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Scene &
TOURISM
Activities & Travel Guide



IN HONOR
AND REMEMBRANCE



Wreaths Across America makes National call to stand our and wave flags to remember 9/11 anniversary

On Sunday, September 11, 2022, national nonprofit Wreaths Across America (WAA) is calling on all Americans to join them in waving the American flag in their own communities to commemorate the 21st anniversary of 9/11.

At 8:46 a.m., On Tuesday, September 11th, 2001, five hijackers took control of American Airlines Flight

11 and flew it into the heart of New York City and the northern facade of the World Trade Center's North Tower (1 WTC).

At 9:03 a.m., five other hijackers flew United Airlines Flight 175 into the southern facade of the South Tower (2 WTC).

At 9:37 a.m., another five hijackers flew American Airlines flight 77 into the

western facade of the Pentagon in Arlington County, Virginia.

At 10:03 a.m., four hijackers crashed United Airlines Flight 93 into a field in Stonycreek Township near Shanksville, Pennsylvania.

Members of the WAA family, including staff, volunteers, Gold Star and

see *WREATHS* page 2

Our world was changed forever

John 1: 17 "For the law was given by Moses, but grace and truth came by Jesus Christ.

We crossed the Verrazzano-Narrows Bridge in the middle of the night, after one a.m. As we crossed the bridge, to the left, the Statue of Liberty was visible. Beyond her, we could see the smoke blowing out over the water from the destroyed twin towers. I remember saying to Margie, "Our world is changed forever." Little did I know how accurate that statement actually was.

We arrived in the city

about two in the morning. The streets were not deserted at that time of night as I would have expected. Several people standing and talking waved at us as we approached our destination. Our caravan of relief workers and equipment was surely noticed.

A silence existed in the city that was surreal. There were no sirens, horns, people chattering or construction noises as one might expect in New York City. A pall of death, fear and apprehension hung

see *FOREVER* page 4





WREATHS

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Blue Star Families, and veterans, will join to share in the patriotic act of waving the flag, and sharing the stories of those who raised their hand to serve following the events of that fateful day. The flag waving will start at 8:46 am ET, when on Tuesday, Sept. 11, 2001, five hijackers took control of American Airlines Flight 11 and flew it into the heart of New York City and the northern facade of the World Trade Center's North Tower (1 WTC) and end at 10:03 am ET when four hijackers crashed United Airlines Flight 93 into a field in Stonycreek Township near Shanksville, Penn., on the same day.

You too can join by tuning in to the organization's Official Facebook page, to share pictures and videos from your own community flag waving. Participants are encouraged to take video and pictures of their participation in the national flag waving and share them with WAA,

their family, and their friends to help REMEMBER, HONOR and TEACH the generation born after 9/11, how hard times can strengthen us as a nation. Please use the hashtag #FlagsAcrossTheCountry and #AmericaStrong when posting on social media and tag the Wreaths Across America Official Facebook page.

WAA waves the American Flag every Tuesday morning between 9-10 a.m. ET and encourages the public to join them. Each week, messages of unity and remembrance are shared and the legacy of the "Freeport Flag Ladies" – who took to the Hill in Freeport on 9/11/01 following the events of that morning to hoist the flag and share a message of strength – lives on as it did each week for 18 years. After they retired on September 11, 2019, WAA took over the tradition and continues the weekly flag waving along US Route 1 in Jonesboro, Maine.

"Each Tuesday, we are joined

see WREATHS page 3

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WREATHS

continued from page 2

by dozens of members of the local community and curious people stopping to be part of something meaningful," said Karen Worcester, Executive Director, Wreaths Across America. "I hope people will join us this year, both on the anniversary of 9/11, as well as each Tuesday moving forward. This flag waving has taken on new meaning for us all and given a spark of hope for unity and patriotism during this difficult time in our country."

Following the events of 9/11, three patriotic women (Elaine Greene, Joann Miller

and Carmen Foote) were moved to find an old American flag they had stored at home and stand on a hill in Freeport, Maine, waving that flag to honor victims. These women became nationally known as "The Freeport Flag Ladies," and proudly hoisted the Stars and Stripes every Tuesday morning for the following 18 years. After they retired on

September 11, 2019, (their last 9/11 remembrance) the following Tuesday, September 17, 2019, Wreaths Across America took the helm and continued the weekly flag-waving tradition along US Route 1 in Jonesboro, Maine.

To learn more go to <https://www.wreathscrossamerica.org/pages/19520/News/804/?relatedId=0>.

To watch the Facebook live event go to <https://fb.me/e/2UPjaByZj>.

About Wreaths Across America
Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond. For more information or to sponsor a wreath please visit www.wreathscrossamerica.org.

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The 9/11 Memorial

Among the more indelible images to emerge on September 11, 2001 was the sight of two planes crashing into the North and South Towers of the World Trade Center. Still photos and video footage of those planes flying into the Twin Towers were the first images of the attacks many Americans saw, and no one who watched events unfold that morning will ever forget those images.

Though both the North and South Towers fell on that day, today the site where each tower once stood is a serene retreat in the bustling lower Manhattan neighborhood that was shaken to its core on the day of the attacks. The 9/11 Memorial was designed by architect Michael Arad and landscape architect Peter Walker. The 9/11 Memorial and Museum

notes that Arad and Walker's proposal was chosen in a design competition that featured 5,201 submissions from 63 countries.

The 9/11 Memorial is located on the western side of the formal World Trade Center where the Twin Towers once stood. Two enormous reflecting pools are part of the Memorial Plaza, which is where the North and South Towers once stood. The pools feature the two largest man-made waterfalls in North America.

Around the edges of the pools, the names of people who were killed in the 9/11 attacks in New York, the Pentagon, on Flight 93, and in the 1993 bombing at the World Trade Center are etched in bronze.

In recognition of the crash sites, 400 swamp white oak trees were selected from nurseries located in New York, Pennsylvania and

near Washington, D.C. These trees are located throughout the Memorial Plaza, providing a peaceful respite separate from the surrounding city. The Memorial Plaza also includes one Callery pear tree. That tree was discovered at Ground Zero weeks after the attacks and it was severely damaged. The tree, now known as the Survivor Tree, was nursed back to health by members of the New York City Parks and Recreation Department and returned to the World Trade Center site in 2010, where it still stands as an enduring symbol of resilience and perseverance.

The 9/11 Memorial is free and open daily from 10 a.m. to 5 p.m. More information about the 9/11 Memorial and the 9/11 Memorial and Museum can be found at www.911memorial.org.



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9/11 New York City firefighter joins annual Stair Climb event on Sept. 10th at Discovery Park

Union City, Tenn. –Local Union City firefighters will once again be partnering with Discovery Park of America and the City of Union City to host the annual stair climb on Sat., Sept. 10, 2022, as a way to pay tribute to those who were lost in the terrorist attacks on Sept. 11, 2001. Special guest August Johansen, a New York City firefighter who served during 9/11, will be present at this year's event to share his story.

Johansen was in the North Tower on Sept. 11, 2001 serving as one of the HazMat unit

commanders during the evacuation, which later turned into a search and rescue effort. He was later promoted to Battalion Chief of the Sixth Division in Bronx where he served for six years until becoming Chief of Division Four in Manhattan. After 25 years, August

retired from his duties in 2020.

The tower stair climb, held in conjunction with The National Fallen Firefighters Foundation, is open to any rescue worker who wishes to participate in climbing the Discovery Park Tower staircase 10 times in full gear, the equivalent of the 110 stories of the World Trade Center. The terrorist attacks killed 2,184 civilians, 343 firefighters, 72 law enforcement officers and 10 EMS workers. Many others have died from medical complications in the years since.

“Many of us who witnessed the tragic 9/11 terrorist attacks also remember the way we came together as a nation afterward,” said August Johansen. “I am grateful to have the opportunity to honor my fallen brothers and help raise critical funds for the NFFF.”

The mission of the NFFF is to honor and remember America's fallen fire heroes, to provide resources to assist their families in rebuilding their lives and work within the Fire Service Community to reduce firefighter deaths and injuries.

Those who have purchased a ticket to Discovery Park that day are welcome to watch and encourage the firefighters as they climb the stairs. Once the last firefighter has completed the climb, there will be a moment of silence to remember those who lost their lives.

Climbers will be given an identification tag and photo of a first responder that lost their life on 9/11 as they climb the steps, and the stairwell will be filled with

posters and words of encouragement from Union City and Obion County students.

The immediate families of participating firefighters will enjoy free admission to Discovery Park. Firefighters will receive a voucher for a meal at one of the museum and park's restaurants.

The opening ceremony will begin at 9 a.m. and will feature the Presentation of the Colors, National Anthem and an opening prayer. The climb will begin at 10 a.m. Registration is now open. For more information, to register, to sponsor a rescue worker or team or to participate as a sponsor, visit the event's landing page or contact Lt. Rick Stacks at rdstacks73@gmail.com or call (731) 885-2232.



August Johansen, who was in the North Tower on Sept. 11, 2001 serving as one of the HazMat unit commanders during the evacuation, will be at Discovery Park on Sept. 10, 2022.

Photo submitted

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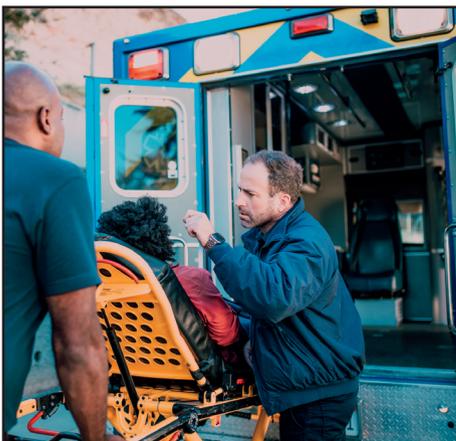
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 — Sandy Dahl, wife of Flight 93 pilot Jason Dahl



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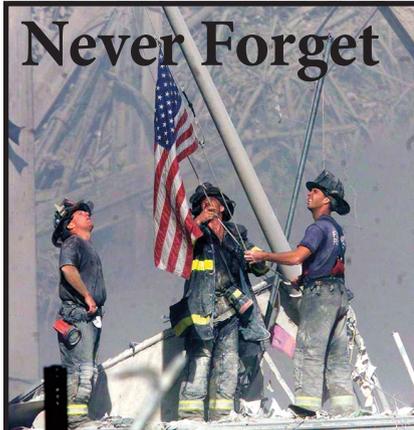


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September 11, 2001 Timeline of Events

- **7:40 am** – The Federal Aviation Administration (FAA) alerts North American Aerospace Defense Command (NORAD)'s Northeast Air Defense Sector (NEADS) about the suspected hijacking of Flight 11. In response, NEADS scrambles two fighter planes located at Cape Cod's Otis Air National Guard Base to locate and tail Flight 11; they are not yet in the air when Flight 11 crashes into the North Tower.
- **7:41 am** – United Airlines Flight 93, a Boeing 757 with 44 people aboard, takes off from Newark International Airport en route to San Francisco. It had been scheduled to depart at 8:00 am, around the time of the other hijacked flights.
- **7:46 am** – Mohammed Atta and the other hijackers aboard American Airlines Flight 11 crash the plane into floors 93-99 of the North Tower of the World Trade Center, killing everyone on board and hundreds inside the building.
- **7:47 am** – Within seconds, NYPD and FDNY forces dispatch units to the World Trade Center, while Port Authority Police Department officers on site begin immediate evacuation of the North Tower.
- **7:50 am** – White House Chief of Staff Andrew Card alerts President George W. Bush that a plane has hit the World Trade Center; the president is visiting an elementary school in Sarasota, Florida at the time.
- **8:02 am** – After initially instructing tenants of the WTC's South Tower to remain in the building, Port Authority officials broadcast orders to evacuate both towers via the public address system; an estimated 10,000 to 14,000 people are already in the process of evacuating.
- **8:03 am** – Hijackers crash United Airlines Flight 175 into floors 75-85 of the WTC's South Tower, killing everyone on board and hundreds inside the building.
- **8:08 am** – The FAA bans all takeoffs of flights going to New York City or through the airspace around the city.
- **8:21 am** – The Port Authority closes all bridges and tunnels in the New York City area.
- **8:24 am** – The FAA notified NEADS of the suspected hijacking of Flight 77 after some passengers and crew aboard are able to alert family members on the ground.

- **8:31 am** – Speaking from Florida, President Bush calls the events in New York City an “apparent terrorist attack on our country.”
- **8:37 am** – Hijackers aboard Flight 77 crash the plane into the western façade of the Pentagon in Washington, D.C., killing 59 aboard the plane and 125 military and civilian personnel inside the building.
- **8:42 am** – For the first time in history, the FAA grounds all flights over or bound for the continental United States. Some 3,300 commercial flights and 1,200 private planes are guided to airports in Canada and the United States over the next two-and-a-half hours.
- **8:45 am** – Amid escalating rumors of other attacks, the White House and U.S. Capitol building are evacuated (along with numerous other high-profile buildings, landmarks and public spaces).
- **8:59 am** – The South Tower of the World Trade Center collapses.
- **9:07 am** – After passengers and crew members aboard the hijacked Flight 93 contact friends and family and learn about the attacks in New York and Washington, they mount an attempt to retake the plane. In response, hijackers deliberately crash the plane into a field in Somerset County, Pennsylvania, killing all 40 passengers and crew aboard.
- **9:28 am** – The World Trade Center’s North Tower collapses, 102 minutes after being struck by Flight 11.
- **10:00 am** – Mayor Rudolph Giuliani calls for the evacuation of Lower Manhattan south of Canal Street, including more than 1 million residents, workers and tourists, as efforts continue throughout the afternoon to search for survivors at the WTC site.
- **1 pm** – From a U.S. Air Force base in Louisiana, President Bush announces that U.S. military forces are on high alert worldwide.
- **1:51 pm** – The U.S. Navy dispatches missile destroyers to New York and Washington, D.C.
- **4:20 pm** – The 47-story Seven World Trade Center collapses after burning for hours; the building had been evacuated in the morning, and there are no casualties, though the collapse forces rescue workers to flee for their lives.
- **5:58 pm** – President Bush returns to the White House after stops at military bases in Louisiana and Nebraska.
- **7:30 pm** – President Bush addresses the nation, calling the attacks “evil, despicable acts of terror” and declaring that America, its friends and allies would “stand together to win the war against terrorism.”



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9/11

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FOREVER

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over Manhattan like a dense cloud.

America, once again, went to war. Retaliation seemed logical, but the terrorists thought their attack was retaliation. They saw America as the invading force when we attacked Saddam Hussain's Republican Guard in Kuwait in 1991. By invading their sacred land, the fight was on. It is not my place to say if that was right or wrong but the invasion started a fight that would last for generations. Actually, it continued a fight that began 4000 years ago between Saria and Hagar (Genesis 21: 10).

Now, after a twenty-one year war, America has left Afghanistan and given it back to the Taliban. The descendants of Ishmael are in this for the duration. They do not care how long it takes; one hundred years, two hundred, it doesn't matter. History has repeated itself; it's April 30, 1975 (the fall of Saigon) all over again.

America and the world have not even begun to grasp the enormity of this Afghanistan takeover by

the Taliban. The future course of everything changed in less than two weeks. The momentum has shifted and it's clearly not in America's direction. The killing of Al Zawahiri, July 31, 2022, verified Afghanistan is once again welcoming the terrorists.

"Freedom fighters," alias "terrorists" now have a home base from which to organize, plan and attack. Twenty-one years of American lives, limbs, money and equipment are suddenly rendered wasted. We are right back where we started. Many believe we are farther behind. The radicals have been given a new "lease-on-life," and no doubt they will take full advantage of the opportunity.

The damage to our lives has been earth-shattering since September 11, 2001 and in some cases, beyond reason. Americans are being surveilled continuously. Our conversations are being recorded and many, (of what we once considered personal and private) aspects of our lives are being closely monitored. We now have a generation that see these actions as normal and do not realize our freedoms are being neutralized.

Data bases are being compiled of gun ownership, friendships and locations. Anyone with a smart phone or recently manufactured vehicle can be constantly tracked. Privacy is no more. Our "Smart-TV's" and voice activated devices are watching and listening.

Once in New York City, we set up the mobile kitchen unit to be ready to prepare breakfast for first responders by morning. The unit was capable of preparing 15,000 meals per day. National DR set us up under the Brooklyn Bridge. Later, intelligence determined the bridge was considered for a second New York target. That was never verified.

We camped out in a warehouse under the bridge. It was full of supplies sent in by civic groups, churches, fire departments and many others across the U.S. We were told there were seven such warehouses around the city.

We had gone to New York in our pick-up truck. We were drafted to haul supplies to Ground Zero. There was a fireman from Louisville with us. The three of us crammed into the front of the Nissan. Most loads

were taken between midnight and dawn. We hauled gloves, coffee, lip balm, side grinders, sledge hammers, cheese crackers, peanut butter and anything else the site workers requested.

Near Ground Zero, even after a week or more, there was a smell in the air. Several times we smelt human flesh burning. We had grit in our teeth and probably in our lungs. Walking down a street near the site, even at night, we could see thick layers of gray, powdery concrete through store windows.

The on-site workers to whom we delivered supplies did not talk. When I asked where to put supplies they usually just pointed. The only response I remember was a statement of appreciation when we delivered coffee pots and coffee.

We had a little rest time during the days. Most all the work we did was late at night and early morning. During the day, barricades were blocking the site several blocks out from Ground Zero.

2 Chronicles 7: 14 "If my people,

see *FOREVER* page 9



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FOREVER*continued from page 4*

which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.”

It appears America needs prayer as much now as we did then. Many believe another attack is inevitable and wonder why one has not already come. Many think this is not an “if,” but a “when.” Others believe the radicals will employ new methodology. This is not a pleasant subject to address but it is reality. We are dealing with a level of determination not seen in an enemy of America ever before.

Many on both sides see this as a war between good and evil. Which is good and which is evil depends on what side one is on. One of the many problems with war is that both sides see themselves as being right.

From a Christian writer/evangelist point of view, I see the only salvation as being (Acts 4: 12)

through a faith based belief and relationship with our Lord, Christ Jesus. The Bible, through prophesy, proves itself from within itself. This faith has a foundation that cannot be circumvented or disproven. Our Savior was crucified for the remission of sin and resurrected.

America must return to God if we stand a chance of survival. Citizens acknowledging any Christian connection have, for the first time, dropped to below fifty percent. Just as Belshazzar saw the hand-writing on the wall (Daniel 5: 5) we are seeing the hand-writing on our wall.

Many great nations have come to an end because they became divided or strayed away from God. Why would we think we can survive in either condition? Psalm 91: 1 “He that dwells in the secret place of the most High shall abide under the shadow of the Almighty.”

The 9-11 terrorist attack brought us together; united, like nothing since the Pearl Harbor attack. Can we expect to survive in our current state of division? Our divided nation is a vulnerable nation and this cannot be allowed to continue.

**Extremely grateful to all the first responders, veterans
and their families for all their sacrifices.**




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Headlines from around the globe the day after 9/11

The terrorist attacks against the United States on September 11, 2001 shook the world. People across the globe, including men, women and children from all walks of life, reacted to the attacks with sadness, horror, shock, and anger. Newspaper front pages throughout the United States and the world reflected those emotions on September 12.

- The New York Times: U.S. Attacked: Hijacked Jets Destroy Twin Towers And Hit Pentagon In Day Of Terror

- New York Post: Act of War: World Trade Center destroyed; many dead

- New York Daily News: It's War

- Pittsburgh Post-Gazette: Horror Mounts

- The Washington Post: Terrorists Hijack 4 Airliners, Destroy World Trade Center, Hit Pentagon; Hundreds Dead

- The Boston Globe: New day of infamy: Thousands feared dead after planes hit towers, Pentagon

- Chicago Tribune: "Our nation saw evil": Hijacked jets destroy World Trade Center, hit Pentagon; Thousands feared dead in nation's worst terrorist attack

- The Dallas Morning News: War at home: Shaken nation

awaits tally from Pentagon, Trade Center attacks; Bush vows to track down terrorists and "bring them to justice"

- Houston Chronicle: Terror Hits Home

- Los Angeles Times: Terrorists Attack New York, Pentagon

- San Francisco Examiner: Bastards! A Changed America

- Seattle Post-Intelligencer: "None of us will ever forget"

- USA Today: 'Act of war': Terrorists strike; death toll 'horrendous'

- The Australian: War Of Terror: Bush vows to hunt down perpetrators of world's worst terrorist attacks

- Herald Sun (Melbourne, Australia): America Attacked

- The Sydney Morning Herald: Terror war on US: World Trade Center Razed; 10,000 feared dead in suicide attacks

- The Daily Telegraph (Sydney, Australia): World Terror: Hijacked Jets Hit Trade Centre; 10,000 Dead

- The Age (Melbourne, Australia): War on America

- The Courier-Mail (Brisbane, Australia): US Attacked

- The Daily Telegraph (London): War on America

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Kentucky Publishing, Inc.
Paducah, KY
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Civil War Days at Columbus, KY Oct. 7-9

Civil War Days will be held at Columbus-Belmont State Park (Columbus, KY) on the weekend of October 7-9, 2022.

The weekend will include battle reenactments, living history, and encampments.

Friday is "education day". Schools, scouts, groups, & clubs are encouraged to schedule field trips. Battles will be held at 2:00 both Sat. and Sun. featuring skilled reenactors bringing history back to life. Battles are narrated. There will be a Ghost Walk on Friday evening at Columbus Cemetery and a Civil War Ball on Saturday night featuring The 52 nd Regimental String Band. Sunday morning services led in period style by Rev. Alan Farley followed by a memorial ceremony at Columbus Cemetery. Sutlers and food vendors will be on site to serve the needs of the reenactors and visiting guests.

All infantry welcome, cavalry and artillery by invitation. Straw, wood, and a meal ticket will be provided to reenactors. A powder ration will be given to registered reenactors participating in battle. There is no registration fee or admission charge.

For more information and pre-registration of sutlers and reenactors, please call Park Office (270-677-2327) or email cindy.lynch@ky.gov

KY STATE PARKS WEBSITE - www.parks.ky.gov

The event is sponsored by Columbus-Belmont State Park, Hickman Co. Judge

Executive/Fiscal Court & Civil War Days Committee

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YOUR

NEIGHBORHOOD

CLINICS

Phillip Carr ready to roll when the need arises near or far

If you're like me, sometimes that long awaited, often expensive vacation leaves you wanting, weary and financially drained. Whether as an alternative vacation option or as a way of life for the retired, volunteering could be the refreshment for your soul that you had always hoped a vacation could be.

According to their website, "The Sower (Servants on Wheels Ever Ready) Ministry is a Christian couples RV work ministry providing volunteer help to Christian ministries." A life-style most suited to the retired, couples use their skills assisting in construction, remodeling and maintenance projects. Some couples are full-time RVers and make this a way of life. Others can only travel and serve one 3-week period a year. Volunteer's services help selected non-profit Christian ministries whether it be camps, conference centers, orphanages, schools, missionary retreat centers, homes for abused children, or recovery homes for adults.

An average day for couples in the Sower Ministry begins with devotions, singing, prayer and

bible study. The men work about six hours Monday – Thursday engaging in any range of projects: carpentry, electrical, plumbing, roofing, masonry, mechanics etc. for construction, remodeling, building repair, vehicle repair or landscaping. Women will work closer to 3 hours a day Monday – Thursday cleaning, painting, sewing, tutoring, landscaping, assisting in the office or perhaps maintenance work.

After a three-week stint, volunteers take a week off to enjoy local sights or to just rest and relax. For more information on this type of RV life / volunteering go to their website at sowerministry.org.

Phillip Carr, a Hickory, KY native, has been married to his wife Karen for 45 years. Together they have a son and two grandchildren. He retired in 2020 after 32 years of working at General Tire and Rubber Company. Carr has been involved with several missions-related volunteering trips. March of 2021 took him to flooded Stanton, KY and then on to Houma, LA which had been hit by hurricane Ida. Then of course, came the tornado in Mayfield.

Each disaster required different



needs from the volunteers. Floods and hurricanes involve a lot of cleaning mud out of houses and tearing down water-soaked walls. Tornadoes require cutting and removing trees and debris. Aside from these there are also "feeding teams" that may cook for volunteers or in the case of power outages, they may cook for entities like the Red Cross who then distribute meals to a community.

Carr recalls a change in his perspective when people were coming to help his community after he had been used to going to help others. "I could feel somewhat what they were feeling when we go to help them. Now I was on the reverse side. I saw Samaritan's Purse trucks and orange shirts everywhere and I wondered, who are these people? And what are they?" After the initial debris clean up in Mayfield, Carr heard about the organization's rebuild plans taking place and wanted to be part of that. He signed up and was a day worker for a couple of the homes.

Working in his own community gave him the opportunity to encourage his neighbors. "The address may not ring a bell, but you go to the house and realize the connection. They have trees down everywhere and they ask, 'how much is this going to cost me?' And we tell them 'Nothing, we're here to help you. There's no charge for what we do.' And they really can't believe it." Carr said.

Primarily working with Kentucky Baptist Disaster Relief, Carr has become accustomed to missions work. It wasn't always easy though. The first trip, many years ago, took much encouragement from Carr's mentor and good friend, Dr. James Cecil, who was a teacher of international missions at Mid-Continent University at the time. Carr said he really didn't know much about the missions/volunteering world and that may have been part of what kept him from going right away.

see *VOLUNTEER* page 15



VOLUNTEER

continued from page 14

Dr. Cecil persuaded Carr to invest a week in Arizona at a reservation where he would be part of reroofing a house. In the afternoon they would work with the children until the heat of the day passed. Carr remembers what got him hooked on missions from that trip. "I had it in my head, 'we have to get this job done. We have to get this roof done this week.' There was a teenager, about 16 years old and he was the youngest one on the crew. The rest of us were in our 50's. I kind of felt that he was not pulling his weight. He was just sort of tagging around and he got his guitar out and he was fooling with it . . . But the next thing I know, he's got these little native boys over there and he was working with them doing a chord or strumming on the guitar. And by the end of the week one of those little boys had accepted Christ. And so that showed me I had my priorities wrong. I was worried about the roof. But the teen had his priorities right because

he was about ministering to those kids." That clarified for Carr that they do the work so they can minister to the people. "The main goal of the mission is to reach people who don't know Christ."

In Louisiana, Carr was able to minister to a home owner there. "There was this Cajun guy, his place was demolished and we were cutting down trees trying to get them off his house and off his momma's house and he just asked "why would you people come all the way down from

Kentucky and you don't even know me? Why do you want to come and help me?" And that just opened a door to share the love of Jesus. 'We're here in His name and we're wanting to show you through our work the love that He has for you.' Carr summed it up saying "That's the whole part of the mission, but you have to be aware of that. You have the opportunity to share (Christ) if you look for it."

After this interview, Carr was heading to eastern Kentucky with Kentucky Baptist Disaster Relief to help with flood disaster relief there.



Volunteer Ready! Floods and hurricanes involve a lot of cleaning mud out of houses and tearing down water-soaked walls.

ADDICTION? DEPRESSION? ANXIETY?

**Pull up a chair.
Let's chat.**

 **KentuckyCare**
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How to involve more seniors in your community

The negative effects of isolation is something the vast majority of the world can now relate to. The COVID-19 pandemic forced people from all walks of life and from every corner of the globe to spend less time with friends, family members, neighbors, and other acquaintances. As the world cut back on in-person interactions to curb the spread of the virus, billions of people recognized just how difficult feelings of isolation can be.

Feelings of isolation are a problem many seniors know all too well. A report from the National Academies of Sciences, Engineering, and Medicine indicates that roughly 25 percent of adults aged 65 and older are considered to be socially isolated. That's both sad and unhealthy, as the National Institute on Aging notes that research has linked social isolation and loneliness to problems such as high blood pressure, heart disease, anxiety, depression, and Alzheimer's disease.

Seniors are invaluable resources in their communities. Community leaders and local residents can make a concerted effort to involve seniors in local events. Such efforts strengthen communities and help



seniors remain active participants in their towns and cities.

- **Promote senior-friendly volunteering opportunities.** The importance of volunteers was never more apparent than during the pandemic, when many nonprofits and other organizations were forced to meet their missions without the assistance of volunteers who had been urged to stay home. Seniors were among the first people eligible to be vaccinated

against COVID-19 and receive boosters, and many have been anxious to get back to pitching in. Communities can facilitate those efforts by developing and highlighting senior-friendly volunteering opportunities. For example, libraries can start a program where seniors read to children in person or via Zoom.

- **Give seniors a chance to teach.** Communities have rich histories that younger residents,

including middle-aged adults, may be unaware of. One great way to shed light on local history is to invite local seniors to speak about how life in their communities has changed and how it's stayed the same. Themed speaking series can attract locals with specific interests. For example, local veterans can be asked to share stories of their time in the service, while retired business owners can offer insight and advice on running successful local businesses.

- **Develop nature-based programs.** A 2019 study published in the journal *Scientific Reports* found that spending just 120 minutes a week in nature is associated with better overall health and improved well-being. Nature-based community programs, such as planting days at local parks, hiking clubs or even beach or lakeside cleanups, is a great way for community residents, including seniors, to get their weekly dose of nature and spend more time with their neighbors.

Many seniors routinely confront feelings of isolation. Community leaders can take steps to help aging residents by developing and promoting programs that are inclusive and senior-friendly.



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The link between dirty contact lenses and infection

Contact lenses are a solution for people with impaired vision who don't like the look or feel of eyeglasses. But unlike eyeglasses, contact lenses require daily maintenance. Without such TLC, contact lenses can become dirty, which can lead to serious infection.

Physicians typically emphasize the importance of proper contact lens care upon prescribing lenses. That's because of the link between dirty lenses and infections. But the Cleveland Clinic notes that such infections are often avoidable.

Infections and bacteria

According to the Cleveland Clinic, roughly 80 to 90 percent of contact lens-related eye infections are bacterial. The bacteria staphylococcus aureus, also known as "staph," is linked to many cases of contact lens-related eye infections. Staphylococcus aureus bacteria are resistant to common

antibiotics, which underscores the importance of cleaning contacts to reduce the risk of infection.

Pseudomonas aeruginosa is another type of bacterial infection that can affect individuals who wear contact lenses. The Cleveland Clinic indicates that this fast-growing infection is possibly the most severe. It can lead to a hole in the cornea and there's a significant chance of permanent scarring and vision loss.

Fungal infections

Poor contact lens hygiene also can lead to fungal infections. Fungi such as aspergillus or fusarium pose a threat to vision and infection can occur if lenses are not properly and routinely cleaned.

What causes contact lens-related infections?

The American Academy of Ophthalmology reports that, in addition to bacteria and fungi,

various things can cause contact lens-related infections. Those factors include:

- Using extended-wear lenses
- Sleeping in contact lenses
- The buildup of microbes under the lens
- Herpes virus
- Parasites
- Reusing or topping off contact lens solution
- Failure to keep lenses clean

What are the signs of contact lens-related eye infection?

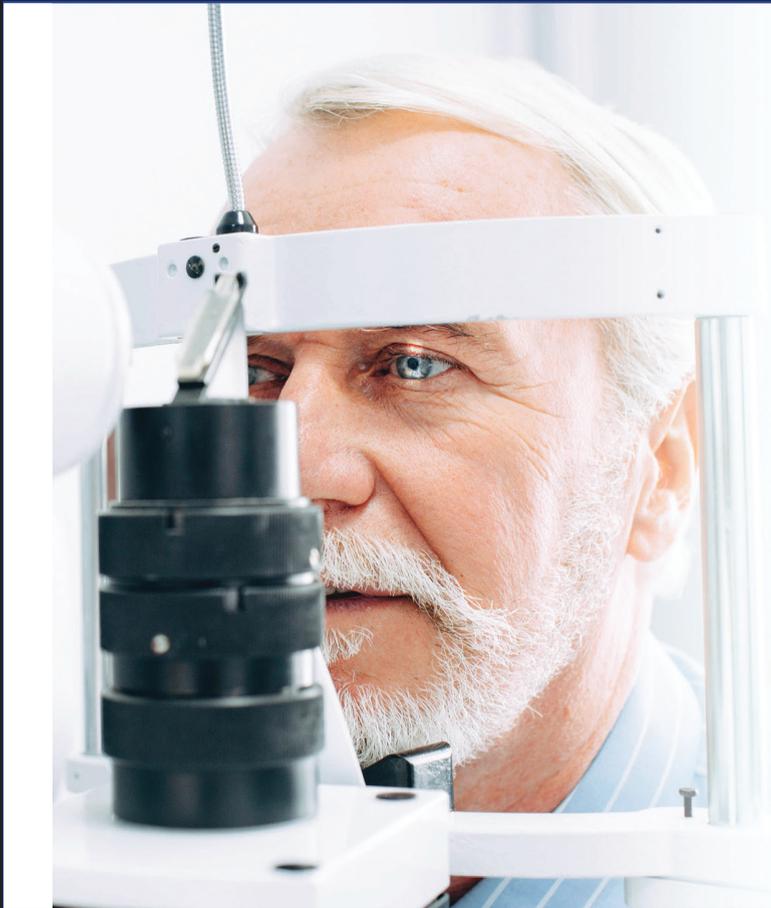
Serious vision loss or blindness can result from contact lens-related infections. However, less severe symptoms may present themselves before the infection progresses to the point of vision loss.

- Blurry vision
- Unusual redness of the eye
- Pain in the eye
- Tearing or discharge from the eye

- Extra sensitivity to light
- The feeling that something is in the affected eye

Contact lenses require daily maintenance to prevent infection. More information is available at www.aaopt.org.







The Ophthalmology Group, LLC

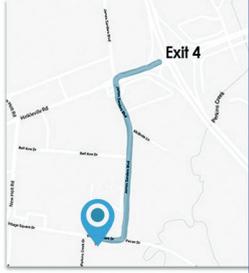
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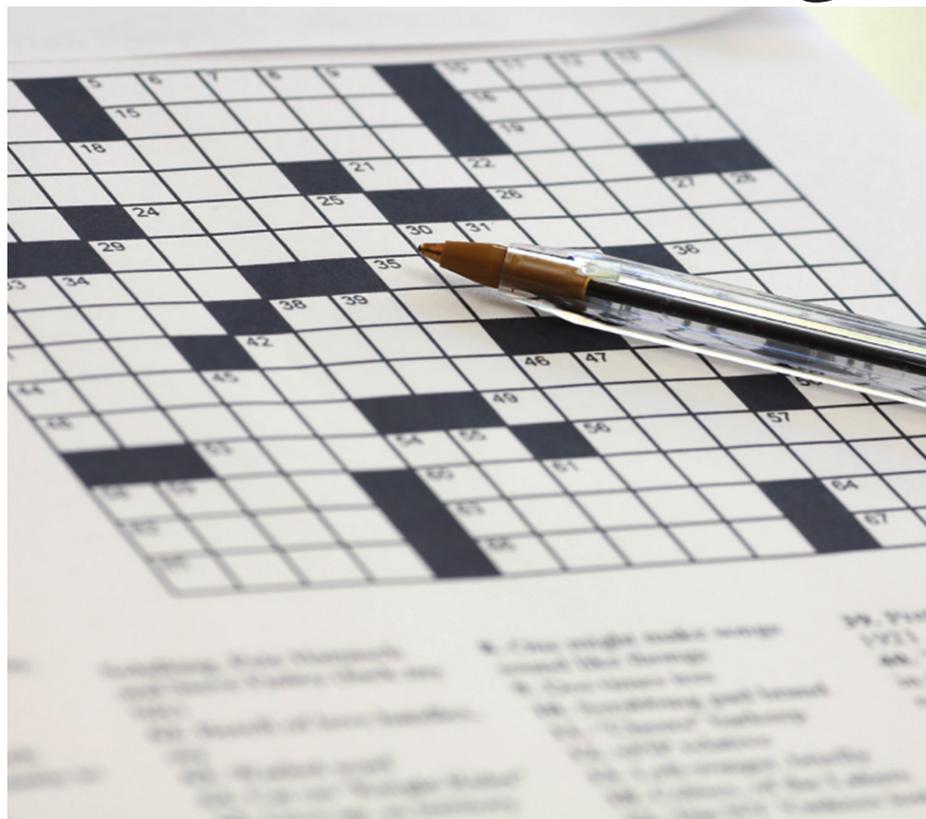
The Ophthalmology Group & The Paducah Retinal Center
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The brain-boosting benefits of word games



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

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

For those who are looking for something even newer, Knotwords, a word game created by Zach Gage and Jack Schlesinger, is available on iOS, Android and Steam. It's a mix between a word scramble,

crossword puzzle and sudoku.

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

- **Build your vocabulary:** Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.

- **Improve focus:** Nowadays people are pulled in many directions and are expected to multitask more than ever. Word games in large part require focusing exclusively on the task at hand and employing strategy.

- **Stimulate the brain:** Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's similar to how physical activity trains the body.

- **Improve memory:** According to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and the cognitive abilities of people of all ages.

- **Boosts feel-good substances:** When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an "endorphin rush" often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland. Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort.

These are just a handful of the many positive ways word games can affect the mind and body.

New Beginnings
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129 West Main Street, Salem, KY, Formerly SeniorCare.

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Mrs. Lisa Young, Ed.S, LPCC, New Beginnings Director and Primary Therapist

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**For more information, contact
Teresa Robertson, Community ED
Coordinator at (270) 988-2675.**



5 ways to show seniors they're appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow - as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

1. Help with chores. Lend a hand with chores around the house that may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or even taking the garbage pails in and out on collection days.

2. Visit more often. Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially

if they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring smiles to the faces of older adults.

3. Plan activities with seniors in mind. When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobility issues near exits and restrooms. Make sure to arrange for photos with the guest of honor to keep family history alive.

4. Thank seniors. Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."

5. Prepare a meal. Invite a special senior over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If he or she cannot get out easily, bring a hot meal over to his or her place, instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.



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Area Events

September 2022

Information compiled from www.paducah.travel and www.paducahchamber.org

Multiple Dates/Recurring Events

Lexi Millikan Exhibit

Now through September 30th
Clemens Fine Arts Center Gallery
4810 Alben Barkley Dr, Paducah
The textiles that surround us speak volumes about us. From the garments that we wear on our bodies, to the kitchen towels that dry our dishes, a person's textile choices (or lack of) can create a complex portrait of them.

Mid-Week Farmers' Market at Carson Park

Paducah's Farmers' Market is a public service to support local agriculture, artisans, and businesses to improve the quality of life in this region. Our vendors work to bring the community produce, fresh meats, baked and artisan goods, and fresh flowers just to name a few. Visit the Paducah Homegrown Farmers' Market Facebook for last minute announcements or changes.
Tuesdays through September 27th @ 3:00 PM CDT
Carson Park
300 N 30th St, Paducah, KY

Art Lessons 10-14

Make
628 Broadway St., Paducah
Thursdays 4:00-5:00 pm
September, 8, 15, 21, 29.

Have a student that wants to take their drawing and painting further? Students will learn many techniques and CREATE on lots of cool art in many different mediums and techniques. All supplies are included. Come dressed for a mess.

Art Lessons ages 6-9

Make
628 Broadway St, Paducah
All new Art lessons are back in the studio each week! Meeting in small groups,

these sessions will utilize many different mediums, techniques, and supplies. Explore artists, and art techniques, and MAKE amazing art in each class. All the while they are learning, they are having so much fun...This class is going to be a blast! Weekly Classes: Tuesday, 13, 20, 27. Perfect for ages 6-9, we can adjust for siblings, just check in with us by phone: 270-201-2474 or email: makepaducah@yahoo.com

EXHIBIT:

Totems - Personal Stories in Fiber

Daily through October 4th
The National Quilt Museum
215 Jefferson St, Paducah
BRINGING OUR STORIES TO A NEW AUDIENCE Experience an enchanted forest of twenty 3-dimensional art quilts. Between 4 and 6 feet tall, each totem is the artist's unique creative expression of their story in fiber, fabric, embellishment, and stitch. Bits Art Quilters is a part of Bits 'N Pieces Quilt Guild in Ballwin, MO.

September 8th - 18th



SEPT. 8-18



Market House Theatre presents: School of Rock

Market House Theatre
Rock got no reason, rock got no rhyme... You better get me to school on time! Based on the hit movie, Andrew Lloyd Webber's School of Rock follows Dewey Finn; a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. But can he get them

to the Battle of the Bands without their parents and the school's headmistress finding out? With its sensational live kids' rock band, School of Rock is a loving testimony to the transforming power of music. School of Rock features all of the original songs from the movie and new hits, "You're in the Band," "Stick it to the Man," and "Teacher's Pet." May the spirit of rock be with all who pledge allegiance to the band!

September 10th

Painted Paws Color Run

Bob Noble Park
2801 Park Ave, Paducah
7:00 a.m.

Join the McCracken County Humane Society for the first-ever Color Run!! 1 mile walk will start after (roughly 8:00 a.m.) If you have any questions please reach out to: info@mccrackehumane.org (270) 443-5923.

Market House Theatre 9 Year Anniversary - Player Appreciation Day

ACS Airsoft
7400 Old Hwy 60, West Paducah
9:00 a.m.

ACS Airsoft is inviting you to celebrate our 9 year anniversary, a massive player appreciation day! With over \$3,000 in raffle prizes, hundreds of players, and guest appearances, you don't want to miss out! Join us on September 10th for a thrilling airsoft block party including food trucks, live entertainment, and Airsoft games ALL DAY LONG!

Local Licks Music Festival

Paducah Beer Werks
301 N 4th St, Paducah
Local Licks is a festival with live music, local food and craft beer to support the Oscar Cross Boys & Girls Clubs of Paducah. This event will be held at Downtown Paducah's craft brewery, Beer Werks, which offers a selection of house ales and regional and favorite craft beers in a refurbished Greyhound Bus terminal.

Locals and visitors alike are invited to enjoy live, local music in a favorite downtown venue for a good cause.

Amy LaVere & Will Sexton w/ Melanie Davis

Café de Fae
533 Madison St, Paducah
8:00 p.m.

Amazing LIVE music, a silent auction and a surprise TREAT from Cafe de Fae. This is a fundraiser for Planned Parenthood.



Jack-O-Lantern Gourd Sale 2022

Raven & Moth
313 Broadway Street, Suite 100, Paducah
Join us for the release of our 2022 Collection of handmade Jack-o-Lantern Gourds! This will be a ONE DAY POP-UP event at Raven & Moth at 313 Broadway in Paducah. (We cannot guarantee gourd availability after this date as they sold out very quickly last year.) We have ALL sizes available this year including the jumbo gourds. Every single gourd is hand-crafted by us from start to finish and unique so be sure to come early for the largest selection...

September 12th

Homeschool Workshop: Frank Lloyd Wright

Make
628 Broadway St, Paducah
10:00 a.m.

Learn about the amazing work of Frank Lloyd Wright and use your new awesome knowledge to create a cool art piece. Falling Water is one of his most famous works, and it is fascinating to discover through art. This fun art lesson is great for elementary-age kids. Parents are

welcome to join in at no cost with younger children to assist. An awesome info sheet comes home for follow-up learning.

September 15th

8th Annual FALL Open House

Trout Old Time General Store and Market

433 N 4th St, Paducah
10:00 a.m.

Annual Fall Open House for all your FALL FAVORITES!! Our super popular apple ciders will be back in stock as well as our apple butters, pumpkin butters, pecan honey, harvest jam, Fall home decor and SO MUCH more!! Be sure to get your picture taken with our GIANT PUMPKIN too!! More details to come.

September 16th

Local 6 Big Boy Toy Expo

WPSD-TV
415 Park St, Paducah
4:00 p.m.

The annual Local 6 Big Boy Toy Expo is returning this September! Join us the 16th & 17th for an experience like no other. With previous vendor lineups including RV's, tractors, motorcycles, boats, grills, golf carts, and more, this year's Expo is sure to be something to remember! Admission is Free to everyone this year, so come and check out all of the region's Big Boy Toys! Learn more at on our website! www.local6bigboytoy.com

Drag the Gut Cruise at Bob Noble Park

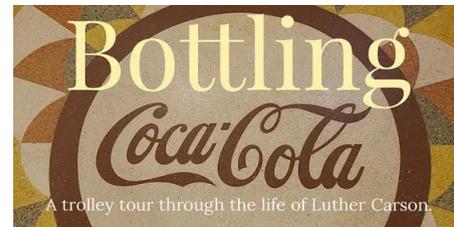
Come join us for our first Drag the Gut cruise. This will become a monthly event on the third Friday of the month starting in June. read more
Dates & Times
Sep 16 @ 6:00 PM CDT
Oct 21 @ 6:00 PM CDT
Bob Noble Park, 2801 Park Ave, Paducah



Girls Scouts of Kentuckiana Recruitment Event

Kentucky Oaks Mall Parking Lot
5101 Hinkleville Rd, Paducah
Girls love Girl Scouts because it's where they call the shots and make things happen. Girl Scouts isn't just a moment in her life, it's a movement dedicated to building girls of courage, confidence, and character who make the world a better place.

September 17th



Bottling Coca-Cola: A Trolley Tour

3121 Broadway St., Paducah
2:00 p.m.
Take a trolley ride through the life of one of Coca-Cola's most successful bottlers, Luther F. Carson.

Kentucky Humanities presents Recipes from the River

10:00 AM CDT
Kentucky Humanities presents Recipes from the River
415 Park Street, Paducah



Body ~ Mind Balance Day

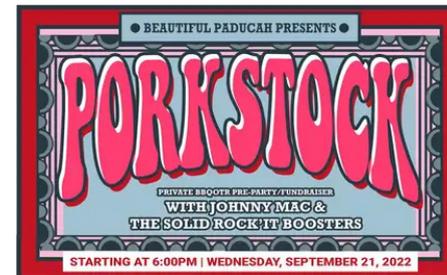
Wildhair Studios' Rock Shop
311 Broadway St, Paducah
11:00 a.m.
Join us for a full day of Mind Body Balancing with mini sessions of energy healing, chakra balancing Vibrational Tuneups, and Reiki. This is one of our community service days, and we'll have healers available all day offering free energy work. We'll also have someone available to pray with you and take prayer requests. Please join us. No appointments are needed.

September 19th-20th

2022 DC Fly-In

Hyatt Regency Washington
400 New Jersey Avenue, NW
Washington, DC 20001
On September 19th and 20th, the Paducah Chamber will host the 2022 DC Fly-In with presenting sponsor Swift & Staley. Meetings will begin mid-day on Monday, September 19th and conclude on the evening of September 20th with a legislative reception and/or dinner and departure on the 21st. For more info call Carrie Dillard 270-443-1746.

September 21st



Porkstock 2022: BBQ on the River Private Pre-Party

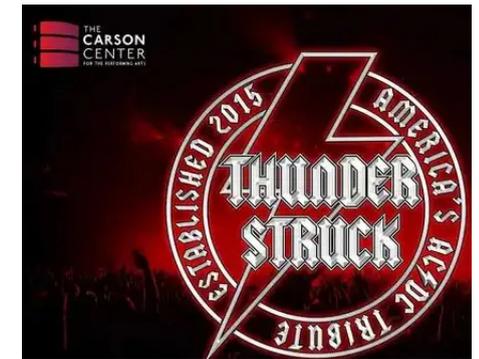
Paducah Transient Boat Dock
420 N 3rd, Paducah
Here's to a BBQ tradition Beautiful Paducah is honored to keep alive! Porkstock is a one-night event kicking off this year's 28th Barbecue on the River - where you will find the area's purveyors of smoked meat and once a year fixings! The event begins at 6:00pm Wednesday, September 21st 2022, located on the "wet" side of the flood wall in downtown Paducah - nearest the transient boat dock!

September 22nd - 24th

Paducah's Annual Barbecue On the River

Historic Downtown
September 22nd - 24th 7:00 p.m.
With the support of Co-founders Susie Coiner & Carol Gault, Beautiful Paducah is proud to announce that BBQ on the River WILL return in 2022! After 27 years of successfully cooking some of the best BBQ in the country and raising the most money for charity, we feel confident that our organization will maintain the essence of this longstanding tradition - all while breathing new energy & life into one of Paducah's most remarkable annual displays of camaraderie & unity.

September 24th



Thunderstruck: An AC/DC Tribute LIVE! at The Carson Center

Carson Center
100 Kentucky Ave, Paducah
Thunderstruck: America's AC/DC tribute bring their decades of combined musicianship to every stage they play, expertly recreating the AC/DC live concert experience, just the way fans remember it. Not only are they the complete embodiment of the next generation of AC/DC tribute band, they are a true rock band and family.

1st Annual Bubble-Q Brunch @ BBQ on the River!

Café de Fae
Paducah Transient Boat Dock
420 N 3rd, Paducah
Beautiful Paducah proudly presents our 1st Annual Bubble-Q Brunch at BBQ on the River! We will be partnering with our friends at Cafe de Fae & The Buzzard Brothers BBQ to bring you a ticketed, private brunch event with a family-style group brunch spread using BBQ pork & chicken as the staple protein in the meal!

September 29th

2022 Lineman's Rodeo

Jackson Purchase Energy
6525 US HWY 60 W, Paducah
The rodeo will be held at Jackson Purchase Energy.

2022 Four Rivers SHRM HR Celebration

500 South 25th Street, Paducah
Join us as we celebrate the accomplishments of our members!

Area Golf Courses

Arrowhead G.C.

18 Holes {Semi-Private}
14 Arrowhead Blvd. Cadiz, KY 42211
Phone: (270) 522-8001
Green Fees with cart:
Weekdays 9 holes \$16.50, 18 holes \$25.50
Weekends 18 holes \$35.50, 9 holes \$21.50
Biggest Tournament: Ham Festival 4-man scramble (Columbus day weekend)
Web Site: www.arrowheadgolf.com
Directions: I-24 to US 68W, 1/2 mile south of Cadiz, KY.

Ballard Co. Country Club

18 Holes {Semi-Private}
KY 802, LaCenter, KY 42056
Phone: (270)665-9992
Green Fees with cart:
Weekdays \$25 cash • Weekends 18 holes \$30 cash

Biggest Tournaments: Drakes & Hens / Tot Waldon
Directions: US 60 to KY 802.

Benton Golf & C.C.

18 Holes {Public}
Golf Course Road, Benton, KY 42025
Pro: Chasten Howard
Green Fees with cart:
M-Th \$48.00 weekends \$52.00
Seniors M-F \$32.00
Phone: (270)527-9673
Directions: US 641, west on 21st street, left on Golf Course Road.

Calvert City Golf & C.C.

18 Holes {Semi-Private}
199 Country Club Lane. Calvert City, KY 42029
Phone: (270) 395-5831
Green Fees with cart:
Weekdays \$50
Weekends & Holidays \$60

Directions: I-24 exit 25B, off 5th Ave. on Country Club Lane.

Drake Creek Golf Course

P.O. Box 306, Ledbetter, KY 42058
270-898-GOLF • 18 Holes / Par 72
Green Fees: Weekdays \$38.49 •
Weekends & Holidays \$44.99
Todd Butts - Pro
<http://www.drakecreek.com>

Paxton Park Golf Course

18 Holes / Par 71
841 Berger Road, aducah, KY 42002
Green Fees with cart:
Weekdays \$35 + tax
Weekends & Holidays \$38 + tax
Danny Mullin - Pro
Phone: (270)444-9514

Frances Miller Memorial

18 Holes {Public} / Par 72
KY 280, Murray, KY 42071

Green Fees with cart:
Green Fees: (M-F) 42.99 (Sa-S) 45.99
Nick Newcomb - Pro
Phone: (270)809-2238

Hickman Country Club

9 Holes {Open-Private}
2779 KY 125, Hickman, KY 42050
Phone: (270)236-9128
Green Fees with cart:
Mon. & Wed. Seniors \$25
Weekdays \$30
Weekends \$35

KY Dam State Park

18 Holes {Public}
US 641, Gilbertsville, KY 42044
Pro: Nathan Wolfe
Green Fees with cart:
(M) \$30.00 (T-F) \$39.00 (Sa-S) \$49.00
Phone: (502)362-4271

see GOLF, page 15



ENJOY THE OUTDOORS!







Cadiz-Trigg County Tourist & Convention Commission

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KENTUCKY DEPARTMENT OF TOURISM

• GOLF

from page fourteen

Directions: This resort is located 21 miles southeast of Paducah. Take I-24 exit 27, 2 miles on US 62, to US 641.

Lake Barkley State Park

18 Holes {Public}

US 68W • Cadiz, KY 42211

Pro: Matt O'Keefe

Green Fees with cart:

(M-F) \$36.00 (Sa-S) \$42.00

Phone: (270)924-1131

Directions: I-24 to US 68, west to Lake Barkley SRP.

Marion Country Club

9 Holes {Semi-Private}

651 Blackburn St., Marion, KY 42064

Green Fees:

Weekdays 9 holes \$11.00, 18 holes \$17.00

Weekends 9 holes \$14.00, 18 holes \$20.00

Phone: (270)965-9241

Directions: One block south of US 60 on Blackburn Street.

Mayfield Golf & C.C.

18 Holes {Open-Semi-Private}

1301 W. Broadway, Mayfield, KY 42066

Pro: Mark Greenslit

Green Fees:

18 holes \$31.80

9 holes \$19.08

Phone: (270)247-6524

Directions: Purchase Parkway exit 22, left on Broadway 1 mile.

Murray Country Club

18 Holes {Open-Private}

College Farm Road, Murray, KY 42071

Phone: (270)753-9430

Directions: South on US 641, right on Chestnut Street, 2.5 miles on College Farm Road, on right.

Oaks Country Club

18 Holes {Open-Private}

College Farm Road, Murray, KY 42071

Green Fees with cart:

18 holes - \$35.00

9 holes - \$17.50

Phone: (270)753-9430

Directions: South on US 641, right on Chestnut Street, 2.5 miles on College Farm Road, on right.

Oak Hill Rec. Assoc.

9 Holes {Open-Private}

US 51N, Clinton, KY 42031

Phone: (270)653-6001

Green Fees: 18 holes \$27.00 • 9 holes \$20.00

Seniors: 18 holes \$22.00 • 9 holes \$15.00

Directions: North of Clinton on US 51.

Sullivans Par 3 G.C.

18 Holes {Public}

1647 North 16th Street, Murray, KY 42071

Phone: (270)753-1152

Directions: US 641, west on Utter Back Road at Seven Seas Restaurant, 1 mile.



Tri-State Seniors Golf Championships Sept. 17th - 18th

Tri-State Seniors Golf Championships, a 36-hole stroke play tournament for male amateur golfers 50 years of age and older will be held on Saturday and

Sunday, September 17th and 18th at the Paxton Park Golf Course, 841 Berger Road, Paducah.

For more information log onto www.amateurgolf.com

Eastland Green Golf Course & Full Line Pro Shop

GREAT GOLF VALUE!

SENIORS **\$29**



MONDAY-FRIDAY **\$35**

(\$27 after 12 noon)



SATURDAY SUNDAY & HOLIDAYS **\$44**

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1. Not a career politician/beholden to no one.
2. Actually went to jail fighting for people.
3. Gives out their personal cell phone number for texts and calls 859-250-2527.
4. Calling for massive Court reform.
5. On DetersForGovernor.com released 100 more positions than anyone else.
6. Supports legalization of cannabis for over 21 and regulate it like we do liquor.
7. Ardent Trump supporter since 2016.
8. Business experience/met a payroll.
9. Ignored by media.
10. Calling for McConnell to go.
11. Published four books.
12. Is tested tough.



★ ENDORSEMENTS ★



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