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Senior Scene & TOURISM

Activities & Travel Guide

**Anyone who thinks
fallen leaves are dead
has never watched them
dancing on a windy day.**

- Shira Tamir

Special Women's Health Issue

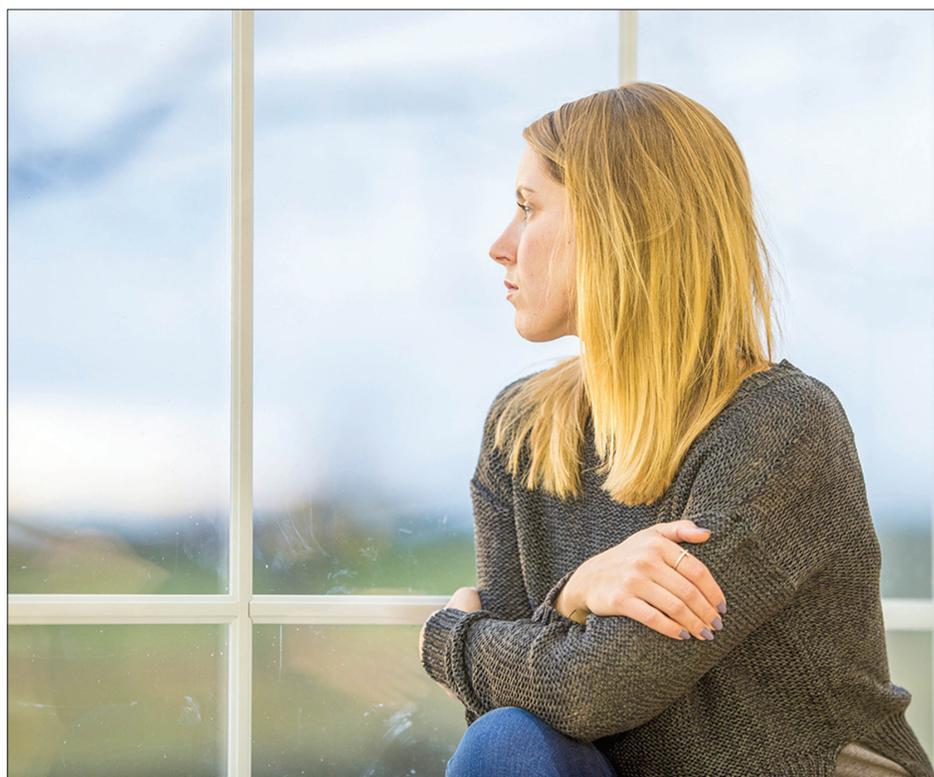
September 2020

Risk factors that can compromise mental health

At the dawn of a new year, much is made about the popularity of resolutions focusing on improving physical fitness. While it's important to be physically fit, a new year also marks a great time to examine one's mental wellness.

The World Health Organization defines mental wellness as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her society." Men and women who are mentally unwell may find it difficult if not impossible to achieve their other goals, including those pertaining to their physical fitness.

No one is immune to mental health problems, which the American Mental Wellness Association notes are never the result of a single risk factor. Many people whose mental wellness has been compromised are dealing with a variety of risk factors. The AMWA breaks down those risk factors into four categories: biophysical, psychological, social, and spiritual. Learning these risk factors can help people learn more about themselves and might even compel them to seek help before their mental wellness is compromised.



Biophysical

- Family history of mental health problems
- Complications during pregnancy or birth
- Personal history of traumatic brain injury
- Chronic medical conditions,

such as cancer or diabetes. Hypothyroidism or other brain-related illnesses, such as Alzheimer's or Parkinson's disease, also can compromise mental wellness

- Use of alcohol or drugs

see HEALTH, page 11

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The relationship between eating and exercise

Diet and exercise are each vital components of a healthy lifestyle. While these components tend to be looked at separately, diet and exercise are actually interconnected.

According to the American College of Sports Medicine, adequate food and fluid should be consumed before, during and after exercise. Following that advice can help men and women maintain their blood glucose concentration during exercise, which allows them to maximize their performance and improves their recovery time.

Some people understandably may feel that eating before exercising seems counterintuitive, as food may contribute to feelings of sluggishness that would make it hard to maximize a workout.

But what people eat, and drink, prior to working out is important, as the right foods can make a positive impact while the wrong foods can have the opposite effect.

The American Heart Association and the ACSM recommend hydrating with water prior to working out. The ACSM recommends drinking between two and three cups of water two to three hours before exercising. Adults accustomed to working out in the early morning can try to wake up earlier so they can give their bodies time to hydrate before they begin exercising. It's also important to continue hydrating during a workout, as the ACSM recommends drinking between 1½ and one cup of water every 15 to 20 minutes during a workout (amounts can be adjusted

based on variables such as the weather and individuals' body sizes). After a workout, the ACSM recommends drinking two to three cups of water for every pound lost during the exercise session.

Food also plays a vital role in maximizing a workout and improving recovery time. The AHA recommends fueling up on healthy carbohydrates, such as whole-grain cereals, whole-wheat toast or low-fat or fat-free yogurt, two hours before exercising. Doing so might pose a problem for early morning exercise enthusiasts, and in such instances the AHA advises eating a piece of fruit such as an apple or banana five to 10 minutes before beginning a workout. Avoid saturated fats and a lot of healthy protein prior to working

out, as it takes longer for these fuels to digest in the stomach. Until foods are digested, muscles may not get all of the oxygen and energy-delivering blood they need during a workout, so it's best to stick with foods that the body can digest more quickly.

The Mayo Clinic notes that it's also important to make food a part of your post-workout routine. Eating a post-workout meal that contains both carbohydrates and protein can aid muscle recovery and replace glycogen stores that help increase energy levels after working out.

The most effective way to exercise involves healthy foods, which can improve performance and lead to quicker post-workout recovery.

Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pressure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

The American Heart Association says that heart disease is the foremost killer of women in the

United States. The Heart and Stroke Foundation says heart disease and stroke kill 31,000 women in Canada annually. Despite those figures, many women are unaware of the threat of heart disease and its symptoms.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or are heavy smokers are at the greatest risk.

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back
- dizziness
- lightheadedness or actual

fainting

- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack symptoms in women.

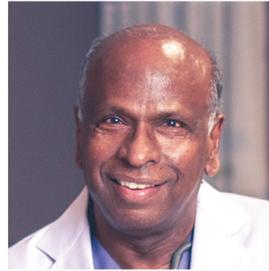
A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had



complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at www.heart.org



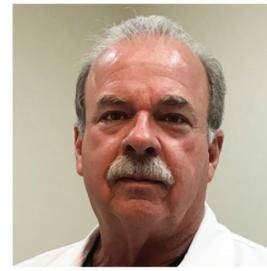
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Early warning signs for breast cancer

Breast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman's risk of dying from breast cancer.

Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the look or feel

of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

Physical changes in the breast can vary, but Susan G. Komen® advises women who notice these changes to bring them to the attention of their physicians immediately:

- Lump, hard knot or thickening inside of the breast or underarm area
- Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or

other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen® notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your other breast, then it's likely that this is just the normal texture of

your breasts. However, women concerned by a lump or lumpy texture are urged to discuss those concerns with their physicians immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen® notes that such discharge is rarely a sign of cancer. Discharges that occur without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in better position to overcome it.



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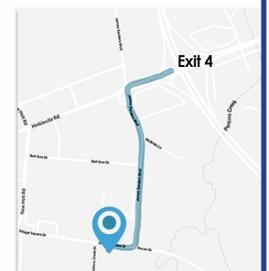
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Identifying factors of perimenopause

The female body is a medical marvel. Not only does it have the capacity to operate and sustain its own life, but a woman's body also can conceive and sustain the life of another.

Various hormones, organs and the reproductive system as a whole help set females apart from males. The complex cocktail that enables a woman to reproduce will continue to evolve as she ages, until the body comes to a point when it begins to shut reproduction down once and for all. Menopause represents the curtain call of reproduction. But prior to that happening, women may start to see the first signs that their childbearing days are coming to a close.

Perimenopause is the period of time that comes between the consistent menstruation and fertility of reproductive years and menopause. It often is a time of transition that can bring with it a variety of symptoms. Franciscan Health says perimenopause can be a hormonal roller coaster that tends to begin when a woman is in her forties. However, some women notice changes as early as their mid-thirties.

Estrogen and progesterone hormones are the key players in a woman's reproductive cycle. As these hormones rise and fall unevenly, women often notice their menstrual periods become longer or shorter. Some menstrual cycles may occur in which ovaries do not release an egg at all. Some women also experience menopause-like symptoms, such as vaginal dryness, hot flashes, sleep disturbances, and mood swings.

Many women know they've reached menopause when a period has not occurred for 12 months. But women may not be so certain when they are in perimenopause.

Here's how to identify that this transitional period has begun.

- **Periods begin to change.** Menstrual periods might be heavy, light, long, or short. One of the most consistent characteristics of perimenopause is inconsistency, especially as it pertains to menstrual periods. Low-dose birth control pills may be able to keep women more regular.
- **Fibroids or heavier bleeding:** WebMD says that periods can become heavy during

perimenopause due to a drop in the hormone progesterone. The lining of the uterus becomes thicker before it is shed. Others experience growths in the uterus known as fibroids.

- **Hot flashes may start.** Some women may experience flushing and sweating during the day or night. These flashes also may wake a person from sleep.

- **Mood changes:** Mood swings, irritability or increased risk of depression can happen during

perimenopause. These changes may stem from sleep disturbances or hormonal changes.

- **Changes in sexual function.** The Mayo Clinic says that, during perimenopause, sexual arousal and desire may change. This can affect intimate relationships with partners.

Perimenopause is a transitional period when the body begins to adjust to fluctuating hormones as it draws closer to a cessation in menstruation and fertility.



How to cope with physical changes resulting from cancer treatment

Among American and Canadian women, breast cancer ranks as either the most commonly occurring cancer or a close second. The World Cancer Research Fund says there were two million new cases of breast cancer in 2018 across the globe, while the American Cancer Society notes the chance that a woman will die from breast cancer is about 2.6 percent.

Fortunately, for most women, a cancer diagnosis is not terminal. Early detection and thorough treatment helps to improve the five-year survival rate, especially for those with cancer that is localized to the breast or has only minimally spread. Women may have to undergo various forms of treatment, including radiation, chemotherapy and surgery.

The National Cancer Institute notes that, while they're effective, breast cancer treatments can cause changes that affect a woman's physique, body image and sexuality. Some changes will be short-term, such as hair loss or fatigue. Others may be permanent, such as breast loss or scarring from lumpectomy and mastectomy. Fertility also may be affected, potentially compromising a woman's ability to get pregnant after treatment.

Regardless of the changes, breast cancer patients must realize they are not alone. Scores of women have experienced similar feelings and can be sources of support and inspiration during recovery. In addition, a handful of strategies can help women confront the physical changes resulting from cancer treatment in a positive way.

- Understand that it is okay to feel frustrated, upset or angry with the changes that have occurred. It doesn't make you shallow. Anyone



has the right to grieve treatment options that have changed their bodies in various ways.

- Attempt to focus on how cancer treatment and the entire experience has made you stronger and more in tune with life. Cancer can be a wake-up call that sparks positive changes going forward. Focus on your strengths, rather than on what you cannot reverse.

- Look for new ways to enhance your appearance, like a new hairstyle. A makeup makeover also can help. Some women like to

splurge on a stylist who can help shape a wig or offer them some innovative ideas to change their appearance.

- Speak with a doctor about what you can do to treat and camouflage skin changes from treatment. Topical creams may alleviate redness or dry patches while other remedies can minimize surgical scarring.

The changes in body image that breast cancer survivors experience tend to be connected to the features that society characterizes as

female. Loss of one or both breasts can greatly affect body image. However, if mastectomy surgery is necessary, speak with your doctor about reconstruction possibilities. There also are very good prosthetic inserts and bras that can mimic the look of natural breasts under clothing.

Physical changes are common after cancer treatment. Women can try a handful of strategies to successfully confront these changes.

5 ways to protect your hearing everyday

The saying “you don’t know what you’ve got ‘til it’s gone” is never more true than in regard to hearing. It’s easy to take hearing for granted, but even momentary hearing loss can highlight how vital it is to protect hearing.

People rely on headphones or ear buds to listen to music, stream movies or participate in work-related meetings more than ever before. Having the volume too loud can contribute to hearing loss over time.

The Centers for Disease Control and Prevention says five in 10 young people listen to their music or other audio too loudly. Overall, 48 million people in the United States have trouble hearing in one or both of their ears. Johns Hopkins Medical Center reports approximately 15 percent of adults 18 years of age or older report some trouble hearing, and the risk of hearing problems increases with age.

Once it’s gone, hearing cannot be restored in many cases. To protect hearing and guard against future hearing loss, consider these recommendations.

1. Ask for a baseline hearing test. It’s easier to measure hearing loss if there is a baseline by which it can be measured. During your annual physical, ask for a hearing test or a referral to an audiologist. This can set the course for monitoring progression of any future hearing loss.

2. Wear hearing protection. There are various types of hearing protection that can filter out certain levels of sound. Many earplugs, like the

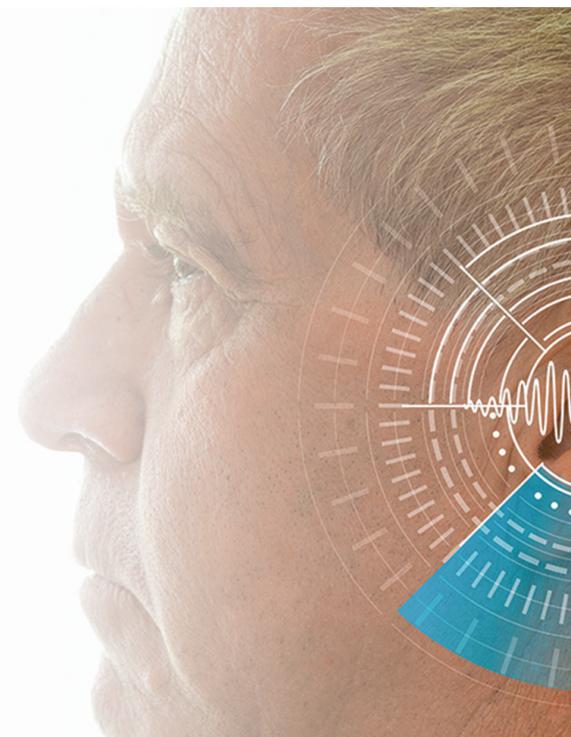
ones musicians wear or those worn when attending rock concerts, can reduce the sound by approximately 25 dB. Custom fit ear plugs provide more noise reduction, in upwards of 35 to 40 dB. They are optimal for high-noise environments, such as when mowing lawns or operating machinery, according to the hearing loss resource Hearts for Hearing.

3. Turn down the volume. Experts recommend adhering to the 60/60 rule when enjoying audio through headphones. This suggestion is to listen with the headphones at no more than 60 percent volume for no more than 60 minutes a day. Earbuds fit directly next to the eardrum and can be harmful to your hearing. If possible, choose over-the-ear headphones instead.

4. Have custom molds made. Rather than turning up the volume, people can have custom ear molds made for use with earphones, suggests Johns Hopkins. The custom ear molds will block outside noise, allowing for higher quality listening.

5. Keep your ears dry. Moisture in the ear can cause bacteria to grow and potentially lead to infections. Towel-dry ears gently after showering or swimming. Avoid the temptation to use cotton swabs to dry the ears. For the most part, ears are self-cleaning, and using a cotton swab can push wax and cause it to become compacted in the ear canal.

In addition to these tips, discussing hearing health with a doctor is a wise idea.



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Protect yourself from coronavirus fraud

Restrictions implemented to prevent the spread of the novel coronavirus COVID-19 have saved untold numbers of lives. The world has adjusted to such restrictions, and many parts of the world have relaxed measures as case numbers have declined.

As communities begin returning to some semblance of normalcy, the Centers for Disease Control and Prevention has warned people against letting their guard down. While many of those warnings pertain to the importance of continuing to practice social distancing as economies reopen, advisories also include notices about fraud schemes related to COVID-19.

The U.S. Department of Health and Human Services Office of the Inspector General has advised the general public about scams involving Medicare fraud. Such schemes are targeting Medicare beneficiaries in an assortment of ways, including through text messages, social media, telemarketing calls, and even door-to-door visits. When perpetrating such frauds, scammers seek beneficiaries' personal information, which they then use to fraudulently bill federal health care programs, potentially leaving their victims on the hook for costly unapproved tests related to COVID-19.

The CDC notes the importance of being aware of such schemes. Awareness can help consumers avoid being victimized by scammers, and the following are some additional measures people can take to protect themselves from COVID-19-related fraud.

- Do not share personal account information. Scammers need their victims' personal information to perpetrate their fraudulent schemes. The CDC cautions beneficiaries to be suspicious of unsolicited requests for their Medicare or Medicaid numbers.

- Do not take callers or visitors at face value. Unsolicited callers or visitors requesting Medicare or Medicaid information should be met with extreme caution. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. Compromised personal information may be used in other fraud schemes.

- Never click on links in emails or text messages. Do not respond to, or open hyperlinks in, text messages or emails about COVID-19 from unknown individuals.

- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. Offers or ads for testing are one of the ways scammers are accessing personal information. Only a physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

The COVID-19 outbreak has made it easy for criminals to exploit consumers concerned about their health. Consumers who suspect COVID-19 fraud can contact the National Center for Disaster Fraud Hotline at (866) 720-5721 or visit [Justice.gov/DisasterComplaintForm](https://www.justice.gov/disaster) to file a complaint.

Keeping yourself safe against the unexpected

(Family Features) A financial emergency may have previously seemed like a “not me” scenario, but it’s now a reality many families across America are dealing with as the impact of the COVID-19 pandemic continues to affect the economy.

Savings accounts may not be robust enough to weather a significant blow, according to research from Colonial Life. The survey found 38% of U.S. adults have less than \$5,000 in savings for a financial emergency, and 23% have less than \$1,000.

The study further revealed Americans are already stretched thin due to financial constraints like vehicles with mechanical problems, an unemployed spouse or partner, supporting children and other dependents, mortgage payments and other debt.

Planning ahead for a financial emergency with tips like these can help reduce the long-term impact on your finances and credit.

Avoid unnecessary charges. Late payment fees can add up

fast and put a dent in your credit rating. Take inventory of your monthly expenses and note the due dates then plan a payment schedule around your paychecks. Be sure to account for possible mail delays or the time needed for electronic transfers. If your schedule doesn’t work, contact your creditor and ask if you can move to a different due date that helps reduce your risk.

Anticipate unforeseen illnesses. A critical illness such as a heart attack, stroke or major organ failure can impact anyone, from the least health-conscious to the most fit. When a critical illness strikes, major expenses often follow. Health insurance may cover some of your medical costs, but not everything. An option like Colonial Life critical illness insurance helps supplement your major medical coverage by providing a lump-sum benefit you can use to pay direct and indirect costs related to some of the most prevalent critical illnesses.

Reduce debt. Doing what you can now to reduce your financial obligations can pay off in the long run if you experience a loss of income. That may mean making extra payments on a loan rather than paying just the minimum balance due. Interest is calculated based on your balance, so paying extra not only reduces your original debt, but also saves you money that would have been lost to interest.

Keep up on maintenance. When money is tight or you’re worried a reduction is coming soon, it may seem counterintuitive to spend money. However, taking care of ongoing maintenance for big-ticket items like your home and vehicle is an investment in the

future. Spending a little now to keep things in good working order can help protect you from a costly problem down the road.

Start thinking smaller. Lifestyle adjustments can be tough when they’re abrupt and unexpected, but if you gradually transition to a more frugal way of living it may not feel as disruptive. For example, start by cutting back on entertainment expenses and dining out. Look for lower-cost ways to enjoy time with loved ones and dial back spending on things like birthday gifts.

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The difference between organic and inorganic mulches

The benefits of mulch are widely known among lawn and garden enthusiasts. By insulating soil from extreme temperatures, helping soil to retain moisture and preventing weed growth, mulch can help plants, trees and gardens thrive, even during periods when Mother Nature can make that very difficult.

Novice gardeners may find themselves a little confused when visiting a lawn and garden center to purchase mulch. That's because there are various types of mulches. One of the ways to simplify that is to break mulches

down into two main classes: organic and inorganic. Learning to distinguish between these two classes can help homeowners choose the best mulch for their properties.

Organic mulch

Organic mulches are made up of materials that decompose over time. The experts at BobVila.com note that, because they decompose over time, organic mulches must be replenished on a regular basis. Hardwood and softwood chips are among the most popular and recognizable organic mulches.

Evergreen needles, leaves, grass clippings, and compost mixes also fall under the organic mulch umbrella. Many gardening enthusiasts prefer organic mulches because they help soil retain moisture, improve soil fertility and help to deter weed growth.

Inorganic mulches

Inorganic mulches are permanent because they do not decompose over time. Gravel, brick chips and crushed stone are examples of inorganic mulches. Homeowners who do not intend to plant after laying mulch may

lean toward inorganic mulches, as they won't require much work, if any, after being laid. However, the Chicago Botanic Garden notes that inorganic mulches do not improve soil quality. In fact, because inorganic mulches like rocks and stones absorb heat, they can be detrimental to plants in areas where weather tends to be very dry and hot.

The right mulch for a given property depends on a host of factors. Understanding the differences between organic and inorganic mulches is a great first step toward finding the right mulch for your landscape.



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Contact our KP AP Coordinator below to schedule an appointment.

KPAP Coordinator:
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HEALTH

from page one

- Poor nutrition
- Lack of sleep

Psychological

- Stressful life situations, such as financial problems or breaking the law
- Traumatic life experiences, such as rape or serving in the armed forces
- Low self-esteem, perceived incompetence and/or a negative view of life
- Poor academic achievement

Social

- Being abused or neglected as a child
- Being in an abusive relationship or friendship
- Having few friends or few healthy relationships
- Recent loss, either by death, divorce or other means
- Bullying; both victims of bullying and perpetrators can be at risk for mental health problems
- Growing up, or currently living, in poverty
- Poor social skills, poor communication skills
- Discrimination
- Lack of access to support services

Spiritual

- Perception of being irredeemable or inherently flawed beyond repair
- Perception of insignificance
- Conflicting thoughts or doubts surrounding deep religious beliefs

The good news for people who think their mental wellness has been compromised is that various treatments are available. Talk therapy or speaking with a peer who has had similar life experiences can help some people as they confront problems regarding their mental wellness. Information about additional treatments, including specialized therapies, is available at www.americanwellness.org.

Fitness goals are popular New Year's resolutions. But the start of a new year also marks a great time to consider one's mental wellness.

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Relaxed weekend mornings are made for waffles



Many people look forward to the weekend, when they can sleep in a little later and not be pressured by the time constraints of a typical weekday. Weekends also may be a time when people can slow down and enjoy a hot, homemade breakfast.

Those who want to treat their families or significant others to light crispy waffles — a perfect breakfast meal on relaxed weekend mornings — can enjoy this recipe for “Lazy Weekend Yeasted Waffles” from Laurie McNamara’s “Simply Scratch” (Avery)

Lazy Weekend Yeasted Waffles

Makes 16 waffles

1/2 cup warm water
1 tablespoon sugar
1 1/4-ounce packet active dry yeast
3 cups unbleached all-purpose flour
3/4 teaspoon kosher salt
8 tablespoons unsalted butter, melted and cooled to room temperature
1/2 cup unsweetened applesauce
2 cups whole milk
2 large eggs
1/2 teaspoon baking soda
1 teaspoon pure vanilla extract
Coconut oil, for brushing the waffle iron
Room-temperature butter, for serving

Pure maple syrup, for serving

In a small bowl, stir together the warm water and sugar until the sugar has dissolved. Stir in the yeast and let it sit and proof for 10 minutes, or until foamy.

In a very large bowl, whisk together the flour and salt. Pour in the yeast mixture, melted butter, applesauce, and milk. Using a hand mixer, whisk until smooth. Cover with plastic wrap and let stand at room temperature, where it will rise for 8 hours to overnight.

When ready to cook, in a small bowl, beat together the eggs, baking soda, and vanilla with a fork. Pour the egg mixture into the batter and whisk to combine.

Preheat a waffle maker and lightly grease the plates with coconut oil.

Working in batches, pour about 1/3 cup of the batter into the waffle maker and cook until golden, 4 to 6 minutes. Serve immediately with butter and maple syrup.

Tip: Extra waffles can be flash frozen. Just place them in a single layer on a baking sheet and freeze for 25 minutes, then package them in freezer-safe containers or wrap tightly in aluminum foil. They’ll keep for 2 to 3 months, and they reheat nicely because they can go straight from the freezer to the toaster.

A Refreshing Grape Salad

(Family Features) Warm weather and a cool, crisp meal is an almost perfect combination for enjoying some time outdoors. When your dish is as nutritious as it is delicious, the timeless elements of good food and great place create a recipe for relaxation that is hard to top.

Head to the patio for a tasty bite with this Chopped Salad with Grapes and Chickpeas, a quick, refreshing solution for lunch or dinner. This satisfying salad combines an array of appealing textures including crisp, juicy grapes, crunchy cucumbers and tender avocados, and pairs them with a zesty dressing.

While grapes are a versatile ingredient, they also make a perfect snack on their own: healthy, hydrating, tasty and refreshing. Grapes can also be frozen for a cool, frosty treat. Additionally, grapes of all colors - red, green and black - are a natural source of beneficial antioxidants and other polyphenols which contribute to good health. Grapes are naturally fat-free, cholesterol-free, contain virtually no sodium and are an excellent source of vitamin K.

Find snack and meal ideas perfect for enjoying outdoors at GrapesFromCalifornia.com.

Chopped Salad with Grapes and Chickpeas

Prep time: 30 minutes
Servings: 6

Dressing:

2 tablespoons red wine vinegar
2 teaspoons Dijon-style mustard
2 teaspoons lemon juice
1/2 teaspoon cumin
1/2 garlic clove, grated or minced
1/4 cup extra-virgin olive oil
1/4 teaspoon coarse salt
1/4 teaspoon freshly ground black pepper
1/2 small red onion, thinly sliced
6 cups chopped romaine lettuce
1 can (15 ounces) chickpeas, rinsed
2 cups California grapes, halved or quartered
3 Persian (or 1/2 English) cucumbers, sliced lengthwise and thinly sliced
1 Fresno chile, seeded and finely chopped
1 large, firm ripe avocado, peeled, pitted and diced
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 cup crumbled queso fresco

To make dressing: In jar, combine vinegar, mustard, lemon juice, cumin, garlic, oil, salt and pepper; secure with tightly fitting lid. Shake well and set aside.

Soak onion in cold water 15 minutes; drain. In large bowl, combine onion with romaine, chickpeas, grapes, cucumbers, chile and avocado. Add dressing, salt and pepper; toss gently. Divide between serving dishes and sprinkle with queso fresco.

Source: California Table Grape Commission





Home Country *September*

-By Slim Randles

September.

Our month of change. Our month of happy change. Once more we can stand the thought of wearing a sweater as the summer sun burns itself down. Once again we can think about a new school year and the special challenges we face this fall. Once again, the house is quiet during the day.

September.

In the forest, the animals are polishing antlers, sleeking muscles for the mating ruts to come, marking their territories. The deciduous trees are showing those awesome changes of color as the mountains become a splendid quilt of transient beauty.

September.

A resting time for the older folks. They can sit on the patio now even in the afternoons. It's a time for barbecued ribs and football, and picking fruit. On the farms, the canning

pots are boiling with treasures for the coming winter.

September.

Time for the Fall gather. Time to see what's out in those far pastures. Time to brand and work any late calves. Time to sort those who will stay and those who will go to the sale. Time to make money for the ranch.

September.

Time to sit and sip something hot and think about things past and yearn for certain future things and to plan ... plan how we can finish this year in a better fashion than last year.

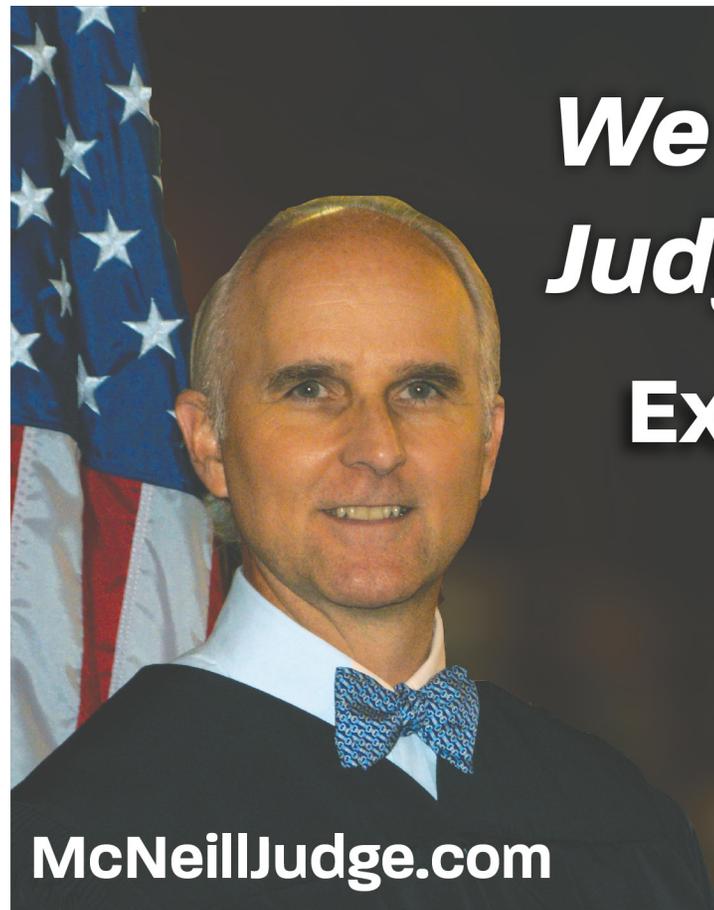
September!

Brought to you to honor those masked folks who wait on us in the coffee shops and take our temperature at the doctor's office. Thank you for your courage.

We need to keep!
Judge Chris McNeill

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How to recognize when you can stop mowing

Each weekend in spring, summer and fall, millions of homeowners fire up their mowers and cut the grass in their yards. A few hours spent mowing the lawn can be a great time to get some sun and some exercise in the great outdoors.

As fall gradually transitions to winter, homeowners may wonder when to stop mowing their lawns. Each lawn is different, and when to stop mowing may depend on a host of factors, including local climate and the type of turf. In addition to climate and turf, homeowners can keep an eye on these conditions to determine when the time is right to put their mowers away for the winter.

- **Frost:** Warm-season grasses typically go dormant after a couple of significant frosts. Homeowners can jot down each frost during fall. Frosts are most noticeable in the early morning hours, so be sure to check lawn conditions each morning as the weather begins to grow cold. Frost may be noticeable without even going outside, but homeowners may need to go outside to check on chilly mornings or on days when the previous night was especially cold. If you must go outside, stay off the grass to protect it. Two or three frosts might be enough to make warm-season grasses go dormant for the winter. Cool-season grasses may keep growing and require mowing even after a few frosts, so it's imperative that homeowners determine which type of grass is in their yards.

- **Soil temperature:** If it's

hard to determine if frosts have occurred, homeowners can try checking the temperature of their soil to decide if they need to keep mowing. The lawn care experts at Pennington recommend homeowners continue mowing warm-season grasses so long as they keep growing. Lawns may not grow as quickly in fall as they do in spring or summer, and growth may not be as visible to the naked eye during this time of year as it is in other times. Homeowners can routinely check soil temperature to determine if their grasses have stopped growing. Warm-season grasses tend to stop growing once the soil temperature is consistently at 55 F or below, while cool-season grasses tend to stop when temperatures are 45 F or lower.

Falling leaves have long been a barometer used by homeowners to determine if they need to keep mowing their lawns. That's not necessarily a reliable metric, as grass can still keep growing even if leaves have been falling for weeks. In addition, using a mulching mower when leaves begin falling is a great way to provide the lawn with nutrients it can use throughout the winter. Some trees shed their leaves more quickly than others, but it's a good rule of thumb that lawns will need to keep being mowed if trees are still retaining more than half their leaves.

A host of factors can help homeowners determine when it's safe to put their mowers away for the winter.



New Excel Storm Cat 230 provides comfortable experience while fishing

Hey Y'all from the new Excel Storm Cat 230 "Fishful Thinking".

I appreciate all the e-mails and texts from folks checking on me over the last 6 weeks or so. The reports of my demise have been greatly exaggerated. I had surgery in late June then some serious complications and another health surprise thrown in for good measure.

I got on the lake much too quick after the surgery and that was something I should have been more concerned about. I am hopefully on the road to mend.

The long wait for the Storm Cat is over! Covid delayed every aspect of the build with many suppliers still not up to speed. Patience has never been one of my fine points and Vicki was about to move me out with the dog.

I finally took delivery at Mountain View, Arkansas a couple of weeks ago. We promptly rigged it with equipment off the Bay Pro 230 then my Ulterra trolling



Doug Wynn's Fishing Report

BY Doug Wynn

motor gave up the ghost. Two days before we were scheduled to leave for our annual trip to Grenada and Enid Lakes, Mississippi and parts delivery for warranty repairs were out of the question.

I am now sporting a new, black Ulterra Terrova trolling motor. Vicki is still looking at that spare dog house in the back yard.

The trip to Mississippi was glorious even though I wasn't feeling well at all. The Storm Cat allows me to sit much of the time when we are trolling, and I couldn't be happier with the way we have it set up. We fished 3, 4, and 5 out of it on different days and it is very comfortable.

The fishing was great but the area we chose to fish was crowded at times. We were

pulling Off Shore planer boards with Pico crankbaits and our catches were far and above what the other boats around us were.

One fisherman in a boat from Alabama came close and said "We've got to get rid of you Kentucky boys so we can catch a fish". We then promptly got crowded out of our chosen area but moved out into 30-40 feet of water and kept right on catching huge crappie. I hope there is a Grenada Lake in Heaven when I get there!

I haven't been on the lake in a couple of weeks and my sources have been doing other things besides fishing. I think we are in the dog-days lull that we experience most every year right before Labor Day.

The lake is being drawn down

to winter pool levels, the surface temperature is like bath water, and we all try to catch up on the honey-dos that we have put aside all summer. Let's get Labor Day out of the way, the kids back to a somewhat version of school, and hope the coming cool snap is going to be around for a while.

With the late summer draw-down comes the reappearance of those Gremlins that have lurked right under the surface all summer. I can't stress how important being observant is for now till spring. With prices going down all the time on many good but basic GPS map equipped fish finders, there is no reason to not have one on every boat and have the operators learn how to use them.

The price of the electronics is cheap compared to serious boat damage or personal injury from striking an underwater obstacle.

Let's be careful out there. Be considerate of other boaters and help those who might need help. Wear those PFDs! Welcome to our beautiful slice of Heaven!

Doug Wynn's Bio

Doug Wynn has been fishing Kentucky Lake and Lake Barkley for most of his life. He is the owner of Crappie Gills 'n More. Doug fishes both Kentucky Lake and Lake Barkley and specializes in crappie, bluegill, catfish and other panfish species.

Doug's fishing report covers Lake Barkley from Canton to Barkley Dam and Kentucky Lake from Paris

Landing to Kentucky Dam.

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BRIAN S. KERN, M.D.

Dr. Brian Kern was the first Fellowship-trained Surgeon in Arthroscopy and Sports Medicine in western Kentucky and is one of the founders of The Orthopaedic Institute.

Dr. Kern attended Benton IL High School, and was a 4-sport athlete. He attended Rend Lake Community College where he was named an Academic All-American in baseball and basketball. After being awarded a Division I scholarship as a baseball pitcher for St. Louis University, he earned a Bachelor Degree in Pre-med Biology and a Master Degree in Biomedical Engineering. Kern then signed a professional baseball contract to pitch for the Oakland Athletics.

Dr. Kern attended the Southern Illinois University School of Medicine and completed an orthopedic surgery residency at SIU in Springfield. During this time, he also served as a Captain in the Illinois Army National Guard. He was then honored to accept a Sports Medicine Fellowship at the prestigious Southern California Orthopedic Institute in L.A., where he worked with renowned physicians in sports medicine, arthroscopy, and adult reconstructive surgery on the shoulder and knee.

Kern is an avid outdoorsman and enjoys hunting, particularly bow hunting. He also enjoys following local high school sports and provides free sports physicals as well as high school game coverage for athletes in our community.

SPENCER E. ROMINE, M.D.

Spencer Romine, M.D. was chosen Alabama's High School Scholar-Athlete of the Year. Romine was the starting quarterback for the Blue Devils attending Duke University, where he graduated cum laude in 2000.

He sustained multiple injuries while in college, having 7 orthopaedic surgeries himself. After coaching collegiate football for a year, he attended University of Alabama School of Medicine to earn his medical degree, graduating magna cum laude. Following a 5-year orthopaedic residency at University of Kentucky, he completed a Sports Medicine

Fellowship at Emory University and was an assistant team physician for the Atlanta Falcons professional football team as well as the Georgia Tech Yellow Jackets.

Dr. Romine has performed extensive research in the field of orthopaedics, specifically focusing on sports medicine topics such as ACL reconstruction and cartilage restoration procedures. He is the author of several articles published in peer-reviewed journals. Member: American Orthopaedic Society for Sports Medicine and American Academy of Orthopaedics.

RYAN T. BECK, M. D.

Ryan R. Beck, M. D. is a western Kentucky native and played football at Marshall County High School. He credits his experience as a young competitive athlete as one of the things that gave him confidence to strive toward his ultimate goal of becoming a surgeon.

He obtained his undergraduate degree at The University of Kentucky in Louisville, and received his doctorate from The University of Kentucky School of Medicine. After completing his degrees

at UK, he also completed a Fellowship in Orthopaedics at Southern Illinois University. During his residency, Dr. Beck was named chief resident at SIU School of Medicine. Dr. Beck also completed a Fellowships in Orthopaedic Surgery and Sports Medicine at Brigham & Women's Hospital and Harvard Medical School.



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