

# The Scene

SEPTEMBER 2023



## UNSPOKEN HEROES

★ ★ Honoring EMTs, Firefighters & First Responders ★ ★

## How praying helped heal the broken from 9/11



By Kelsey Edwards  
The Scene Writer

Twenty-two years ago, on September 11, 2001, the world stopped in its tracks as the World Trade Centers in New York were attacked along with the Pentagon just outside of Washington D.C. Thousands of lives were lost that day. People did not know what to do or how to help. Many had their world come crashing down around them when they got the news about the loss of loved ones. Family and friends awaiting the arrival of the few survivors there were. Firefighters, police, medics, and all other first responders, along with good samaritans, rushed in to save

see *PRAYING*, page 5

## Henderson commemorates anniversary of 9/11 with sunrise service

By Tom Ward  
The Scene Writer

Henderson recently commemorated the 22nd anniversary of the September 11th attacks with a solemn sunrise service on Starlite Drive. Firefighters and community members gathered to pay their respects in a somber gathering.

In the early morning light, firefighters stood in a dignified formation wearing immaculate uniforms. American flags flew at half-staff as a poignant tribute

see *SERVICE*, page 4



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First  
Responders,  
EMTs  
and  
Firefighters  
for All You  
Do!**





Ballard County EMTs - Ballard County EMTs Michelle Woodard and Jerica Davis standing in front of the new ambulance.



Ballard County 911 Dispatch Team: Stacey Nolan, Halie Gaskins, Auntie Starks and Samantha Jackson. Not pictured Becky Armstrong.

Photo by Teresa Pearson

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# Heroes behind the unspoken heroes

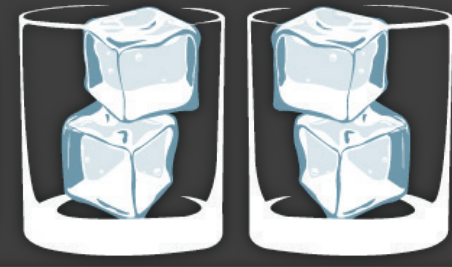
By Teresa Pearson  
The Scene Writer

We all know the Unspoken Heroes are the Police, EMTs, and Fire Fighters, many of whom are volunteers, (special thanks to the volunteers), but there is another group of people behind the scenes who are also amazing at helping others and saving lives. There folks are 911 Dispatch Operators.

911 Dispatch Operators are often not recognized because they are in an office somewhere, behind the scenes and don't go out into the public. Many of these people work short handed, long hours through the nights and weekends answering call after call from people in distress. Whether their call is a legitimate emergency or not they have to talk to them and calm them down and evaluate the situation. They then need to determine how serious the situation is and which department or departments need to be called to the emergency. 911 Dispatchers get every sort of call you can imagine from dog bites, wrecks and house fires to child abuse and rape. Many times a 911 Dispatch Operator will take these situations to heart and take it home with them to dwell on.

The under appreciated unspoken hero is the 911 Dispatch Operator. If you know one, thank them for their service and take them a snack, lol they seem to love snacks!

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Wickliffe/Barlow Fire: left to right- Mike Starnes, Pam Owens, LaDoy Owens, Jason Woodworth, kneeling- Wickliffe Fire Michael Uptain.

## • SERVICE

from page one

to the courageous responders of 9/11. The ceremony included a wreath adorned with over 300 roses, each representing a life lost among the first responders. This wreath was placed beside an actual fragment of the World Trade Center, which is proudly displayed at the Henderson station. During the service, a bell tolled in a somber reminder of the tragedy.

Engineer Tanner Simon

provided insight into the meaning behind the roses, explaining that red roses symbolized firefighters, while blue roses represented police officers, all of whom were lost on that fateful day.

Residents of all ages from the local community came together to express their respect and gratitude to the firefighters who tirelessly protect their community. As they reflected on the tragic events of that historic day, the community also looked forward with resilience and optimism, united in their commitment to honoring the heroes who made the ultimate sacrifice.



★ ★ ★ ★ ★ ★ ★ Saluting all EMT's, FIRST RESPONDERS and FIREFIGHTERS ★ ★ ★ ★ ★ ★ ★



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## • PRAYING

from page one

as many lives as they could many of which lost their own lives. 9-1-1 dispatchers fielded hundreds, if not thousands and helped in any way they could through each phone call received. There was a total of 20 survivors, but the reality is that the 9/11 attacks took the lives of 2,977 people. 2,753 were in New York City's World Trade Center, including 343 firefighters.

It is a day for all of us to remember, but something that so many have forgotten about that day is the amount of praying that took place. For most, especially those from afar who were not able to help, simply prayed. Children and adults of all ages hit their knees in prayer. Praying for the victims and their

loved ones, along with all the emergency responders. People on the planes who were calling out to the Lord as they knew they were not going to make it, and those in the buildings who decided to jump. It was a tragedy, that brought an entire nation together to do anything they could to help; not only for all the lives that were affected that day but also for the nation and its leaders. I remember my entire school prayed, as I am sure many other schools throughout the country did the same; churches, restaurants, malls, and other businesses. Prayer vigils were held everywhere, allowing communities to come together and pray for those in the path of the terrorist attack. All that people knew to do was pray.

It states in the bible, "If my people who are called by my name humble themselves, and pray and

seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land" 2 Chronicles 7:14. God promises to hear the prayer of His humble, prayerful, seeking, repentant people and will bring forgiveness to His people and healing to their land. Thousands of citizens throughout the United States wondered and asked what could be done for the nation after the attack happened on 9/11. It was a simple answer; repent of your sins—turn away from them and do not look back, devote your life to Jesus Christ, and PRAY. George W. Bush, president of the United States at the time of the attacks, released a statement that night, the last bit of read, "Tonight, I ask for your prayers for all those who grieve, for the children whose worlds have been shattered, for all whose sense of safety and security has

been threatened. And I pray they will be comforted by a power greater than any of us, spoken through the ages in Psalm 23: "Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me."

Our nation was hit hard that day and it continues to be hit hard with each passing day. The pieces were put back together for not only the lives affected but also the area that was destroyed, due to prayer. People saw how prayer and what Jesus could do to fix such a broken time. Let us, as an entire nation remember what happened that day; what, and who got each of us through the unknowns of what was to come afterward, and that is praying and our Savior Jesus Christ. The nation got through a such tragic and trying time with prayer and we can get through present and future times with prayer too.



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Kevil Fire Dept. Pictured are: Jared Lynn, Brian Purcell, Tim Myatt, and Tyler Chandler during training.



LaCenter Fire- left to right: Ryan Hedrick, Jedediah Gray, Lane Wicker, Tyler Powell, Mason Hedrick, James Hamilton, Zach Morrow, Jerry Beasley

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Travis Holder is much more than Ballard County's Emergency Management Director. When he isn't trying to get funding for multiple agencies and projects within Ballard County he is assisting Fire, Rescue, and EMS. If you have an emergency, no matter the time of day, it is likely you will see the face of Travis Holder. He is truly an unspoken hero for the people of Ballard County. We appreciate you!



Clay, Kentucky Fire Department

Photo submitted



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Hickman County Emergency Service Departments had a great day meeting the kids (and adults) at the 2023 Spring Chicken Festival.

Photo credit to Melissa Goodman and Justin Jackson



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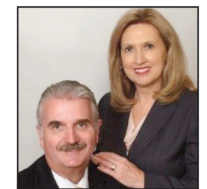
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*A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.*  
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Henderson Fire Department

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Hopkinsville Fire Department

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Madisonville Fire Department 9/11 tribute

Photo by Denise Cooper



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In Kentucky, homeowners who are at least 65 years of age or who have been classified as totally disabled and meet other requirements are eligible to receive a homestead exemption. This exemption is applied against the assessed value of their home and their property tax liability is computed on the assessment remaining after deducting the exemption amount.

### **Application Based on Age**

An application to receive the homestead exemption is filed with the property valuation administrator of the county in which the property is located. If the application is based upon the age of the homeowner, the property owner can provide proof of their age by presenting a birth certificate, driver's license, passport or other approved documentation.

### **Application Based on Disability**

If the applicant is based on the disability of the homeowner, then the homeowner must have been classified as totally disabled under a program authorized or administered by an agency of the United States government or any retirement system located within or outside of Kentucky.

The homeowner must have been receiving payments pursuant to his or her disability for the entire assessment period.

The homeowner must apply annually to continue to receive the exemption based upon a total disability, unless:

They are a veteran of the United States Armed Forces and have a service connected disability;

They have been determined to be totally and permanently disabled under the rules of the Social Security Administration; or

They have been determined to be totally and permanently disabled under the rules of the Kentucky Retirement Systems.

The value of the homestead exemption for the 2023-2024 assessment years is \$46,350. The amount is deducted from the assessed value of the applicant's home and property taxes are computed based upon the remaining assessment. For example, if the applicant's residence is assessed at a value of \$200,000, property taxes would be computed on \$153,650 (200,000 - 46,350). The amount of the homestead exemption is recalculated every two years to adjust for inflation.





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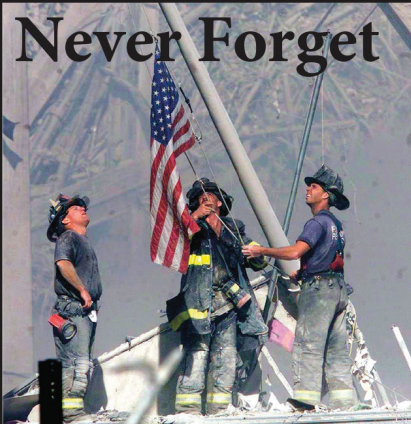
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— Sandy Dahl, wife of Flight 93 pilot Jason Dahl

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# Firefighter program inspires future generation, encourages youth to aid their communities

By **Alexa Tabor**  
The Scene Writer

Kentucky Community and Technical College System (KCTCS) started their Junior Firefighter Program this year. They encourage youth to join in with their local departments to take advantage of this educational opportunity, hoping to increase enthusiasm, morale and awareness in the pursuit. These efforts benefit communities down to the local level in the long run.

Such programs rekindle enthusiasm in longtime firefighter veterans who work alongside those who enter the program, actively teaching how to better

protect communities in need. It will affect the future of each county's department, recruiting the younger generation how to become considerably "heroic" first responders. The fire department in West Kentucky considers their youth program one of the great traditions that makes it what it is today.

"I have been fighting fires since 2009 as a junior," now Fire Chief of Salem Daniel Newcomb said. He is also the Captain at the Burna Fire Department in Livingston County as well. "I come from a long line of firefighters, including my grandfather, father, and mother who have all been firefighters for many, many years. Many may

say it was born into me, but it's a passion I truly care about and strive to help the community and others the best I can."

The Junior Firefighter program is only open to youth from ages 15-17 and all participants must be issued a firefighter number through the Kentucky Fire Information and Records Entry System. They will be listed on the roster of the junior firefighter program sub-organization of the sponsoring department in KyFIRES.

There are many active and full time firefighters that started out in the junior program, proving its vast success, as there are thousands of these programs

nationwide. There are many benefits to working as a junior firefighter and many locals have utilized it to their advantage. It gives youth the chance to learn about local, fire, rescue and emergency medical services in a safe and controlled environment.

"We are at a time where people do not volunteer their time to organizations as much as they once did," Newcomb said. "However, we are always looking for new members starting at 15 years old and up to join these great organizations; not only in Salem but across Livingston County. Contact your local fire chief today for more information about joining."

## Thank You EMS • First Responders • Firefighters!



*Unspoken hero: One who has achieved great things or committed acts of bravery or self-sacrifice, yet is not celebrated or recognized. Someone who acts bravely in battle without notice, or someone who sacrifices himself for the good of the group, without recognition.*

**We Salute all of our Unspoken Heroes!**



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# Chalk-style paint for easy furniture makeovers

By Larrah Workman

Do you have a piece of furniture that you love but needs a new look?

I suggest painting it with a fresh coat of the same color or even something more vibrant. A great color is a rich, Crimson Red. It's not quite a barn red, nor as berry-like as Cranberry Sauce. It looks amazing finished with a dark wax or glaze on top.

There's no shortage of ideas to upgrade your home. A fresh coat of paint can make a statement without breaking the bank. Chalk Painting is a budget-conscious way for homeowners wanting to update their homes.

*Reasons why I chose Chalk Country Chic Chalk Paint over other brands:*

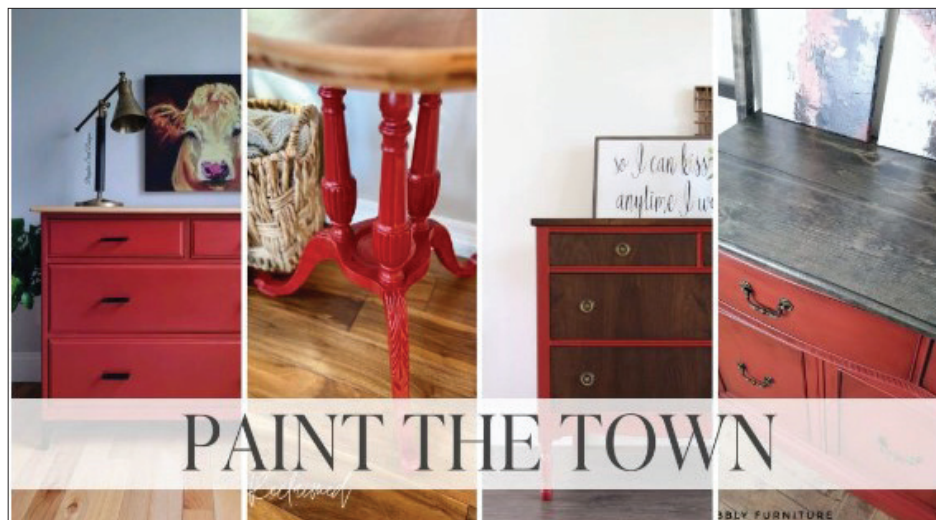
- little to no sanding and priming depending on the piece of furniture
- very low VOC paint
- primer is in the paint
- chalk paint goes farther than a can of regular latex paint
- looking for a creative outlet (there are lots of colors, brands, and techniques to experiment with)
- great coverage

*How to Chalk Paint Furniture:*

If you are going to use chalk paint on a piece of furniture, you're going to go through three general steps: prep, paint and seal. This process may vary depending on your piece.

*Prepping the Furniture:*

The first things you might hear when you buy a can of chalk paint may be "Don't prep", "You won't even need to sand" or "not to bother dusting off your piece first!" I have done this each way and it really depends on the quality of your furniture. If it has



been in the barn for several years, I recommend washing down and sanding the gashes or scuffs. If you don't mind the imperfections, you can skip sanding your piece first. Either way, prep matters.

*Cleaning the Piece:*

Before I chalk painting anything, I always clean it. A little soap and water is fine. If the furniture smells, I use a mixture of vinegar and water. Be sure to let the piece dry completely (12-24 hours) before I paint.

*Making the Repairs:*

If you are working with a used piece of furniture you might need to make some repairs. For instance, if you'll be replacing hardware, you might need to fill and sand the old holes to prepare for the new hardware.

*Sanding the Piece:*

Like I mentioned earlier the big question is, what about sanding. This is the hot-button topic! Sanding down furniture (ugh!) to the bare wood is time consuming and exhausting. Sometimes you may feel like you can skip this step, but it's not always practical when you have large gashes or needing to get the top layer off for

Wait between applications for coats to dry. After 24 hours, use Clear Wax and a Sponge to apply a top coat.

Chalk paint allows you to put life back into a piece of furniture or even just freshen up the look. I recommend Country Chic paint for the best finish, while some sanding is advised. Bin Livin' in Mayfield, KY has several colors, waxes, top coats and brushes in stock. If you don't want any bold colors like Crimson Red there are other beautiful colors available.

Regardless of what color you pick don't be scared to try chalk paint, it is fun and easy. You can stop by the store and check out the inventory at 400 Opportunity Drive Mayfield, Ky located on the second floor of Workman Bins Inc.

the chalk paint to stick to. A tip if you do not want to sand is you can paint a small piece and after 24 hours you scratch it. If it comes off then you may need to lightly sand for the paint to adhere to the furniture.

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**PHYSICAL, OCCUPATIONAL & SPEECH THERAPIES**

## Livingston County Family and Consumer Science continues to host family friendly events for community

**By Alexa Tabor**  
The Scene Writer

The Livingston County Family and Consumer Science (LCFCS) hopes to host frequent events for all ages at their facility in Smithland. While the activities range from arts and crafts, charitable events, volunteering, baking and even pinterest groups, most of these are considered to all be very “senior and family friendly.”

For example, the latest event being hosted is the Livingston County Homemakers Drive on Monday, September 25. The office is also putting on a barn quilt workshop, organized by Liz’s Barn Quilts.

Approaching quickly is the “Happy Healthy Harvest” fall event, where there will be a free community hayride, chili supper, movement therapy, face painting, yoga, pumpkin bowling, local healthcare tables and a multitude of giveaways and door prizes. On behalf of the pinterest club, there is also another door hanger pumpkin project and a variety of activities.

LCFCS encourages the community to engage in their multitude of activities by following their Facebook page. Those interested may also subscribe to the UK Cooperative Extension Services bulletin, which posts frequent updates on health tips and the latest happenings as well.





# What to do about wellness over 50

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in midlife includes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some additional strategies to maintain their physical and mental well-being for decades to come.

## • *Get a pet.*

Many people 50 and older qualify as "empty nesters," a term applied to adults whose children have grown up and moved out of their homes. Some empty nesters experience a phenomenon known as "empty nest syndrome," which the Mayo Clinic notes can be marked by feelings of sadness or loss. Pets can help people over 50 with no children at home overcome feelings linked to empty nest syndrome. In 2018, the University of Michigan National Poll on Healthy Aging found that 86 percent of pet owners felt their pets make them feel loved while 73 percent said their pets provided a sense of purpose. Pets also can ensure individuals over 50 stay physically active and provide opportunities to connect with other people.

## • *Prioritize learning.*

Whether it's taking music lessons, going back to school or mastering a new hobby, learning has a profound effect on aging brains. For example, a 2013 study published in the journal *Psychological Science* found that memory function is improved by engagement in demanding everyday tasks. That study reported that people who

learned new skills experienced greater memory improvement than people who only socialized or participated in activities that were not as cognitively engaging.

## • *Make an effort to improve balance.*

Various factors contribute to a decline in balance as adults age. For example, a decline in muscle mass that begins when people are in their 30s is a normal part of aging. Over time, that natural decline affects strength and agility.

Balance exercises can be a valuable component of a fitness regimen that help individuals reduce their risk for falling as they advance through their 50s and into their 60s and 70s. That's a significant benefit, as the Centers for Disease Control and Prevention reports that one out of every three adults age 65 and older experiences a fall each year, and as many as 30 percent of those falls lead to serious injury.

## • *Embrace your inner socialite.*

Socialization is important for people of all ages, including individuals 50 and over. A recent study from researchers at Michigan State found that valuing friendships was a strong predictor of health and happiness among older adults.

Opportunities to socialize with friends may increase as people navigate their 50s and children move out or become more independent. Individuals can take advantage of opportunities to socialize whenever possible.

Various strategies can help people maintain mental and physical wellness as they make their way through their 50s and beyond.

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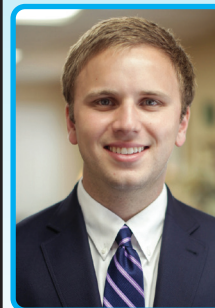
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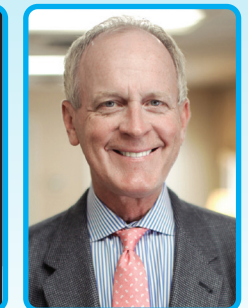
Dr. James Hunt



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Slaughter



# 3 fun and effective outdoor exercises for seniors



The benefits of spending time in the great outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outdoors may improve mental health and help to reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from the great outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on

Aging notes that bone density often decreases after age 50, which can increase the risk of fractures. That's especially so in women over the age of 50, as a 2021 report from Amgen, Inc., indicated women can lose up to 20 percent of their bone density within five to seven years of menopause.

Spending time in the great outdoors also provides a social benefit, encouraging individuals from all walks of life, including seniors, to get out of their homes and spend time with other people.

With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

## 1. Walking:

Walking is free and effective. In fact, WebMD notes that a brisk 30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones, and even help people sleep better at night. In addition, a 2022 study published in the journal JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800 steps per day were 51 percent less likely to develop dementia than people who didn't walk much at all.

## 2. Cycling:

Riding a bike is both fun and a great form of outdoor exercise. Though many studies regarding the health effects of cycling have

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## • OUTDOOR

from page twenty-six

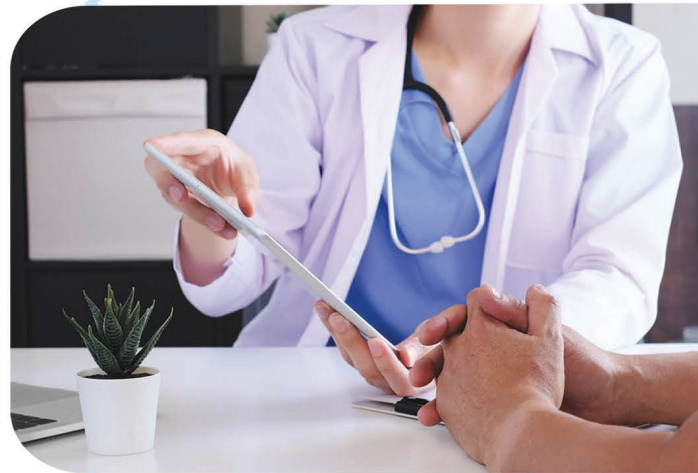
looked at the value of riding a bike to work, a scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be to ride a bike. For example, a 2020 study published in the journal *The Lancet* found that people who cycled to work were 24 percent less likely to die of heart disease and 11 percent less likely to develop cancer. Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

### 3. Hiking:

Hiking is a bit more strenuous than walking, particularly when individuals choose to traverse steep and/or rocky terrain. WebMD notes that hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints. Hiking is not a one-size-fits-all activity, so seniors, especially those who would characterize themselves as novice hikers, are urged to speak with their physicians prior to hiking trails that are not flat.

Seniors can consider these three fun activities and others as they answer the call of the great outdoors. Walking, cycling and hiking offer a great reason to get out of the house and reap the health-related benefits of spending time outside.

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# KRFDC continues to improve senior centers

By **Alexa Tabor**  
The Scene Writer

The renowned Kentucky River  
Foothills Development Council

(KRFDC'S) Senior Citizen  
Centers continues providing  
seniors that are 60 years or older  
with opportunities to socialize,  
recreational activities, programs

that engage in exercise and  
nutritious meals in the process.  
Statistics show that engaging in  
these activities enable seniors  
to remain active and live longer,

healthier, more independent lives.  
They continuously aim to make  
vast improvements to their senior  
centers across the state, helping  
with cognitive function, physical  
fitness and adding more varieties  
of entertainment.

The Senior Citizens Centers  
are funded through grants  
provided by the U.S. Department  
of Health and Human Services,  
Administration for Children and  
Families and are passed through  
the Bluegrass Area Development  
District.

This specific program provides:

- Recreational activities
- Exercise programming
- Field trips
- Educational programming
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- Counseling
- Legal assistance
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Photo by Explore Kentucky Lake

# Hematite Lake Overview considered trail for all ages

By Alexa Tabor  
The Scene Writer

Land Between the Lakes (LBL) encourages visiting, hosts activities and trails inclusive for all ages.

Since the Hematite Lake Overview's reconstruction of the trail bridge back in 2020, it still offers a chance for those to explore the vast and gorgeous wilderness that it has to offer. It is also considerably senior-friendly. There is a short descent down a set of stairs that takes visitors to a causeway of "lily pads," which then lead hikers across Hematite Lake and onto the 2.2 mile trail surrounding it.

Near the backside of the trail there is a passway over the boardwalk and multiple bridges that cross the marsh there, as well as trees that have a lifespan of nearly 200 years. They are reported by hikers and workers there to be "enormous, surviving relics that managed to escape the ax during the logging area of the 1800s.

Living among them for viewing are wildlife and native plant life which makes for a gorgeous trek through

the Land Between the Lakes National Recreation Area. It is available for viewing any time of the year, as it provides various aesthetics that can only be seen from season to season.

LBL staff advises adventurers and hikers to always have a supply of bug spray, particularly in warmer months, a comfortable pair of walking shoes for gripping the ground adequately to prevent slipping. However, the trail is adequately flat and appropriate for all ages, senior included, and for those of varying fitness levels.

It offers an opportunity for people to acquire an appreciation for the scenery and diverse wildlife there while getting a good workout. Sightings may include possible sightings of waterfowl, cranes, beavers, frogs, squirrels, turtles and various other animals in their natural habitats, or those whom have migrated as per the season.

The lake offers nice picnic areas and bathrooms located nearby the entrance, where family and friends may enjoy a picnic lunch, snacks, or a nice respite on their journey.

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— Joseph Campbell



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Weekends 18 holes \$35.50, 9 holes \$21.50  
Biggest Tournament: Ham Festival 4-man  
scramble (Columbus day weekend)  
Web Site: [www.arrowheadgolf.com](http://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  
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Biggest Tournaments: Drakes & Hens / Tot  
Waldon  
Directions: US 60 to KY 802.

## Benton Golf & C.C.

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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.

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199 Country Club Lane. Calvert City, KY 42029  
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Phone: (270)444-9514

## Frances Miller Memorial

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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  
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 Phone: (270)924-1131  
 Directions: I-24 to US 68, west to Lake Barkley SRP.

**Marion Country Club**

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 651 Blackburn St., Marion, KY 42064  
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 Weekdays 9 holes \$11.00, 18 holes \$17.00  
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**Mayfield Golf & C.C.**

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