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Kentucky & Alabama**

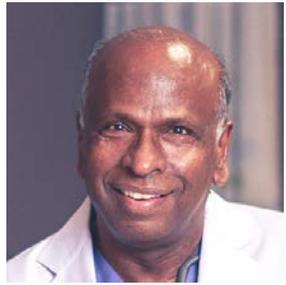
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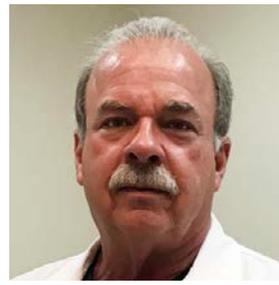
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Is it true? Coffee for skincare

By Teresa LeNeave
Travel Editor

Coffee. Chances are someone in your household drinks coffee, but there is something more you can do with coffee besides drink it. Turns out that brewed coffee grounds can brighten dull skin! Most of us have fresh coffee grounds every morning so there is no need to stockpile them for this great little complexion enhancer.

A buzz in the skincare world suggests using brewed coffee grounds to stimulate and revitalize skin.

Apparently, coffee grounds make a good exfoliator since it lifts off dead skin cells.

I tried it and it really does make my skin feel smooth and, I think, even look a little brighter! That's good news as it is virtually free since your coffee grounds would have been thrown in the trash, anyway. No need to exfoliate more than once a week.

There is no clinical evidence that proves this works, but for me, it did.



New uses for used coffee grounds: skincare

I mixed one (1) teaspoon of brewed, cold, coffee grounds into two (2) tablespoons of Ponds Cold Cream.

Rub the mixture onto your skin as you would any exfoliator. Do not scrub. I left mine on for two minutes then rubbed it around one more time to loosen any dead cells. Rinse the mixture away with warm water to experience the glow.



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- Cornmeal Dusted Catfish and Hushpuppies*
- Southern Fried Chicken*
- Shrimp Louisianne with Wild Boar Cajun Sausage*
- Elk Meatloaf with Chipotle-raspberry Ketchup*
- Smoked Boar*
- Spicy Duck Tenderloin Stir Fry*
- Bison Taco Pie*
- Steamed Broccoli*
- Country Green Beans*
- Roasted Sweet Potatoes*
- Sweet Corn*
- Squash and Onions*
- Shells and Cheese*
- Yukon Gold Mashed Potatoes and Brown Gravy*
- Sweet Yeast Rolls and Cornbread*
- Bison Chili Seafood Chowder*

**Buffet prices are \$25 for adults and \$10 for ages 5-12.
Call 270-362-4271 for more information.**

**KY Dam Village
State Resort Park**





A Day in Fairhope, Alabama

By Teresa LeNeave
Travel Editor

Fairhope and Daphne Alabama are such cute little towns. People are relaxed. Shops are fun and different. You can shop, dine, visit art galleries, antique shops, and stroll beautiful streets in the downtown area. Just off the shore of the Mobile Bay there are many interesting things to do. Lots of fishing opportunities and lots of golf courses. Lots of hiking and biking trails. Truly an experience for the hurried soul; a place with quiet charm.

If you are a foodie, Felix's Fish Camp Grill where all the locals go, should be on your bucket list. From the outside, you may have doubts of going inside, but its "old" look is deceiving. The restaurant is designed to mimic an old fishing camp sporting all the charm of the south. Reservations are required.

Another unexpected surprise was The Wash House Restaurant, which really was a wash house back in the day.

The area is known for its place in Amer-

ican history and has successfully maintained its historical ambience and charm of days gone by.

And, then there is the Jubilee.

What is a Jubilee? A Jubilee is what occurs when there is lack of oxygen in the water so fish and shellfish cannot carry out normal muscular activities. What does that mean for the fish lover? It's a time when hundreds of flounder and crabs come to the top of the water to reach oxygen. They are reluctant to swim and it leaves them open for capture by eager fisherman. In just a few hours you can catch tubs of crabs or gig hundreds of flounder. Jubilees on this scales are thought to occur only in two places in the world:

Tokyo Bay and Mobile Bay. No one knows when or where the next jubilee will occur along the beach, which attributes to its mystic.

Jubilee Information provided by Auburn University Marine Extension & Research Center and Marriott Hotel brochure.



Felix's is one of the "local" favorites.

Photo by Teresa LeNeave

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Last minute trips add spice to life

By **Teresa LeNeave**
Travel Editor

One of the best things about being retired is the ability to take advantage of last-minute trips. Such was the case with a recent trip my husband and I made to Point Clear, Alabama. Nestled away in a quaint little area, you'll find the historic Grand Hotel. Trips like this just seem to add a little spice to life.

The 172-year-old hotel combines old traditions with new modern conveniences. In its 172 year history it has been renovated many times. In 1869, a fire destroyed the dining room, kitchen and guest rooms. As with many areas along the Gulf, hurricanes has been no friend to the Grand Hotel. Hurricanes severely damaged the hotel in 1893, 1906, 1916, 1979, and 2005. Hurricane Katrina was the most damaging, costing almost 70 million dollars in renovations. Along Mobile Bay, storm surges of 11 and 12 feet high left mud and

debris everywhere. A pile of debris about 10 foot high was stacked in the Grand Ballroom.

The Grand's military history is also very interesting. During the Civil War the Grand Hotel was used as a hospital for wounded Confederate soldiers. During World War II, it was used as a military training camp. It is said, to preserve the hardwood floors, soldiers could not wear shoes inside the hotel.

To honor its place in history; and current military as well as veterans who graced the halls of the Grand Hotel during war times, a military salute and cannon firing takes place at 4 p.m. each day.

For the golfers, Grand Hotel has two 18-hole Robert Trent Jones golf courses. They have a spa, fitness room, indoor and outdoor swimming pools and a beach along the Bay. If you looking for a quiet, but interesting place to visit, this may be just what you're looking for.

2019

New Year, New Goals!

Stay on track this year with
these 3 quick tips

1. **Set Goals: Make priorities and keep them!**
2. **Skip the Small Stuff: A coffee a day adds up. Try skipping it!**
3. **Save: Open a savings account and deposit 10% of a paycheck each month!**



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****NEW TOUR** RIVER CITY CASINO – \$50**
Tuesday, January 15, 2019

****NEW TOUR** MISS SAIGON – \$181**
Saturday, April 27, 2019

****NEW TOUR** FIDDLER ON THE ROOF – \$175**
Saturday, February 9, 2019

****NEW TOUR** LET'S VISIT MAGOLIA
MARKET IN WACO, TEXAS**
May 20-23, 2019

PANAMA CANAL OCEAN TO OCEAN CRUISE – \$2,942.92
February 15 - March 2, 2019

****NEW TOUR** COME FROM AWAY – \$181**
Saturday, May 25, 2019

****NEW TOUR** BEAUTIFUL, THE CAROL KING
MUSICAL – \$184**
Saturday, March 16, 2019

****NEW TOUR** SPIRIT OF PEORIA CRUISE
FROM PEORIA TO STARVED ROCK LODGE**
June 2-5, 2019

**A DAY IN SOUTHERN INDIANA AMISH
COUNTRY – \$102**
Wednesday, April 10, 2019

DISCOVERY PARK – \$86 (ADULT), \$81 (CHILD)
Friday, June 14, 2019

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Stuff to do near here

Antique stores can also be found in downtown Cadiz. You can find all types of antiques, from dolls to jewelry to furniture. Most major credit cards are accepted, and most of the shops are open seven days a week. Not only will you find collector's items in downtown Cadiz, you will find majestic, antique homes up and down main street.

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UNBRIDLED SPIRIT

Vacationing Choices Around Kentucky

Pat Thomann
Staff Writer
kpiptomann@gmail.com

If you are looking for a fantastic place to vacation you only need to look in your own back yard. Kentucky has more unique and interesting places to visit and you don't have to break the bank to get there.

No matter what your interests are, there is truly something for everyone. Kentucky has a wide variety of vacation destination choices that will please the whole family.

Kentucky is well known for its horse racing and of course the Kentucky Derby. Visitors to the Louisville area can tour the famous race. An on-site museum gives a history of the Derby; the horses and jockeys, owners and trainers who have made the Derby famous.

There are lots of other things to see and do while visiting Louisville. The downtown and riverfront area have a lot of restaurants and interesting shops to visit. On the Ohio River is the Louisville Belle paddle wheeler. This local landmark is open for tours and meals up and down the Ohio River.

Louisville also boasts Kentucky's only man-made caverns system, the Louisville Mega Caverns. The 1.7 miles of underground corridors is a great place for all ages to visit. Mega Caverns has the only fully underground aerial Ropes Challenge Course in the world. Mega Quest is one of only 20 courses of its kind in the USA but the only one fully underground.

Mega Caverns also offers a historic Tram Tour that will take you on an underground adventure while a tour guide explains the history, geology, mining, recycling and green building technology of the caverns.

The caverns also feature Mega Zips, consisting of six underground zip lines suspended from the roof, high above the cavern floor. This is truly a great thrill for the whole family.

If this seems like a little too much adventure for your taste, a trip to the Kentucky State Capitol in Frankfort might be more your style. If you are interested in seeing where you're state elected officials conduct business and see the beautiful building where it all takes place, this is definitely for you. The Capitol Building is open for self-guided tours of the building and grounds Mon-

day through Friday 8am to 4:30pm and Saturday 10am to 2pm (April through October). Large groups and school tours are asked to call 502-564-3449 to make arrangements to visit. You may also call this number for other tour information. A viewing gallery is also available and you may even get to see our lawmakers in action.

There really is no better place to visit in Kentucky than the western portion of the state. Kentucky and Barkley Lakes provide an endless variety of activities for those who love being near the water. The many resort accommodations are fantastic!

The fishing and boating opportunities are truly remarkable. If you own your own boat you can launch it at dozens of locations up and down the shoreline. Once you are on the water the adventure begins. If you are a fisherman, there are hundreds of coves and bays to explore and the fishing is great. Bass, crappie, catfish and other species of fish are abundant in these lakes.

If on the other hand, you just want a relaxing ride in a pleasure boat this is the place for you. The beauty of the shoreline, exploring the bays for a great place to swim, skiing and tubing and watching the beautiful sailboats as they sail by is both relaxing and a great way to relieve stress.

There are many great marinas to visit that have gas, snacks, water toys and some with restaurants where you can relax and enjoy a delicious meal or they can fix you a great lunch to take to one of the many beaches and have a picnic.

If you do not own a boat you will find several marinas that rent everything from personal watercraft to fishing boats, houseboats or pontoons. This is a great way to explore the possibility of owning your own boat in the future. Nothing like experiencing the feel of boating before you make that big purchase. Lighthouse Landing and Green Turtle Bay in Grand Rivers even have sailboat classes to get the feel of sailing without the commitment of the purchase of a boat.

There are many great cities and small communities across Kentucky to visit for a day or a week. You can't go wrong when you visit Kentucky this summer. Check out the web for events and unique destinations right here in our own back yard.



Fight the Cold with Better-for-You Comfort Foods

(Family Features) Few things go together quite like cold weather and comfort foods. However, those hearty dishes that are typically craved on blustery days are usually not classified as “healthy.”

With the right approach, though, you can put a better-for-you twist on some of your favorite dishes that can keep you cozy and satiated during the winter season. For example, you can put a grown-up twist on grilled cheese and tomato soup with this recipe for Creamy Tomato and Roasted Pepper Soup with Cheddar Cracker Melts.

Pairing flavorful seasonal dishes like soups and stews with a wholesome snack cracker like gluten-free, non-GMO Crunchmaster Tuscan Peasant Crackers can help satisfy those comfort food cravings while also contributing to a healthy lifestyle. With 20 grams of whole grains per serving, these crunchy, robust baked crackers are also cholesterol-free, allowing you to take a back-to-basics approach to your diet using simple ingredients and no artificial flavors or colors.

For other seasonal recipes, coupons, tips and nutritional information, visit crunchmaster.com.

Creamy Tomato and Roasted Pepper Soup with Cheddar Cracker Melts

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 6

Creamy Tomato and Roasted Pepper Soup:

2 tablespoons olive oil
1 onion, chopped
1 carrot, chopped
3 cloves garlic, chopped
1 teaspoon salt, divided
1/2 teaspoon pepper

1/2 teaspoon paprika
1 pinch chili flakes
4 cups organic no-salt-added vegetable broth
1 can (28 ounces) no-salt-added diced tomatoes
1 cup chopped prepared roasted red peppers
2 bay leaves
1/3 cup 35 percent heavy cream
2 tablespoons finely chopped fresh chives, divided
1 teaspoon cider vinegar
Cheddar Cracker Melts:
24 Crunchmaster Tuscan Peasant Fire Roasted Tomato Basil Crackers

3/4 cup shredded cheddar cheese
In Dutch oven or large saucepan over medium heat, heat oil. Cook onion, carrot, garlic, 1/2 teaspoon salt, pepper, paprika and chili flakes about 5 minutes, or until vegetables are slightly softened.

Stir in broth, tomatoes, roasted red peppers and bay leaves; bring to boil. Reduce heat to medium-low. Simmer 15-20 minutes, or until vegetables are tender. Discard bay leaves. Let cool slightly. Transfer to blender; puree in batches until smooth. Stir in cream, remaining salt, 1 tablespoon chives and vinegar.

To make Cheddar Cracker Melts: Heat broiler to high and position rack in center of oven. Arrange crackers on parchment paper-lined baking sheet. Sprinkle with cheese. Broil 1-2 minutes, or until cheese is melted.

Divide soup among six bowls. Sprinkle with remaining chives and serve with Cheddar Cracker Melts.

Tip: Use mild, medium or aged cheddar cheese. Smoked mozzarella can be substituted, if desired..



Nutrition information per serving: 250 calories; 15 g fat; 7 g saturated fat; 30 mg cholesterol; 730 mg sodium; 22 g carbohydrates; 2 g fiber; 11 g sugar; 6 g protein.



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Cheri Douglass invites you to stop by and tour our community.

Send your favorite recipe, along with a picture, to leneave2@comcast.net. If you have interesting family information about the recipe, please add that. Your name will be used as the person submitting the recipe.

Local Events



• WINTER WONDERLAND OF HEALTH FAIR

The Paducah-McCracken County Senior Citizens Center and Retired Senior Volunteer Program (RSVP) will host their annual "Winter Wonderland of Health Fair" in conjunction with celebration of MLK Day. This event will be held on Friday, January 18, at the Robert Cherry Civic Center located at 2701 Park Avenue from 8:30 - 11:30 am. Various vendors will be present to offer a number of health assessments and screenings; Senior Medicare Patrol (SMP) will be available if you have Medicare questions, and there will be drawings for door prizes throughout the morning. All local seniors are invited to attend this FREE health fair."

• JACKSON PURCHASE RIFLE & PISTOL CLUB
The Club meets each third Monday, 6:30pm, at Olivet Baptist Church, Hinckleville Road, opposite Kohl's, Paducah. For more information about programs and events, call 270-559-7663 and leave a message.

• TEEN CHALLENGE OF WEST KENTUCKY
The Teen Challenge of West Kentucky will be conducting an outreach session every Monday night at Community Fellowship Church in Hickory Kentucky on highway 45.

This will be a Christ-centered faith-based session for adults who have hang-ups and habits. The session will be began at 6:30 pm. For more information or directions call 270-804-8223.

• REFORMERS' UNANIMOUS

Reformers' Unanimous, a faith-based addictions program, meets every Friday from 7:00 to 9:00 p.m. at Eastwood Baptist Church in Murray. For more information or transportation, call the church at 270-753-1834.

• NAMI FAMILY EDUCATION PROGRAM

There will be a NAMI Family Education program for those families dealing with mentally ill loved ones or friends starting in February for 12 weeks in Paducah. To sign up or get information, call 270-519-3152.

• SIT AND STITCH

The Itty Bitty Knitty Shop, located at 1920 Kentucky Ave in Paducah, allows people to bring their latest project and enjoy fellowship of other stitchers on Tuesdays from 5 to 8:30 p.m. For more information, call 270-709-3270.

• GAMBLER'S ANONYMOUS

Gambling not fun anymore? There is a GA meeting every Thursday 7:00pm at First Christian Church in Paducah KY at 415 Audubon Drive enter double doors to right in the library. We share our experience, strength, and hope with people that are in a downward spiral of compulsive gambling. For more information call 618570-4882.

• CELEBRATE RECOVERY

Dexter Baptist Church hosts Celebrate Recovery from 5:30 until 7:00 p.m. each Tuesday evening. Celebrate Recovery is a 12-step Christ-centered recovery meeting program for anyone who struggles with hurts, habits, or hang-ups. For more information, call 270-625-0176.

• CELEBRATE RECOVERY

Hope Harbor Church on Highway 94 East near Murray hosts Celebrate Recovery each Tuesday night from 6:30 to 8:00 p.m. Celebrate Recovery is a 12-step Christ-centered recovery meeting program for anyone who struggles with hurts, habits, or hang-ups. For more information, call 270-753-6695.

• CELEBRATE RECOVERY

Celebrate Recovery meets at Mayfield First United Methodist Church in Mayfield on Tuesday evenings with meal at 5:30 p.m., large group at 6:00 p.m. and small groups at 7:15 p.m. Celebrate Recovery is a 12-step Christ-centered recovery meeting program for anyone who struggles with hurts, habits, or hang-ups. For more information, call 270-705-2769.

• COREVETTE LANES BOWLING GROUP

Corvette Lanes in Murray KY invites you to bowl with their senior group on Wednesday's at 1 pm. 3 games cost \$10. If you have any questions, call Corvette Lanes at 270-753-2202.

• COMPASSIONATE FRIENDS OF W. KY

The Compassionate Friends of Western KY Chapter meets the 2nd Sunday of each month from 2-4:00 p.m. in the cafeteria at St. John the Evangelist Catholic Church, 6705 Old Hwy US 45 Paducah, Ky., 42003. For more information, contact Darla at 270331-0883 or darlamartinky@gmail.com.

• VETERAN TRANSPORTATION

If you are a veteran and require transportation to and from medical appointments, please contact Garry Smethers by calling 270-210-0754 or email garrysmet@mchsi.com. The van is wheelchair accessible and volunteer drivers will provide transportation. Please give as much notice as possible.

• GRIEF SUPPORT GROUP

Support Group meets in the Franciscan Room at Lourdes Hospital on Mondays from 6 to 7 p.m. For more information, contact Nancy Litchfield at 270-519-3491.

• McCRACKEN COUNTY HISTORICAL & GENEALOGY

Meet 2nd Wednesday of each month at Paducah Public Life. (at 1:30) We have programs, speakers and refreshment time. Visitors are welcome.



Paducah Recreation Center Memberships Now Available

Pam Spencer

Public Information Officer, City of Paducah

Paducah Parks & Recreation encourages the community to become members of the Paducah Recreation Center located at 1527 Martin Luther King Jr. Drive in the historic Fountain Avenue Neighborhood.

Yearly memberships and the new GOLD Membership can be purchased at any time throughout the year. The membership process has changed with memberships being valid for 365 days from the date of purchase. Also, members will receive a key fob which will be scanned upon entry to the facility.

A Yearly Membership costs \$20 (tax included) for either an individual or the entire family. Classes and activities included in the \$20 membership include Open Gym, Walking Club, Basketball Open Gym, and Volleyball Open Gym. Members will have to purchase additional \$10 (tax included) activity punches for 20 visits to Chair Yoga, Chair Chi Yoga, Mat Yoga, Funky Fitness, Mid-East Dance, Sculpt and Tone, and other select classes. Members can also attend a class once for just \$1.

New for 2019, Paducah Parks & Recreation will be offering a GOLD Membership for either an individual or family. GOLD Membership allows members to participate in an unlimited number of classes and activities held at the Recreation Center without any additional fees. This GOLD Membership costs \$60.00 (tax included) and is active for 365 days. For all family memberships, a family consists of parents/guardians and their children. All persons 18 years of age or older must purchase their own membership unless they are purchasing a family membership with their spouse. There is a \$5 charge if you need to replace your membership key fob.

New members and returning members can purchase their new membership, receive their key fob, or buy activity punches for their key fob at the Paducah Recreation Center during normal operating hours: • Monday through Thursdays 2:30–10 p.m. • Monday, Wednesday, and Friday, 11:30 a.m.–1 p.m. • Tuesday and Thursday, 10:45 a.m.–1 p.m. Staff also will be at the Center accepting membership fees on Fridays, 2:30–5 p.m. Monthly schedules are posted at the Paducah Recreation Center and on the Parks & Recreation website.

Activities offered and times may change from month to month. For more information, visit www.paducahky.gov, call 270-444-8508, or visit the Parks & Recreation office located at 1400 H.C. Mathis Drive. The phone number for the Paducah Recreation Center is 270-408-1530.

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| <div style="border: 1px solid teal; border-radius: 50%; padding: 5px; width: 60px; margin: 0 auto;">Stephanie L. Mundy, APRN</div> <div style="background-color: #cccccc; padding: 5px; width: 60px; margin: 5px auto;">Marion Clinic</div> | <div style="border: 1px solid teal; border-radius: 50%; padding: 5px; width: 60px; margin: 0 auto;">Demetrius L. Patton, M.D.</div> <div style="background-color: #cccccc; padding: 5px; width: 60px; margin: 5px auto;">Crittenden Medical Office Bldg., Salem & Smithland Clinics</div> | <div style="border: 1px solid teal; border-radius: 50%; padding: 5px; width: 60px; margin: 0 auto;">Kara A. Phillips, APRN</div> <div style="background-color: #cccccc; padding: 5px; width: 60px; margin: 5px auto;">Salem & Smithland Clinics</div> | <div style="border: 1px solid teal; border-radius: 50%; padding: 5px; width: 60px; margin: 0 auto;">Ghassan Yazigi, M.D.</div> <div style="background-color: #cccccc; padding: 5px; width: 60px; margin: 5px auto;">Salem & Marion Clinics</div> | |

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Enjoying 'golden years'

Pat Thomann
Staff Writer
kpiptomann@gmail.com

There is nothing more beautiful than a sunset over Kentucky Lake. The vibrant colors reflecting in the

rippling waters give one a sense of peace and calm in a world full of troubles.

Kentucky Lake has always been a favorite place for water skiing, fishing or just relaxing on a beach or boat. The Jetty near Grand Rivers has been a place where many beautiful weddings have been held.

Many brides have taken that walk or golf cart ride out to the gazebo to exchange their vows with the man they love.

The Grand Rivers Jetty even made it into Southern Living Magazine as one of the top 10 Most Beautiful Places in the United States. The sunsets are different each night depending on the atmospheric conditions and you never know what you will get.

Anyone fortunate enough to live or vacation in the area will tell you it is an example of God's great beauty and peace on earth and we are a part of the fortunate ones.

Lighthouse Landing Campground on beautiful Kentucky Lake is our home away from home March through November. Over the years we have dreamed of having a place we could relax, do some fishing and just enjoy our 'golden years' with friends and family.

This will be our 12th season at Lighthouse Landing and the older we get the more we appreciate our camper and some peace and quiet from everyday life. We are only working a couple of days a week and spend 4-5 days at the camper during camping season.

From our camper we can take wonderful day trips to Nashville, Bowling Green or Clarksville for shopping or whatever we want to do. Each day is different and some days we don't leave the campsite at all.

We recently purchased our third camper and it should be our last. It has everything we need to enjoy our time at



Having fun on Kentucky Lake with the grandkids. (L-R) Chloe Jones, Grandpa Kenny Thomann, Kristi Jones, Keith Jones, Avalyn Jones, Aaron Jones and Zayne Jones.

Photo by Pat Thomann

the lake including a fireplace for those cool nights, a large TV and even a king size bed.

As we age, our priorities have changed and we are more content to just spend quiet time together without all the noise and confusion of life. We can take time to reflect on our lives together and how fortunate we are to still have our health, close family, friends and each other. Things just don't have the same importance they once had.

Camping is not for everyone, but you can still enjoy your 'golden years' even if your health is failing.

Pick something that brings a smile to your face or something you used to enjoy that you have quit doing or learn something new.

It could be knitting, painting, craft projects or gardening, if you still can. It doesn't have to be something you do every day, but maybe a day or two a week. Donating your time to a worthwhile charity is always appreciated and gets you out of the house for a few hours.

Whatever you do, do not procrastinate, just get started. You may enjoy it even more than you used to because you will have more time to devote to your new project



KPAP is here!

Kentucky Prescription Assistance Program (KPAP)

In response to our Community Health Needs Assessment, Livingston Hospital has partnered with Kentucky Public Health to coordinate the Kentucky Prescription Assistance Program.




The cost of medication can be a heavy financial burden even with insurance benefits. Many of the major pharmaceutical companies provide some type of patient assistance programs (PAPs) to assist with the cost of medication, even for insured patients.

Contact our KPAP Coordinator below to schedule an appointment.

KPAP Coordinator:
Phyllis Cansler 270.988.7278
pcansler@lhhs.org

THE KENTUCKY PRESCRIPTION ASSISTANCE PROGRAM

(KPAP) helps the public access prescription drug programs offered by the drug manufacturers, discount drug programs, and discount pharmacy programs. By partnering with local organizations, qualifying individuals and/or their families can access available prescription drugs free or at reduced costs.

NOTE: Restrictions apply, however, generally, a family of two can make up to \$64,000 or a family of 4 can make up to \$98,000 combined annual income and still apply for assistance. Need is determined by participating Pharmaceutical Companies.



3 tips to overcome everyday aches and pains



Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.

Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE.

RICE, which stands for rest, ice, compression, and elevation, can help men and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

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The Sounds of Memphis
Apr 13, 2019
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Todd Oliver and Friends
Jan 25 & 26, 2019
7:00 pm
Road Show – Murder Mystery
Apr 26, 2019
7:00 pm

The Southern Gospel Show- Benefit Show for MCHS
Jan 27, 2019
2:00 pm
Smoke on the Mountain
Apr 27, 2019
2:00 pm

Variety! Love Songs
Feb 8 & 9, 2019
7:00 pm
The Sounds of Memphis
May 15, 2019
7:00 pm

Sweethearts Dinner & Request Music Show
Feb 14, 2019
7:00 pm
The Super 60s Show
Jun 1, 2019
2:00 pm

Road Show- Paducah, KY
Feb 16, 2019
7:00 pm
The Sounds of Memphis
Sep 19, 2019
7:00 pm

The Southern Gospel Show
Apr 12, 2019
The Sounds of Memphis
Oct 9 & 10, 2019
7:00 pm



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February 14 - February 24,
2019

Girls' Weekend
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PEACH**
May 2 - 12

**AMERICAN IDIOT (Play-
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June 13 - 23

**KIDS SUMMER CAMP - TBA
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camp dates: July 8-19
Show dates: July 19-23

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The Inheritance Talk

Losing a loved one can be one of the most challenging experiences of a person's life. While grieving, a person must complete many burdensome tasks, such as planning a funeral.

Receiving an inheritance during this time can be the source of even more stress, as the recipient must determine how to access and manage the inheritance. This process can seem especially daunting if the recipient needs the inheritance to help cover the decedent's debts or final expenses. Luckily, the stress caused by an unexpected inheritance is avoidable.

Although it may be uncomfortable, discussing your well-thought-out estate plan with your heirs can alleviate future stress. On the other hand, avoiding this discussion could leave your beneficiaries unprepared to handle the family's wealth. According to a study by The Williams

Group, 70% of wealthy families lose their wealth by the second generation and 90% by the third generation. To ensure that your heirs preserve your family wealth for generations to come, consider the following.

Identify family values

Educate your family and heirs about your priorities. What are your goals? How do you prioritize these goals? The best way for your beneficiaries to understand your values when it comes to wealth is to lead by example. Do you give to charity? Plan family vacations? Save a portion of each paycheck for a rainy day? Show your family what is important by having these discussions and providing them with a good example throughout your life.

Create a plan

Consider how to approach this discussion. Would you rather talk casually at the dinner table or in a formal setting at your advisor's office? Start developing this strategy ahead of time so that you are prepared to have this discussion. Do you want to talk to your beneficiaries one-on-one or invite them

all for a family meeting? Decide who you want to lead the discussion and how you can help prepare your heirs to manage the wealth you've accumulated throughout your career.

How much should you share?

Deciding how many details to share about your wealth can be difficult. This goes hand in hand with the maturity of the individual. If your heir has a pattern of irrational spending, it might not be the best time for full disclosure. On the other hand, if you have a fiscally responsible heir, you may feel comfortable providing them with more details.

Work with the professionals

Work with your Stifel Financial Advisor, accounting, legal, or tax professionals to ensure that your wealth will be transferred in the most efficient way possible. Together, you can determine if it is better to make lifetime gifts or transfer everything upon your passing. This is also the perfect time to introduce your heirs to your trusted advisors. Let your children know who to contact in the future (or now if they are ready to start planning for their own retirement).

There is no time like the present to prepare your heirs to manage your wealth after you are gone. Have these discussions now to ensure that your heirs don't blow their inheritance like one in three Americans (as indicated by an Ohio State research study). Rely on your Stifel Financial Advisor to help start you off on the right foot and make these conversations easier.

Article by **Adam Chustz**, Senior Vice President/Investments, **Kye Nichols**, Vice President/Investments, and **Elliot Treece**, Vice President/Investments with Stifel, Nicolaus & Company, Incorporated, member SIPC and New York Stock Exchange, who can be contacted in the Paducah office at (270) 908-0633.



Menopause and breast cancer risk

Menopause occurs when a woman's reproductive cycle is over and she can no longer produce offspring. For many women, menopause occurs around age 50.

While menopause itself is not a risk for breast or other cancers, it's important to know that some symptom treatments and other factors can increase the risk for cancer among menopausal women. The North American Menopause Society says that a woman going through perimenopause and menopause may experience various symptoms, which can range from hair loss to food cravings to hot flashes to vaginal dryness. The National Institutes of Health indicates some women undergo combined hormone therapy, also called hormone replacement therapy, or HRT, to help relieve menopausal symptoms such as hot flashes and osteoporosis. This therapy replaces estrogen and progesterin, which diminish in a woman's body after menopause sets in. However, NIH's Women's Health Initiative Study has found that women undergoing HRT have a higher risk of breast cancer, among other conditions.

WebMD says evidence suggests that the longer a woman is exposed to female

hormones, whether it's those made by the body, taken as a drug or delivered by a patch, the more likely she is to develop breast cancer. That means that HRT can increase breast cancer risk and also indicates that the longer a woman remains fertile the greater her risk for certain cancers. Females who began menstruating before age 12 or entered menopause after age 55 will have had many ovulations. This increases the risk of uterine, breast and ovarian cancers, states the American Society of Clinical Oncology. It also may impact a woman's chances of developing endometrial cancer.

Gaining weight after menopause can also increase a woman's risk of breast cancer, states the MD Anderson Cancer Center. Therefore, maintaining a healthy weight or even losing a little weight can be beneficial.

Women who enter menopause are not necessarily at a higher risk for breast cancer, but some factors tied to menopause can play a role.

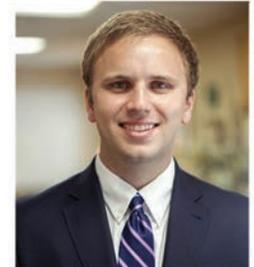
Females who want to lower their risk for various cancers are urged to eat healthy diets, quit smoking and maintain healthy body weights.



Kinney E. Slaughter, DMD



Kathy R. Slaughter, DMD



James K. Hunt, DMD



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Cinnamon-Apple Crostata



Need a dessert that is not only delicious but easy to make? Try this recipe for Cinnamon-Apple Crostata. You'll have a hard time waiting to sink your teeth in to the flaky crust with a burst of cinnamon and apples. Find more delicious dessert recipes at Culinary.net.

- Pie Pastry (we used Pillsbury Refrigerated Pie Crusts)

Filling

- 1/2 cup sugar
- 4 tsp. cornstarch
- 2 tsp. cinnamon
- 4 cups peeled and thinly sliced apples (4-5 medium sized)
- 1 tsp. sugar (for sprinkling)
- 2 tbs. chopped pecans



- Heat oven to 450°.
 - In medium bowl mix together 1/2 cup sugar, cornstarch and cinnamon. Stir in peeled and sliced apples until well combined.
 - Place flattened pie crust on an ungreased cookie or pizza sheet.
 - Spoon apple mixture onto the center of the crust, spreading the mixture to about 2 inches from the edge of the crust.
 - Fold crust over mixture, pleating along the way.
 - Brush edges of crust with water.
 - Sprinkle sugar over crust and apple mixture.
 - Bake for 15-20 minutes or until crust is a golden brown.
 - Sprinkle pecans over apple mixture.
 - Serve with a dollop of whipped cream.
- Recipe adapted from Pillsbury.

The driverless car cometh

By Rob Holbert

For some reason driverless cars have been on my mind a lot lately. Maybe that's just because I read an article last week saying they're already operating in some areas out West as taxis and delivering groceries.

Driving down our streets, it seems impossible to imagine driverless cars being able to weave in and out of traffic, swerve properly to avoid huge potholes and exist in relative harmony with traditional vehicles full of human's texting or getting drunk. But the science nerds assure us it's coming — soon.

Even as we move forward to building the gigantic new bridge across the Mobile River, I have to wonder if by the time it's finished whether it will even be necessary. Driverless cars, controlled by computer networks, will be able to move at a constant speed through our tunnels. They won't be tempted to slow down and honk repeatedly, or try to drive a truck that's too large through the Bankhead Tunnel and get stuck. There'll be fewer wrecks and no rubbernecking when there are.

Maybe we'll still need the bridge to handle loads of driverless trucks delivering goods all over the place. One person involved with the bridge project said the design allows for driverless vehicles and any potential for them going berserk and plunging into the river below. Comforting.

One colleague expressed horror during a recent discussion about the coming age of driverless cars. His fear was that the door lock would click and the cars would have you trapped. You'd then be swiftly transported to a concentration camp. So that's one more potential downside — unless you build concentration camps. (Note to self: Invest in concentration camp companies.)

The upsides are obvious. Traffic fatalities would plunge and there'd really be no reason to own a car when you could just call one and have it drive you wherever you need to go, and another to pick you up when you want to come back. Inside the car, you could eat, sleep, work or watch TV. Lots of options.

As the father of a 16-year-old son who is getting his first (very used) car, I'd hoped driverless cars would be here sooner. Almost every parent I've spoken

with is terrified of the prospect that a kid who can't remember to put the toilet seat down or take out the trash is suddenly hurtling along in a 3,000-pound hunk of steel. Even after a year and a half of training with dear ol' dad, and a semester of Driver's Ed, I'm still worried.

But I can recall the freedom that driver's license and first car conveyed upon me at the ridiculous age of 15. (It was Mississippi.) My concentration camp-fearing comrade may be taking things a little far, but there's almost no doubt the advent of the driverless car will mark the death of a certain rite of passage for the American teen. There's freedom in those wheels.

Maybe it's not as much freedom as it once was, as parents can now GPS the kid's car and know how fast he's driving or if he really was going to church. Back in the day, of course, once you were out of the driveway there would be almost no way of pinpointing where a teen and his car might have gone.

Some parents were clever enough to check the odometers ahead of each trip, but that requires a lot of prep work and is practically impossible if the car is leaving the driveway five times a day. All parents of that time had to fall back on was trust. And it was completely misplaced.

I bought my first car — a 1978 Toyota Corolla — from my older cousin because I'd been in it when he drove it over 100 mph, so I figured it must be fast. Our glorious time together ended a couple of years later in a blanket of smoke that covered all four lanes of I-10 when the head gasket blew out while I was driving over 90 just west of the Mississippi line.

My parents wised up after that and got me a '78 VW Bug that could only break 80 if it was in free fall off the side of a cliff. (That's just an assumption. I never tested the theory.) I'm sure they felt more secure in that the car wasn't fast, but it was a death trap in so many other ways. There were no seat belts in the back, for example, and the ones up front were simply lap belts hooked to a seat that once fell through the rusted floor when I got into the car.

Nowadays safety is a much bigger concern. Kids stay in car seats until they're old enough to shave and everyone snaps

those seat belts before the car leaves the driveway. Times have changed.

Neither my parents nor any of their five kids ever wore seat belts when I was growing up. We drove around in an orange VW camper (my mother's family has a VW fixation) with all of the kids jumping around in the back, beating one another. There were no videos to amuse us. Someone was usually locked in the tiny wardrobe closet that would theoretically hold camping clothes, and the catbird seat was an unmoored stool that sat in an aisle between the driver and passenger seats and offered the clearest flight path through the front windshield.

One of my first memories of riding in a car was of my brother Matt and I standing on the bench seat of my dad's Pontiac while he drove 100 mph down some deserted road. We were delighted. Perhaps at that point my parents figured we were all going to die of second-hand smoke anyway, since they drove around with the windows up smoking like characters in a Scorsese movie, so the whole reckless endangerment thing

seemed minor by comparison.

The families of tomorrow will never deal with such things. There'll be no reckless showboating in the car or aimlessly driving around town and going by some girl's house a creepy number of times. Certainly parents of the future won't have to worry about training teen drivers or figuring out what kind of junker to buy to get the job done.

But there will be a freedom lost. It's just not going to be the same telling a computer every move you want to make, and there'll never be that moment where you just put the pedal to the metal and go. But I've already had my fun, so I'm cool with that. As long as the concentration camp thing doesn't happen, I say bring on the robot drivers.

Rob Holbert is co-publisher of Lagniappe, Mobile, Alabama's weekly newspaper.

He can be reached at rhobert@lagniappemobile.com.

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