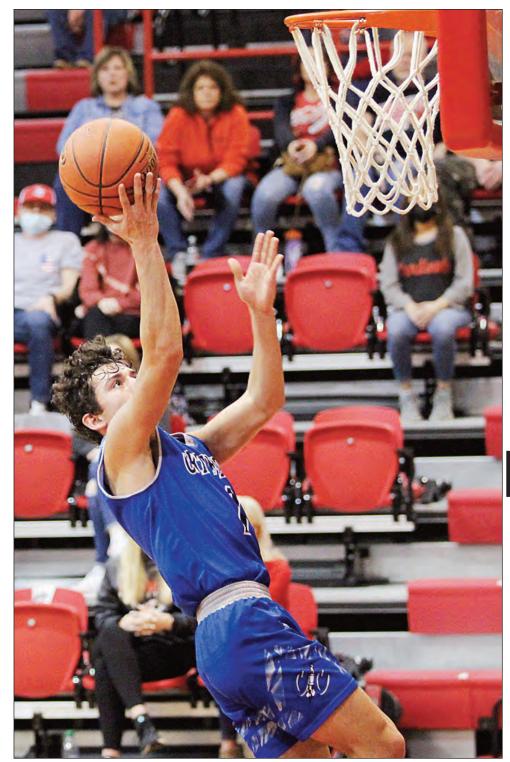
5, Smith 12, Burns 9, Mayes 5, Hurt 1. FG 15. 3-pointers 5. FT 16-23.

#### **5TH DISTRICT TOURNAMENT** BOYS

Monday, March 15 at Cadiz Lyon Co. vs Livingston Central, 5:30pm

Crittenden Co. vs Trigg Co., 7:45pm Thursday, March 18 at Cadiz Championship, 7pm

GIRLS Tuesday, March 16 at Cadiz Crittenden Co. vs Livingston, 5:30pm



Larry McIntosh, 81, a former WPSD-TV sports director, died

March 1 in Paducah. McIntosh was anchor of the nightly sportscast during the 1980s and 1990s. He covered Crittenden County's 1985 state



championship run and was an award-winning broadcaster who also had a Paducah radio sports program after he retired from television.

#### **OUTDOORS** LBL opening facilities

Campgrounds, environmental education facilities and welcome stations are reopening for the season at Land Between the Lakes. Energy Lake Campground and Hillman Ferry Campground have already reopened. Homeplace 1850s Working Farm, North and South Welcome Stations and Woodlands Nature Station are open Wednesdays through Sundays. They will be open daily starting April 1. Moss Creek Day Use Area will also be open daily beginning April 1. Many other facilities are open year-round.

#### **Hunting Seasons**

Here are some of the key hunting opportunities currently in season or coming up soon:

Antler Sheds	Year Round
Coyote Nighttime	Dec. 1 - May 31
Youth Wild Turkey	April 3-4
Wild Turkey	April 17 - May 9
Coyote	Year Round
Groundhog	Year Round
Turtles	Year Round

#### FOLLOW THE PRESS ON TWITTER

@CrittendenPress for Alerts, Updates

#### FOLLOW THE ROCKETS at THE PRESS ONLINE

www.The-Press.com Sports Tab

Lyon Co. vs Trigg County, 7:45pm Friday, March 19 at Cadiz Championship, 7pm

## Two Seed Rockets go 4-2 in district, will face Trigg in tournament

Sophomore Preston Morgeson scored a season-high 20 points as Crittenden County opened up in the second half to beat Livingston Central 71-54 Saturday.

The Rockets finish the regular-season Fifth District schedule with a 4-2 record. They will have the No. 2 seed when postseason play begins early next week at Trigg County.

Morgeson scored eight points in the third period when Crittenden County went on a 26-6 run to blow open a game that was close at the half. The Rockets led by two at halftime.

Senior guard Gabe Mott scored 15, senior center Preston Turley a dozen and freshman guard Travis Champion had 11. Crittenden made eight three-pointers. Morgeson nailed four of them.

The Rockets (9-8) close out the regular season this week with road games at Union County, Carlisle County and McLean County.

Livingston, winless in district play this season, falls to 3-19 and will be the fourseed in the district tournament, facing Lyon County in the first round. Max Downey led the Cardinals with 25 points.

#### **Rockets sweep Union County**

Crittenden improved to 10-8 overall Monday with a 60-54 win at Union County as CCHS beat the Braves for the second time this season.

The Rockets have won three of their last four games and will play two more Preston Morgeson hit 4 threes and scored a season-high 20 points at Livingston.

late this week to wrap up the unusual pandemic season. The boys play at Carlisle County on Thursday and at McLean County Friday.

The Fifth District Tournament opens Monday at Cadiz.

Crittenden 71 Livinaston 21 27 54 5 CRITTENDEN - Morgeson 20, Champion 11, Winders, Mott 15, Beverly, Davidson, Boone 5, Adamson, Dobyns 6, Derrington, Guess, Turley 12. FG 26. 3-pointers 8 (Morgeson 4, Champion, Mott, Dobyns 2), FT 11-18,

LIVINGSTON - Kitchens 10, Barnes 3, Schutte, Calendar 6, Schmitt, Downey 25, Joyce, Zaim 2, Wring 8. FG 18. 3-pointers 6 (Downey 3, Wring 2, Barnes). FT 12-13.

Crittenden Co. 53 9 15 44 32 13 Caldwell Co. 16 35 44 59 CRITTENDEN - Morgeson 15, Champion 4, Winders, Mott 13, Boone 10, Dobyns 3, Turley 8. FG 22. 3pointers 5 (Morgeson 4, Dobyns). FT 4-8. CALDWELL - Spikes 31, Ca.Whittington 2, Co.Whittington 15, Thompson, Riley, Vivrette 5, VanHooser 6. FG 21. 3-pointers 8 (Spikes 4, Co.Whittington 3, Vivrette). FT 9-16.

Crittenden Co. 60 18 33 47 Union County 14 24 41 54 CRITTENDEN - Morgeson 11, Champion 9, Winders, Mott 17, Boone 4, Dobyns, Turley 19. FG 22. 3-pointers 6 (Champion 2, Morgeson 2, Mott, Turley). FT 10-13.

UNION - Corbett 9, Manuel 6, Mayes 2, Mackey 15, Hughes 2, King 4, Kanipe 8, Johnson 8. FG 21. 3pointers 3 (Corbett, Mackey). FT 9-15.



## **HAVE YOU EVER WANTED TO BE A CNA?** This is a great opportune

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#### PERSONAL CARE ATTENDANTS

On March 26, 2020 the Kentucky Office of Inspector General provided guidance to allow for long-term care facilities to train and hire Personal Care Attendants during the COVID-19 State of Emergency. Revised guidance was issued on April 14, 2020. This temporary waiver permits a long-term care facility to employ a trained Personal Care Attendant ("PCA") to perform defined resident care procedures that do not require the skill or training required for a State Registered Nurse Aide ("SRNA") who has successfully completed the nurse aide training and competency evaluation program established by 907 KAR 1:450. Facilities who intend to hire Personal Care Attendants during the State of Emergency must ensure that the following requirements are satisfied:

- A candidate for training must be at least eighteen (18) years of age. There are no minimum educational requirements;
- A candidate must complete the training requirements outlined in the April 14, 2020 Office of Inspector General memo;
- A candidate who completes training and is employed by a facility must:
  - Satisfy the same criminal background checks requirements as required for long-term care facility employees pursuant to KRS 216.788-216.793;
  - Submit to a check of the nurse aide abuse registry; and
  - Be registered through the Kentucky Board of Nursing.

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

We are an Equal Opportunity Employer that Values Diversity in the Workplace. We are also please to advise you that for the safety of our residents and employees, we are a drug free work place.



#### DAYTIME BURNING RESTRICTIONS

Crittenden County volunteer firemen were on the scene of a brush fire Saturday afternoon just south of Marion between U.S.641 and Mott City Road. Firemen say everyone should be reminded that it's spring wildfire hazard season, bringing with it outdoor burning restrictions. Between Feb. 15 and April 30, the spring forest fire hazard law prohibits burning between the hours of 6 a.m., and 6 p.m., if the fire is within 150 feet of any woodland, brushland or fields containing dry grass or other flammable materials. Chris Cooksey, assistant fire chief in Crittenden County, said three individuals recently have been cited violating the burn law. He said firemen had to be called in each case after someone tried to burn a brush pile and the fire got out of control due to natural conditions.

## Local effort pays off; more options opening

March 12 marks the one-year anniversary that COVID-19 forced Crittenden County Schools, along with schools across the state and nation, to close inperson learning and embrace a remote platform.

all endured We've many challenges since then, but I'm proud that our school district has done whatever it takes to keep our students and staff safe and bring back in-person learning during this unprecedented school year. Just like the Rover "Persever-Mars that traveled ance" nearly 300 million miles and landed on the red planet, we also continue our journey of educating kids amidst many evolving challenges.

We could never have known when our Board of Education committed

plans and healthy-atschool protocols so that Crittenden County Schools can continue to do what we do best take care of one another. I'm inspired that we

rently educating about 80 percent of students in person (88 percent at Vince

cur-

are

our

days

over

week,

CCES) five CLARK per SUPERINTENDENT for CRITTENDEN CO. 100 SCHOOL DISTRICT days while

masking, social distancing and contact tracing. We will continue to implement these mitigation strategies, but we are making great, steady progress.

We also implemented a fall and winter sports our traditional end-ofyear programs that were sacrificed last year, even though they may look a bit different.

I am happy that many virtual learners have taken full advantage of our Edgenuity and Pathblazer programs but dis-appointed that some have fallen way short of learning expectations. In conjunction, we will be evaluating the future of virtual learning and determining conditions for that option.

We are preparing for summer learning sessions to accelerate learning with remediation and enrichment.

Technology is a great tool; however, the interaction with a trained educator is invaluable and irreplaceable.

Moving forward, I want to again express my sin-



## **FIVE-COUNTY AREA**

Most info in this graphic current as of March 5. \*Updates with March 6 data.

	Confirmed	<b>Currently in</b>	Currently	Recovered		
County	<b>Cases Ever</b>	<b>Home Isolation</b>	Hospitalized	Cases	Deaths	
Caldwell	1,135	24	0	1,086	25	
Crittenden	614*	21	1	567	22	
Livingston	735	21	1	695	18	
Lyon	930	308	1	607	14	
Trigg	1,081	31	0	1,042	8	
	Source: Pennyrile District Health Department					

Source: Pennyrile District Health Department

## Cases moderate here; one new death

Lyon County's caseload

has spiked dramatically, but

almost exclusively because

the virus affected 280 at the

Western Kentucky Correc-

tional Center near Fredonia.

Andy Beshear announced

834,130 Kentuckians - 25

percent of Kentucky adults

have now received at

least one dose of one of

COVID-19 vaccines. The

CDC estimates that 54 mil-

lion Americans have re-

ceived at least their first

dose of a COVID-19 vac-

cine. Among states, Ken-

tucky ranks 24th in getting

nounced Kentucky has now

seen eight straight weeks of

declining COVID-19 cases.

Monday's COVID-19 report

included the lowest number

of new cases in the commonwealth since Sept. 14.

ians hospitalized with the

coronavirus on Sunday. Of

them 156 were in the ICU

and 82 on a ventilator. Only

the latter number showed

an increase from Saturday.

There were 558 Kentuck-

Gov. Beshear also an-

its residents vaccinated.

effective

highly

three

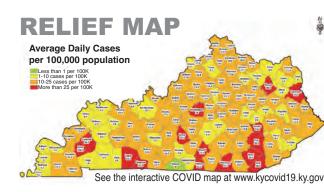
Early this week, Gov.

COVID-19 continues at a moderate level in Crittenden County as more residents are becoming inoculated.

The county has had 15 cases reported over the seven-day period from March 2-8, which kept Crittenden out of the state's socalled Red Zone on its color-coded COVID map.

There were three cases reported here on Monday and no cases were reported on three of the last five days.

There has, however, been one new Crittenden County death attributed to the virus. Public health officials do not disclose the names of individuals who have passed away with COVID-related issues or their date of death. The new death brings the county total to 22 since the pandemic began. It was included in Friday's weekly COVID-19 data update from the Pennyrile District Health Department. Crittenden has had a higher COIVD-19 mortality rate per capita than any other county in the Pennyrile Public Health District.



#### WHO IS IN Phase 1C?

Phase 1C is not just for individuals 60 and over. If you have an underlying health issue or are obese, you can get a shot even if you're younger. Also, if you are in manufacturing, volunteer in education, work in the energy sector or public transit, to name a few, you can get a shot even though you're not age 60. Go to the state website www.kycovid19.ky.gov to see if you qualify for the vaccine. It might help you avoid a quarantine or mask in certain situations.

#### **HEALTH DEPARTMENTS**

Caldwell 270-365-6571 Crittenden 270-965-5215 Livingston 270-928-2193 Lvon 270-388-9763 Trigg 270-522-8121

#### **REGIONAL SITES**

**Crittenden Hospital** 270-965-1014 www.crittenden-health.org

**Glenn's Prescription Center** Glennspharmacies.com 270-988-3226

**Glenn's Apothecary** Glennspharmacies.com 270-965-4101

**Caldwell Medical Center** 270-365-0428

**Princeton Walmart** 270-365-7692

**Deaconess Union County** 270-389-5120

**Baptist Health Madisonville** 270-825-6637



our one-to-one to Chromebook initiative that those devices would be essential in our engagement plan during this pandemic. We also have overcome the connectivity issue of our rural community to engage our families, and we have just learned that we are one of three Kentucky organizations to receive 350 hotspots from AT&T to address that digital divide.

I want to thank everyone, especially our students and staff, for embracing our learning participation plan and, in return, our Rockets have competed for district, regional and state competitions. Congratulations to our Lady Rockets basketball team who recently made school history by earning a spot in the final four of the Class A state tournament.

Now, we look forward to watching our spring sports teams compete after sacrificing their 2020 seasons to COVID-19.

addition, we are In planning to have some of cere gratitude for the support our Rocket community has shown us. I'm convinced that one of our strongest attributes is the strength of our community backing. We don't take that for granted, and we humbly ask for your continued support as we navigate unconventional times. Thank you.

Superintendent Vince Clark is a long-time local educator, having served previously as a teacher, principal and coach in the school district.

## Kidney transplant saves family father

Crittenden County Circuit Court Clerk Melissa Guill is emphasizing the health of community members by observing March as National Kidney Month. Across the United States, 33 percent of adults are at risk for kidney disease. Every year kidney disease causes more deaths than breast prostate cancer. or Throughout the course of the pandemic, it has been proven that COVID-19 damages the kidneys of otherwise healthy patients. People of color have been disproportionately affected by COVIDjust 19. as the disproportion of developing kidney disease.

In Kentucky, over 700 people are waiting on a life-saving kidney transplant due to chronic kidney failure. Numerous families across the Commonwealth are faced with the harsh realities of waiting on a life-saving organ transplant, families just like Ryan Buffington's.



The Buffington family of Lexington, Ky.

Ryan Buffington of Lexington is a husband and father of two. After experiencing complications due to diabetes, Ryan was listed on the waiting list in March 2014 for a kidney and pancreas transplant. Later that year, he and his family were given a second chance at life by a generous donor.

"Ryan's transplant has been a new beginning for our entire family. His donor has done for Ryan what doctors could not; he has cured Ryan's diabetes," said Bridgit Buffington, Ryan's wife.

This testimony of kidney disease leading to

needing a transplant is all too common. Taking preventative measures to prevent unnecessary complications is necessary.

"One in every three Crittenden Countians are at risk for kidney disease. High blood pressure, heart disease, diabetes, and obesity increase risk of end state renal disease," said Guill. "We must take care of our kidney health and others' by registering as an organ donor."

Join the Kentucky Organ Donor Registry in one of the following ways:

Online 24/7 at RegisterMe.org

On your Apple iPhone, go to your Health App and toggle to "organ donor."

Driver's License Renewals: All Circuit Clerks' offices and all KYTC offices have re-opened, adhering to Governor Beshear's COVID-19 guidelines and continue to do so.

Keep him safe in your home. Dispose of unused opioids.

#### Keep your family safe.

- Don't share opioid pain medicines with others.
- Store opioids out of sight and out of reach of children or teens.
- Dispose of unused opioids safely when there is no longer a medical need for them.

