

Published by  
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Newspaper Group

# Senior Scene & **TOURISM**

Activities & Travel Guide



## Fishing Lake Information



## Golf Courses

### WHAT'S INSIDE

- GOLF TIPS: PRACTICING WITH INTENT
- AREA MARINAS
- SOUTHERN IL LAKES
- CAMPING SITES
- WINE TRAIL
- HAND-KNIT SWEATERS
- KING KELLY AND THE MOUNTAINS
- LANNOM LAID TO REST/MIAs REMEMBERED





# Hand-knit sweaters available from Sally Burgess

**By Teresa LeNeave**  
Senior Scene, Editor  
leneave2@comcast.net

Sally Burgess, who knits some of the most beautiful sweaters you'll ever see, was born in New Zealand where "there is wool aplenty." Her first lesson on how to knit came from her foster mother when she was just 6-years-old. She says she can still remember that occasion and the green wool she used.

Knitting is clearly a part of New Zealand's past, present and future. Being one of the world's leading wool producers, there was always plenty wool around to knit. Burgess said, "Knitters were commonly seen in most homes especially in the 40s through 80s. I discovered some years later that my bio mother was an avid knitter. I have pictures of my brother and I in beautifully knitted jackets and hats. Unfortunately, she left us for another relationship. She used to buy up hand-knitted sweaters from second hand stores, pull the garments to pieces, wash the yarn, and knit it up again for her children. Her sister, my Aunt Roxy, was a fantastic crafter." Burgess who writes for Kentucky Publishing and lives in Tennessee, added, "I only wish we lived nearer to her so I could have benefited from her expertise in other crafts as well."

Burgess started knitting adult sweaters to sale when she was in



Sally Burgess learned to knit at 6-years-old. Taught by her foster mother, it's been a craft she has carried on throughout her life.



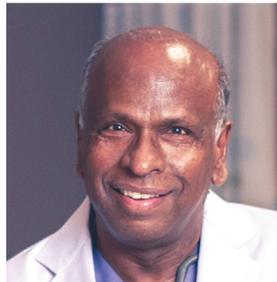
her mid-forties and still living in New Zealand. She bought a dozen of them to the USA when they moved here in 1994 and was given permission to display them in a country store. Sadly, she said, "There was a fire in the store and I lost all but three of them. Those three were saved only because a lady had taken them home to try on." All her hard work went up in smoke but it inspired her to ramp up her knitting.

She explained, "Because, I did not initially have a visa to work in the USA I ramped up my knitting and produced many sweaters in all shapes and sizes. In the first few weeks of being in Tennessee, I was taken to a knitting and spinning group in Franklin, TN and thoroughly enjoyed being involved in a group that was spinning yarn, knitting yarn etc.

"I would buy yarn every time I went home to New Zealand. With the increasing piles of sweaters came the need to find places to sell them so I investigated craft shows that were available in the fall and winter. These shows displayed all sorts of arts and crafts and I became friends with folks from all over the place who created all sorts of art and craft.

People often ask her if she teaches knitting. She doesn't, but a number of craft stores that sells yarn, also offers knitting lessons. Any-

**See SWEATERS, page 4**



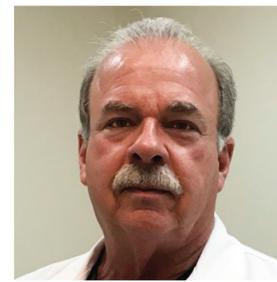
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# • SWEATERS

Continued from page 2

one who is interested in learning to knit can find clear instructions, including diagrams, on the main stitches, in quite a few knitting books in stores that sell yarn.

She said, "My advice to anyone wanting to learn to knit is to start with something small. If you get too ambitious, it will end up to be a nightmare and you won't want to continue. Feel the satisfaction in completing something small e.g. a dishcloth or scarf. Look for patterns that indicate 'simple' to 'difficult' at the top of the pattern.

"When you make a mistake, unpick it straight away and at least getting the stitches all on the needles ready to start off again. If you leave your work with a mistake,

you will not feel inclined to pick it up again."

In the past few years, it seems there is a renewed interest in knitting. In fact, it can even have health benefits. Research shows that the act of knitting can distract from chronic pain, lower blood pressure, reduce depression and anxiety, and even slow the onset of dementia. Because knitting is both process and product-oriented, crafters benefit from both the repetitive nature of the task, and the satisfaction of completing the task. (Business Insider, Elizabeth Mamacos, Knitting is making a comeback, with new research showing it may help with stress and chronic pain).

Burgess suggests would-be knitters find a knitting group to be a part of.

She sells her beautiful sweaters at craft shows, but they can also



be purchased from her any time of the year. She can be contacted at [burgessally@gmail.com](mailto:burgessally@gmail.com).

Burgess is a singer/songwriter, a recording artist, safety coordinator, author, and a former nurse. Her husband, Brian, is an

educator, speaker, recording artist and author. They offer parenting classes through Forefront Families and have co-authored a book, *Kids Don't Come With Manuals*; and two e-books on the subject of parenting.

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# What is Osteoporosis and What Causes It?

Orthopaedic Institute of Western Kentucky and Southern Illinois

The word osteoporosis is from the Greek terms for “porous bones”. OSTEOPOROSIS is the most common bone disorder and a major health care issue. With osteoporosis, the body loses bone mineral density and bone strength, increasing the risk of fracture. Increased bone weakness increases the risk of a broken bone. It is the most common reason for a broken bone among the elderly. Bones that commonly break include the vertebrae in the spine, the bones of the forearm, and

the hip. There are no warning signs at the beginning. In fact, most people don’t even realize they have it. Until a broken bone occurs there are typically no symptoms. Bones may weaken to such a degree that a break may occur with minor stress or spontaneously. Chronic pain and a decreased ability to carry out normal activities may occur. However, bone fracture, pain, deformity and disability may not appear until osteoporosis becomes more advanced. That’s why osteoporosis is often called the ‘silent killer’. The good news is that it is preventable.

Osteoporosis Becomes More

Common with Age and Gender:

About 15% of people in their 50’s - and 70% of those over 80 are affected.

It is more common in women than men. (Nearly 4 times more diagnosis in Women)

Prevention of osteoporosis begins with a proper diet during childhood and efforts to avoid causes of the condition. Efforts to prevent broken bones in adulthood include a good diet, exercise, and fall prevention. Lifestyle changes such as stopping smoking and not drinking alcohol may also help.

## CAUSES OF OSTEOPOROSIS:

- CAUSE - Lower than normal bone mass and greater than normal bone loss. Bone loss increases after menopause, due to lower levels of estrogen.
- CAUSE - Diseases:
  - Alcoholism
  - Anorexia
  - Hyperthyroidism
  - Kidney Disease
  - Surgical Removal of the Ovaries
- CAUSE - Medications:
  - Anti-seizure Medication
  - Chemotherapy
  - Proton Pump Inhibitors
  - Selective Serotonin Reuptake Inhibitors
  - Glucocorticosteroids
- CAUSE - Lifestyle:
  - Smoking
  - Not Enough Exercise

## Hand Therapy Center of Excellence

Orthopaedic Institute of Western Kentucky and Southern Illinois

It is important to Keep Your Hands Active

Arthritis often affects the hands of seniors causing pain, limited grip and limited motion. Simple activities like holding your toothbrush, sewing on a button, opening lids, even stirring your coffee, can be trying if your hands and fingers are stiff and hurting as a result of arthritis in the hand joints.

The good news is that there are many things you can do now to be proactive in avoiding arthritis in your hands in the fu-

ture.

Simple motions used in daily activities can help keep the joints in your hands moving. Handwriting activities, chopping vegetables and mixing ingredients while cooking, gardening, crafts that include gripping (i.e. sawing or cutting mo-

tions) and picking up small items, typing or working on a computer or pad are all good activities to help keep the joints moving and free from arthritis.

Rubber stress balls, metal Chinese stress balls and clothes pins are all good tools to have at hand to pick up

and exercise your hands, while you are watching TV, riding in a car, etc.

If you are already experiencing pain and stiffness from arthritis in your hands, now is the time to ask a therapist for a good hand-exercise regimen to help you regain motion and strength in your hands to keep the symptoms from progressing. Also, keep in mind that you should pay attention to any pain you are experiencing and have the symptoms evaluated by a physician as soon as possible.

For information, contact The Orthopaedic Institute, 4787 Alben Barkley Dr., Paducah, KY, 270-442-9461



This page sponsored by The Orthopaedic Institute of Western Kentucky and Southern Illinois  
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## Out and About Kentucky Style

# King Kelly and the Mountains

By Gary P. West

A trip through the mountains of eastern Kentucky is a thing of beauty regardless of what time of year the journey is made. Even before the leaves have turned, and fallen to the ground of the thick forest that covers the mountains, it is only enhanced by the ribbon-like roadways that have been carved out with surgical dynamite cuts.

I've never been quite sure how it's done, but now that it is, some previously difficult areas to reach have become much more accessible. I'm glad they are. Not that anyone needs a reason to travel, on this particular trip to eastern Kentucky, I had one.

It had been close to four years since I had seen King Kelly Coleman, Kentucky's first Mr. Basketball in 1956, who is considered by anyone who knows that a basketball is pumped and not stuffed, to be the biggest legend in Kentucky roundball history. Every March King Kelly's name pops up during high school tournament time.

I first met Kelly in 2003, when I drove to Crossville, Tennessee, where he was living in a self-imposed exile at a golfing



Gary, Freddy, Jerry and King Kelly

community. My intent was to write a magical article on this reclusive legend.

It had not been easy to find King Kelly. First I had driven to Wayland, a fallen-on-hard-times former coal camp in Floyd County about 15 miles from Prestonsburg. He had recently been there, I was told, but I

just missed him. He still had a house in Wayland, but he was living somewhere in Tennessee they said. It was a place where he could fish and play golf.

I left my business card with the owner of the only gas station in Wayland who told me he was a friend of Kelly's.

"Before you go, we've got

several pictures of him back by the coffee machine," he told me pointing to a back area of his store. "I'll give your card to Jerry Fultz. He's the head man at the Community Center next door."

The rest is history.

**See KING, page 7**



# •KING

Continued from page 6

Never really expecting anything to come out of a one hour visit all those years ago, several months later out of the blue I receive an e-mail.

“I understand you are trying to reach me. My phone number is - - - - -.”

The name at the end simply read Kelly. No last name. He didn't need one. I called him and we set a date to meet at a fast food restaurant at an I-40 exit at Crossville, Tennessee.

I met Kelly in the parking lot and he suggested I follow him to his house where we could better talk. Four hours later I was headed back to my Bowling Green residence. The two hour drive getting there seemed much longer going than returning.

I had much more than a magazine story I remember thinking. In fact I don't even recall the drive back. “This is a book,” I said aloud with no one else to hear me. My trip to Wayland and then to Tennessee did indeed turn into a book, “King Kelly Coleman, Kentucky's Greatest Basketball Legend.”

But now my trip to Wayland, fifteen years after our first meeting, had nothing to do with the book. Oh sure, we had gotten together several times in Way-

land as I researched basketball history in the mountains, and numerous times the two of us did book signings together.

I came to Wayland now because, now at the age of 80, King Kelly was experiencing some health issues. Not only did I have to or need to, I wanted to visit him.

Jerry Fultz, now the Mayor of Wayland, and still the director of the Community Center, had called to inform me of Kelly's situation, so my journey from Bowling Green to Wayland took on an entirely different reason.

From Bowling Green I headed to Somerset where my wife and I picked up Hwy. 80 to London. This is where a sports nut can begin a tour of passing thru and by small mountain towns that have been the home to some of the biggest names in history.

I drove past Manchester in Clay County, the home of Richie Farmer, a Mr. Basketball; past Hazard, home of Johnny Cox, a Mr. Basketball and UK All-American; by Hyden in Leslie County, home of Tim Couch, a Mr. Football who some said could have been a Mr. Basketball; thru Knott County, home of Carr Creek High School that defeated Wayland and won the 1956 State Tournament.

Upon entering Floyd County, still on Hwy. 80, a sign pointing to the left reads “Wayland” that

leads quickly to Hwy. 7. It's the longest three or four miles in history, over a winding, winding and more winding narrow road that reads “King Kelly Coleman Highway.” You'll know you are in Wayland when you drive past the old wooden structure with a large sign affixed to the building that reads “Wayland Wasp.”

The gym is where King Kelly set all of his records in 1956, many that still stand. Locals play their today, and Fultz has raised money to preserve it and turn it into a Mountain Sports Museum.

My wife and I arrived the night before and stayed at beautiful Jenny Wiley State Park. The following morning we drove to Wayland where we were joined by Fred James, former Prestonsburg tourism director and local historian of epic stature.

Of course, Jerry Fultz was on hand to show us how much he has expanded his collection of Wayland sports memorabilia with the main portion being the King Kelly era. Basketballs, jerseys, uniforms, scorebooks, pictures and correspondence from players, coaches and fans make it a must for anyone who wants to step back in Wayland history.

The morning was spent simply talking and looking at a scrapbook I had kept about the book that included letters from

throughout Kentucky and several states from fans who had seen Kelly play.

Over the years it seemed that everyone I talked to about Kelly said they were there in Memorial Coliseum in Lexington in March 1956 when he scored a state tournament record 68 points against Bell County.

“If everyone was there that said they were, the game would had to have been played in the football stadium,” laughed Kelly in talking about the 10,500 seat Memorial Coliseum.

Throughout Kelly's life he has lived in Michigan, Ohio, Tennessee, and Florida, while always maintaining a residence in Wayland. And today he has gravitated back home where he is at peace with himself, family and friends. He's doing the necessary things to get his health in order, which includes trips to Lexington, not to play basketball, but instead to its medical facility.

Work is underway now on the Wayland Gym he made famous in the mid-50s. Had Kentucky's greatest basketball legend not played there it would probably have been torn down decades ago. But after all of these years, King Kelly is the biggest thing to ever happen in this former little coal camp.

Get up, get out and get going! Gary P. West can be reached at west1488@twc.com



# 7 beautiful lakes to visit in *So. Illinois*

## Rend Lake

Rend Lake is one of the premier vacation spots in Southern Illinois providing quality areas for boating, water skiing, camp sites, nature trails, hiking, golf, picnicking, swimming, fishing, and hunting.

Rend Lake is a 13 mile-long, 3 mile-wide southern Illinois reservoir in Franklin and Jefferson Counties near Benton, Illinois.

## Kinkaid Lake

Kinkaid Lake is a reservoir located in southwestern Illinois. Entirely within Jackson County, the lake is approximately 5 miles northwest of Murphysboro. Kinkaid Lake provides opportunities for those interested in fishing for large-mouth bass, bluegill, crappie, catfish, walleye and muskie types of fish. Four boat ramps are available to the public with a full-service marina also available. Recreation and camping areas are provided.

## Little Grassy Lake

Little Grassy Lake is a 1,200-acre reservoir in southern Illinois, created by the damming of Little Grassy Creek, a tributary of Crab Orchard Lake and the Big Muddy River. Most of the lake is located in Williamson County, southeast of Carbondale, Illinois.

## Crab Orchard Lake

Crab Orchard Lake is a 6,965-acre reservoir in Williamson County, Illinois. It is the centerpiece of the Crab Orchard National Wildlife Refuge.

The lake offers opportunities for boating, camping, fishing, and swimming. Two campgrounds, Blue Heron and Crab Orchard, operate on the northern side of the lake.



## Devil's Kitchen Lake

Devil's Kitchen Lake is an 810-acre (3.3 km<sup>2</sup>) reservoir in southern Illinois, created by the damming of Grassy Creek, a tributary of Crab Orchard Lake and the Big Muddy River. Most of the lake is located in Williamson County, southwest of Marion, Illinois.

The depth of Devil's Kitchen Lake make it a suitable lake for rainbow trout, a cool-water fish that does not thrive in most Illinois waters. There are three separate boat-launching areas, on the north end, western shore, and eastern shore. Swimming is forbidden in Devil's Kitchen Lake.

## Lake of Egypt

Lake of Egypt is a reservoir in the Little Egypt region of the U.S. state of Illinois. It is located six miles south of Marion, Illinois and covers 2,300 acres with 90 miles of shoreline.

Public access is allowed as are all size boat motors. Waterskiing and jet skis are also permitted in most of the lake. Fishing includes Bluegill, Largemouth Bass, Channel Catfish, Striped Bass, and Crappie. Camping at the lake is allowed at Buck Ridge Campground, part of the Shawnee National Forest.

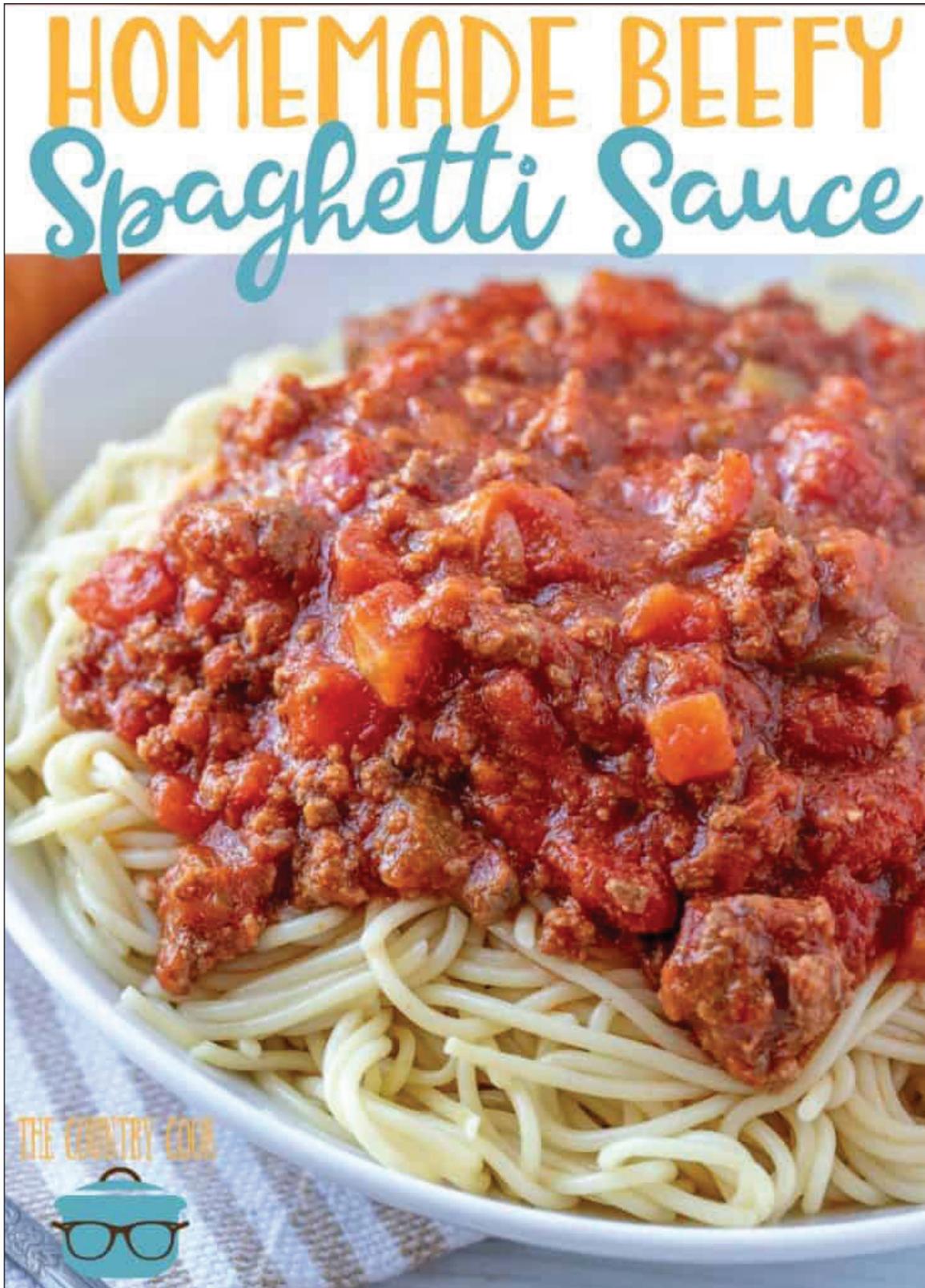
## Cedar Lake

Cedar Lake is a 1,750-acre reservoir in southern Illinois, created by the damming of Cedar Creek, a tributary of the Big Muddy River, in 1974. The lake is located in Jackson County, southwest of Carbondale, Illinois.

In addition to water supply purposes, Cedar Lake is managed for bass and crappie fishing. Fishermen can also fish for Channel catfish and bluegill. The city of Carbondale operates a parking lot, swimming beach, and boat dock at Cedar Lake. There is also an extensive trail system running around the lake that is able to be hiked year-round.



# The Foodie Corner *Spaghetti Sauce*



This sauce gets better and better the longer it simmers. Leftovers freeze beautifully so it's perfect for large or small crowd

**By Teresa LeNeave**  
Senior Scene, Editor  
leneave2@comcast.net

### Homemade Beefy Spaghetti Sauce

Prep Time  
10 mins  
Cook Time  
40 mins  
Total Time  
50 mins

This Homemade Beefy Spaghetti Sauce is simple to make but has incredible flavor. It's the perfect meaty sauce to hold up to any pasta shape. Freezes well!

Servings: 8  
Calories: 361 kcal

Author: Brandie @ The Country Cook, used by permission

### Ingredients

- 2 pounds ground beef or sausage, (or one pound of each)
- 1 large green pepper chopped
- 1 small onion chopped
- 3 (15 oz) cans diced tomatoes
- 2 (15 oz) cans tomato sauce
- 1 (6 oz) tomato paste
- 2 tbsp grape jelly
- 2 tbsp grated Parmesan cheese

- 3-4 cloves garlic, minced
- 1 tsp Italian seasoning
- 2 tsp dried basil
- salt and pepper, to taste

### Instructions

1. In a large pot, on medium heat, brown and crumble ground beef along with the onions and green pepper.
2. Season with salt & pepper.
3. Drain excess grease.
4. Put drained beef back into the pot. Add in diced tomatoes, tomato sauce and tomato paste. Give it all a good stir.
5. Keeping heat on medium.
6. Then add in grape jelly, Parmesan cheese, minced garlic, Italian seasoning and dried basil.
7. Stir then cover and allow mixture to simmer gently for at least 30 minutes. Then serve.





# Dry Needling - Trigger Point Therapy

## *What is dry needling? And how does it work?*

Dry Needling is a general term for a therapeutic treatment procedure that involves multiple advances of a thin, solid filament needle, into the muscle, in the area of the body which produces pain and typically contains a 'Trigger Point'. There is no injectable solution used, and typically the needle which is used is very thin. The dry needle is sterile and disposable and is designed to easily penetrate the skin and stimulate underlying neural, muscular and connective tissues.

Dry Needling evokes a twitch response in painful neuromusculoskeletal conditions and im-

proves impaired movement. This technique is unequalled in finding and eliminating neuromuscular dysfunction that leads to pain and functional deficits.

### *WHAT CONDITIONS CAN BE TREATED?*

Patients with the following symptoms may benefit from Dry Needling:

Neck Pain – Muscle Strain – Repetitive Stress Injuries - Tendinitis/ tendinosis - Adhesive Capsulitis - Knee Osteoarthritis – Bursitis - Carpal Tunnel Syndrome - Low Back Pain - SI Joint Dysfunction – Planterfasciitis – Headache - Chron-

ic Pain - Decreased Mobility

### *IS IT PAINFUL?*

Most patients will not even feel the needle penetrate the skin, but once it has and is advanced into the muscle, the feeling of discomfort can vary drastically from patient to patient, but is generally described as a deep aching sensation.

Usually a healthy muscle feels very little discomfort with insertion of the needle; however, if the muscle is sensitive and shortened or has active trigger points within it, the subject may feel a sensation much like a muscle cramp — which is often referred to as a 'local twitch response' when the needle tip hits a trigger point. The twitch response also has a biochemical characteristic to it, which affects the reaction of the muscle, symptoms, and successful response of the tissue. The patient may only feel the cramping sensation locally or they may feel a referral of pain or similar symptoms for which they are seeking treatment. A reproduction of their pain can be a helpful diagnostic indicator of the cause of the patient's symptoms. Patients soon learn to recognize and even welcome this sensation as it results in deactivating the trigger point, thereby reducing pain and restoring normal length and function of the involved muscle.

### *IS DRY NEEDLING THE SAME AS ACUPUNCTURE?*

Dry Needling is not acupuncture or Oriental Medicine, the purpose

of which is to alter the flow of energy ("Qi"). Dry Needling is a modern, science-based intervention based on functional anatomy for the treatment of pain and dysfunction in musculoskeletal conditions.

### *WHAT RESULTS CAN BE EXPECTED?*

Typically, positive results are apparent within 2-4 treatment sessions but can vary depending on the cause and duration of the symptoms and overall health of the patient. In some cases, patients experience immediate pain relief and increase in mobility and muscle function. Dry needling is an effective treatment for acute and chronic pain, rehabilitation from injury, and even pain and injury prevention. Patients experience very few side effects other than mild soreness and potentially bruising at the treated area.

### *FOR MORE INFORMATION ON DRY NEEDLING CONTACT:*

The Orthopaedic Institute of Southern Illinois Therapy Center  
 Pamela Hunter, PT, MS, OCS  
 Dane Elliot, MPT, A.T., C.  
 510 Lincoln Drive  
 Herrin, IL 62948  
 618.998.8424  
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Inside Energy Fitness



# Forest Service to Close Snake Road for Spring Migration

Wolf Lake, IL—  
March 14, 2019— Bi-annually the Shawnee National Forest closes Forest Service Road No. 345, also known as Snake Road, to help ensure safe crossing for several species of snakes and amphibians during this critical time of migration.

The 2.5-mile-long road closes the week of March 15 through May 15 to allow snakes and amphibians – some of them considered threatened and endangered in



*Midland Brown Snake*

Illinois and the United States – to migrate from their winter habitat in the limestone bluffs across the road to their summer habitat in LaRue Swamp.

The gradual, two-

month migration event attracts people from across the country eager to witness the rich diversity of reptile and amphibian species along this single stretch of road. About 66 percent of the amphibians and 59 percent of the reptiles known to occur in Illinois are found here.

Though the road is closed to vehicles, it is open to people traveling on foot. Special regulations apply to the area. LaRue-Pine Hills/Otter



*Eastern Hognose Snake*

Pond is a federally designated Research Natural Area and unauthorized collecting and handling of any of these species is prohibited under federal and state law.

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**Contact our KPAP Coordinator below to schedule an appointment.**

**KPAP Coordinator:**  
**Phyllis Cansler 270.988.7278**  
[pcansler@lhhs.org](mailto:pcansler@lhhs.org)

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.



# Local Meetings & Events

## • 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.

## • 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.

## • 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

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# ADSMORE MUSEUM 2019

## EXHIBITS & EVENTS



### UPCOMING EVENTS

#### Katharine's Birthday (1907)

April 13

#### Selina's Engagement (1907)

April 16 / June 1

#### Selina Smith's wedding to Gov. John Osborne (1907)

June 4 / July 13

#### New Setting ~ Aunt Kate (1904)

July 16 / August 17

#### Black Patch War (1906)

August 20 / September 28

#### Victorian Wake (1905)

October 1 / November 2

#### Victorian Christmas (1901)

November 5 / December 28

Closed December 24-25

#### Guided Tours

Tuesday – Saturday 11 a.m. to 4 p.m.

Closed Sundays, Mondays, major holidays and dates listed above.

Winter Hours may vary.

### SPECIAL EVENTS

#### ~Ladies Tea

April 27th, 1:00 to 3:00 p.m.

#### ~"Twas the Night at Adsmore" Children's Christmas

Thursday December 12, Time TBA

#### ~Christmas Candlelight Tour

Saturday December 14, 6:00 to 8:30 p.m.

Check out our website [www.adsmore.org](http://www.adsmore.org) or find us on FACEBOOK as Adsmore House & Gardens to find more special events and details.

With any questions please email us, message us on Facebook or call us at (270) 365-3114

### CARRIAGE SHOP

Unusual Victorian-era gift items. Open to public during museum hours. Museum admittance NOT required. Small events room for rent in the Visitors Center. Small weddings on the lawn. Call for information and prices.

### GENERAL ADMISSION-New

Adsmore House & Gardens  
\$10 adult • \$8 senior (65+) • \$2 child (6-12)  
• Children under 6 free.  
Free parking.  
Group tours with reservations AND 12 or more adults cost \$5 per person.  
Call for school group tour information.

All fees and dates are subject to change.

Adsmore is  
Operated by the Caldwell Co. Library Board of Trustees  
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Adsmore Museum  
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## ADSMORE MUSEUM



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30 Big Bear Resort Rd.  
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270-354-6414

## Buzzard Rock Resort & Marina

985 Buzzard Rock Rd.  
Kuttawa, KY 270-388-7925

## Cedar Knob Marina

1434 Cedar Knob Rd.  
Benton, KY 270-354-6998

## Cozy Cove Waterfront Resort

1917 Reed Rd.  
Benton, KY 800-467-8168

## Eddy Creek Marina Resort

7612 St Rt 93 S.  
Eddyville, KY  
270-388-2271

## Green Turtle Bay Resort & Marina

PO Box 102  
Grand Rivers, KY  
800-498-0428

## Hester's Spot in the Sun

350 Hester Rd.  
Benton, KY  
270-354-8280

## Hickory Hill 5 Star Resort

90 Hickory Hill Ln.  
Benton, KY  
270-354-8207

## Irvin Cobb Marina

153 Resort Rd.  
Murray, KY  
270-436-2525

## Kentucky Beach Resort & Marina

270 Lynnhurst Dr.,  
Murray, KY 270-436-2345

## Kentucky Dam Marina

466 Marina Dr.  
Gilbertsville, KY 270-362-8386

## King Creek Resort & Marina

972 King Creek Rd.  
Benton, KY  
800-733-6710

## Kuttawa Harbor

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Kuttawa, KY  
270-388-9563

## Lake Barkley Marina

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270-924-9954

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800-842-9018

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PO Box 129  
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## Malcolm Creek Resort

325 Guthrie Dr.  
Benton, KY  
270-354-6496

## Moors Resort & Marina

570 Moors Rd., Gilbertsville, KY  
270-362-8361

## Shawnee Bay Resort

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*If we missed your listing,  
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# Kentucky/Barkley Lakes to host T-H Marine FLW bass fishing league opener

The FLW Bass Fishing League (BFL) tournament season will continue Saturday, March 23, with the T-H Marine FLW BFL LBL Division opener on Kentucky and Barkley lakes. Up to 400 boaters and co-anglers will be competing for top awards of up to \$8,000 and \$3,000 respectively in the one-day tournament. Takeoff is at 7 a.m. CDT. Weigh-In: 3 p.m. at Kentucky Dam Marina, 466 Marina Drive, Gilbertsville, Ky.

BFL anglers heading to Kentucky and Barkley lakes for this late-March tournament should expect some quality bass fishing. According to recent fishing reports from local angler and guide Steve McCadams, water continues to fall at a rapid pace as the Tennessee Valley Authority (TVA) eases flooding in the area. Bass anglers will likely be seen targeting fish along piers and rip-rap with lipless crankbaits. Bass that decide to hang out in ditches near shorelines may be caught with swimbaits. The current also creates opportunities to find

bass stacked up on eddies and bars and points, and may be caught with crankbaits, spinnerbaits and umbrella rigs. The winner will likely need a five-bass limit in the 22-pound range to take home top honors at this LBL Division opener.

The 2019 BFL is a 24-division circuit devoted to weekend anglers, with 128 tournaments throughout the season, five qualifying events in each division. The top 45 boaters and co-anglers from each division, along with the five winners of the qualifying events, will advance to one of six regional tournaments where they are competing to finish in the top six, which then qualifies them for one of the longest-running championships in all of competitive bass fishing – the BFL All-American. The 2019 BFL All-American will be held May 30-June 1 at the Potomac River in Marbury, Maryland, and is hosted by the Charles County Department of Recreation, Parks and Tourism and the Commissioners of Charles County. Top performers in the BFL can move up to the Costa FLW Series or even the FLW Tour.

For complete details and updated information visit [FLWFishing.com](http://FLWFishing.com). For regular updates, photos, tournament news and more, follow the T-H Marine FLW Bass Fishing League on FLW's social media outlets at Facebook, Twitter, Instagram, and YouTube.



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# Lannom laid to rest and other MIAs remembered

“Laid to rest” is perhaps never more appropriately uttered than when referencing the burial of a soldier who for decades was Missing in Action. On Saturday, March 2, 2019—51 years and a day since contact was lost over Vietnam—Lt. Richard Clive “Tito” Lannom finally returned home to Union City, Tennessee and his final resting place.

Activities of the day included a morning unveiling of the updated monument on the grounds of Discovery Park of America that changed Lannom’s status from MIA to KIA. After the unveiling was a time of visitation with Lannom’s widow Charlotte Shaw, nephews John and Ted Lannom and other family members. Following was a memorial service that reflected the naval commander’s love of country and great faith, concluding with a time at the graveside with full military honors and a two-aircraft flyover.

Throughout the day, the reminder came that while the focus was on Lannom, there is a need to continue to hope for those soldiers who served and remain missing.

Since March 1, 1968, only 2 ½ years after her marriage to the man she knew as “Tito,” she had lived with the unknown. That was the day Lannom’s heroic act of volunteering for a dangerous mission—off an aircraft carrier, in the dark of night, over mountains and with no communications—resulted in what is



Charlotte Shaw making remarks during Tito funeral.

now known to be his tragic end.

“He looked fear and death in the face,” she said of his willingness to step up when others had declined, “and honor won out.”

In late 2017, a Vietnamese Office for Seeking Missing Persons (VN-OSMP) team excavated a crash site on the remote island of Tra Ban. Shaw, in remarks during the memorial service, spoke of the harrowing nature of the 2 ½ hour journey each day up steep limestone cliffs in poor weather conditions that the search team endured to ensure that Lan-

nom was found. In Hawaii, DNA and evidence discovered at the crash site were used to officially identify his remains on September 25, 2018. She expressed gratitude for the “lengths they are going to” to ensure more soldiers are being recovered.

“Today is bigger than one hero’s homecoming,” she reminded the standing room only audience that filled Discovery Park’s great hall and extended to fill each subsequent floor. “We are also here to remember those whose remains have not yet been found.”

The news of Lannom’s identification did not reach Shaw immediately. She had married Jackie Shaw and for 40 years their blended family had claimed Tito as an extended member. In remarks at the unveiling, Charlotte’s son Jason Brownlee said it was an August visit to the Vietnam War Memorial in Washington, D.C. last year and an etching he posted on social media that finally allowed for the connections to be made and Shaw to ultimately receive official word that Lannom’s status had changed to Killed in Action.

Jim Phelps, a member of Rolling Thunder, one of several veteran support organizations present and one that specifically advocates for Prisoners of War and MIAs, noted that since World War II, 82,000 service members have not returned home. Great strides have been made in recent history, he agreed, with annual totals of those returned growing from 8 to 10 per year to now over 200, but the sheer magnitude is still overwhelming.

“Realistically, half of those may never be found,” he acknowledged, prior to the service, pointing to the difficulty of many locations like Lannom’s and those lost at sea. “But for those who can be found, we won’t give up.”

His group along with representatives of American Legion Riders, the Patriot Guard, Combat Veterans and the 1st Battalion Mechanized Company A formed a caravan of

**Continued on page 19**



more than 100 motorcycles and law enforcement vehicles to escort Lannom and family to the East View Cemetery where the graveside service with full military honors was completed. Hundreds of other mourners lined the streets of the route.

Lannom's change in status was acknowledged at the unveiling of the Vietnam Memorial in DPA's Military Garden, which was donated in 2017 by Magnolia Place Assisted Living and White Ranson Funeral Home. David Johnson of Magnolia Place coordinated and led the brief service held during the visitation that was enhanced by bagpipes.

Referencing back to the initial dedication Johnson remembered

being astonished at the sheer number of MIAs reported at that time. "We must remember each number is a human being," he said. "Those numbers matter. They will always matter."

During the unveiling, Scott Williams, president of Discovery Park, noted that the mission of DPA is to inspire children and adults to see beyond. "And what an incredible example of that concept was the life, career and ultimate sacrifice of Tito Lannom," he added.

The newly updated monument now includes a bronze rosette similar to what is installed when statuses change on the national monument in D.C.

The memorial service, held in

DPA's Discovery Center, included presentations of proclamations by Tennessee Gov. Bill Lee and the House and Senate of the Tennessee General Assembly. They were presented by Commissioner Courtney Rogers of the Tennessee Department of Veterans Services and Rep. Andy Holt.

Lannom's faith was often referenced in the remarks from friends and Dr. Danny Sinquefield, pastor of Faith Baptist Church in Bartlett, issued an invitation for those present to find the hope reflected in Hebrews 6:19 that serves as "an anchor to the soul, firm and secure."

In a meeting with the press, Shaw also spoke of that hope and of having time with Lannom on Friday

evening and reflecting on what he would say regarding the events of the day.

"I think he would say, 'I'm so glad to be home. Thank you to everyone who brought me home. I'm at peace now, but also joyful to see what this day is unfolding to be. Let's use this day to keep praying and don't give up searches, don't give up hope.'"

In her final comments during the memorial service, Shaw shared the words Lannom spoke to her at the close of each day – "I love you" and "Say your prayers." She said, "Those became the gifts that Tito left me to pursue. And those are the gifts for you today – love well and look to God."



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## *The Retirement Savings Question... Should I contribute to a traditional IRA or a Roth Ira?*

If you are like most aspiring retirees, this question has plagued you for years. Unfortunately, the correct answer is the proverbial, "It depends." It depends on a number of factors that impact your personal financial situation, including the current tax framework.

### *The Basics*

Traditional and Roth IRAs both provide significant tax benefits. The key difference, however, is the timing of those benefits. Contributions to a traditional IRA are tax deductible, whereas contributions to a Roth IRA are not. Conversely, withdrawals from a traditional IRA are fully taxable, whereas withdrawals from a Roth IRA are tax-free. In other words, you avoid taxes when you contribute money to a traditional IRA, and you avoid taxes when you withdraw money from a Roth IRA.

### *The Impact of Tax Reform*

Many Americans suddenly find themselves in a lower tax bracket as a result of recent tax law changes.

Because any future tax reform

legislation will likely raise these historically low rates, Roth IRAs present a unique opportunity for individuals seeking to maximize the benefit of this favorable tax environment.

Consider the following hypothetical scenario.

### *The Curious Case of Sam Traditional and Sally Roth*

Sam Traditional and Sally Roth are 30-year-old co-workers at Santa Land, LLC. Both of them are paid an annual salary of \$50,000. Thanks to the new tax law, Sam and Sally find themselves in the 22% tax bracket. This is down from the 25% tax bracket they were in last year. They are both currently single and plan to stay that way due to some unfortunate online dating experiences. After reviewing their financial plans with their Stifel Financial Advisors, they have both determined that they would like to retire at age 65. In order to help facilitate a successful retirement, Sam has decided to open a traditional IRA. Sally has decided to open a Roth IRA. Both Sam and Sally will contribute the maximum allowable amount to their

respective retirement accounts each year (i.e., \$5,500 until age 50 and \$6,500 from age 50 until retirement). Sam will also invest the tax savings he realizes each year into a taxable account. Because Sally will not realize tax savings when contributing to her Roth IRA, she will make no additional investments.

After illustrious 35-year careers at Santa Land, LLC, Sam and Sally decide to retire. While meeting with their Stifel Financial Advisors to review the performance of their respective investments, Sam and Sally both learn that they have averaged a 5% annual rate of return. Furthermore, they learn that due to an unpopular tax hike passed by Congress, they are now in the 25% tax bracket.

This is where the similarities end. The chart below illustrates

the value of the assets Sam and Sally have available to pursue their respective retirement spending goals.

Despite all of their similarities, Sally has \$40,763 more than Sam to spend in retirement. This represents the potential value of contributing to a Roth IRA.

Withdrawals prior to age 59 ½ may be subject to a 10% penalty by the IRS. You should consult with your tax advisor regarding your particular situation.

The above is for illustrative purposes only and does not reflect actual performance of any particular investment.

*Article provided 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.*

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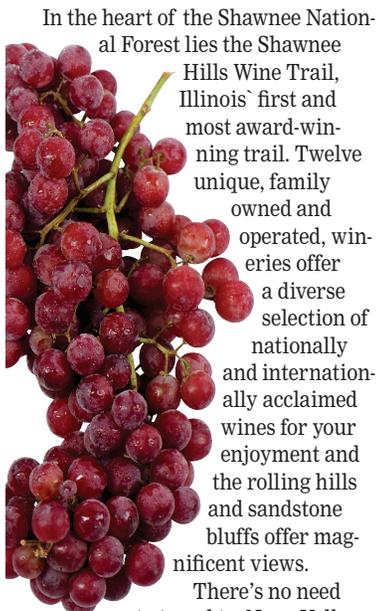
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## Visit Shawnee Hills Wine Trail



In the heart of the Shawnee National Forest lies the Shawnee Hills Wine Trail, Illinois' first and most award-winning trail. Twelve unique, family owned and operated, wineries offer a diverse selection of nationally and internationally acclaimed wines for your enjoyment and the rolling hills and sandstone bluffs offer magnificent views.

There's no need to travel to Napa Valley to experience a truly authentic wine culture. Within an hours drive is the first formed wine trail in the state of Illinois and some of the oldest vineyards in the state. Surrounded by the rolling hills of the Shawnee National Forest, enjoy a visit to the Shawnee Hills Wine Trail in southern Illinois. Enjoy nationally and internationally awarded wines, friendly service and unique wine and food experiences. Composed of eleven wineries dotting a well marked 40-mile trail, each winery offers their own individual style and winemaking techniques that make your journey a pleasant adventure through the hills of southern Illinois.

A wide array of specialty shops, unique eateries, breweries and art galleries dot southern Illinois and are only a few minutes drive from the Shawnee Hills Wine Trail and any of the inns, cabins or bed and breakfasts. Offering truly local experiences, unique craft brews and eclectic art originals, these businesses offer one-of-a-kind opportunities that you won't find anywhere else but in southern Illinois.

Visit one or all of these amazing Shawnee Hills Wine Trail Vineyards soon.

**Alto Vineyards**  
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**Blue Sky Vineyard**  
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Makanda, IL 62958  
(618) 995-9463

**Hedman Vineyard**  
560 Chestnut St.  
Alto Pass, IL 62905  
(618) 893-4923

**Hickory Ridge Vineyard**  
1598 Hickory Ridge Rd.  
Pomona, IL 62975  
(618) 893-1700

**Honker Hill Winery**  
4861 Spillway Road  
Carbondale, IL 62902  
(618) 549-5517

**Kite Hill Vineyards**  
83 Kite Hill Rd.  
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# Golf Tips... *Practicing with Intent*

**By Jon Sherman**

Practice does not make perfect if you're not doing it correctly. Many golfers (myself included for a long time) think that merely showing up to the range and hitting balls entitles you to lower scores. It doesn't.

Poor practice habits are why you hear golfers say to their playing partners after a bad round, "but I was hitting it so well on the range."

Practicing smarter, challenging yourself, and staying engaged in your practice sessions can make you a better golfer. Many players

don't have an endless supply of time to work on their games, but whatever time you do have you want to make it count. Making this fundamental change to your practice can narrow the gap between your performances on the practice range versus the course.

**Taking pride in the grind**

If you "really" want to lower your handicap, you have to find a way to stay engaged in rounds that aren't going well. I see golfers all the time waste 5-10 strokes when they give up on their rounds. Once you learn to take pride in the grind, it can

become a good habit.

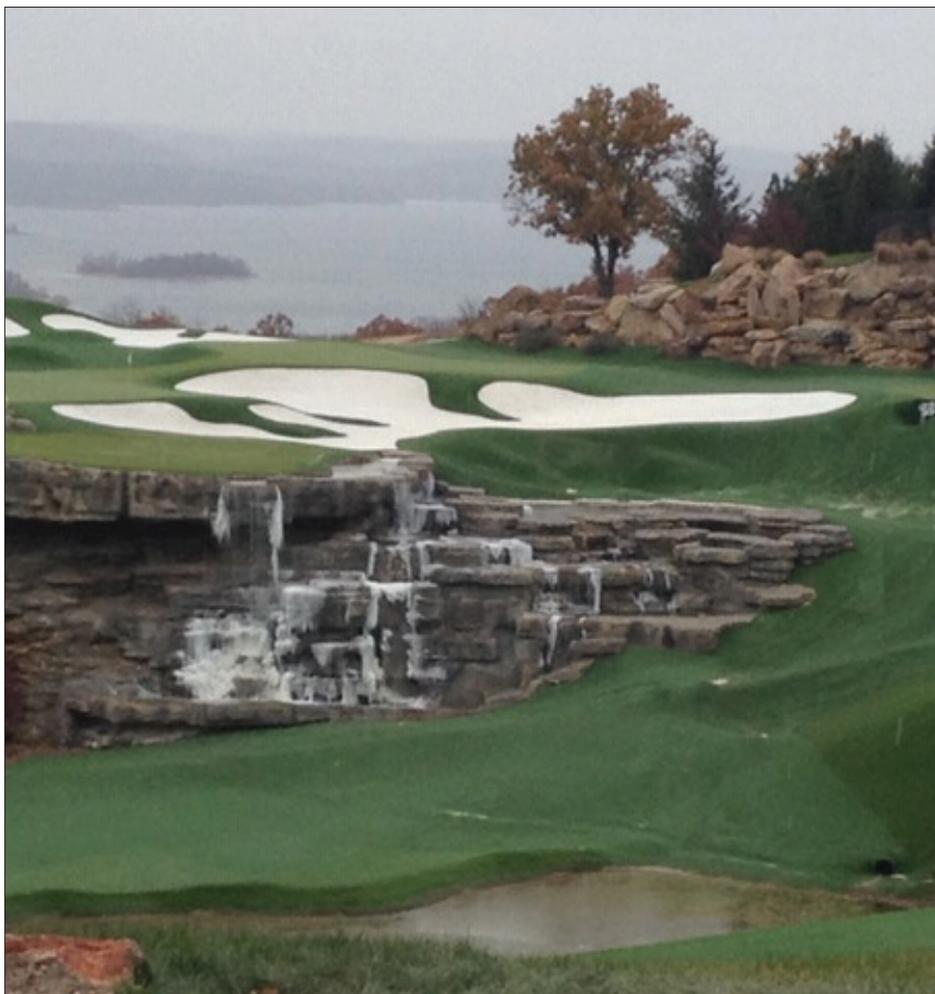
Jon Sherman is the owner of Practical Golf, a website dedicated to being an honest resource for the everyday golfer who is looking

to enjoy the game more, as well as improve. He is the author of the bestselling book 101 Mistakes All Golfers Make (and how to fix them).

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Frozen waterfall at Top of the Rock Golf Course, Ridgedale, Missouri  
Picture by Teresa LeNeave

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