

IT'S A BEAR! – Now what?

Guideline from Kentucky Department of Fish and Wildlife

If you encounter a bear:

- Never approach a bear!
- Black bears are extremely powerful animals whose behaviors can be unpredictable.
- Black bears are very curious animals and this should not be confused with aggression.
- If a bear approaches you in the wild, it is likely only trying to assess your presence.
- Bears will often stand upright to obtain a better sense of smell.

- If you see a black bear from a distance, alter your route of travel.
- When camping in bear country, keep all food stored in a vehicle or away from tents.
- If approached by a bear – stand your ground, raise your arms to appear larger, and yell until it leaves the area.
- Never run from a bear! This will often trigger its natural instinct to chase.
- If a black bear attacks, fight back aggressively and do not play dead!

- If cornered or threatened, bears may slap the ground, “pop” their jaws or “huff” as a warning. If you see those behaviors you are too close! Slowly back away while facing the bear at all times. Notify the KDFWR immediately if you witness aggressive behavior by black bears.
- The first rule is that you want to make your presence known by yelling and shouting at the bear in an attempt to scare it away. If a bear is

reluctant to leave then proceed to throw rocks or other objects at the bear while continuing to yell. Portray yourself as the dominant animal and do not back down. If a bear is close enough that you feel uncomfortable, slowly back away, continuing to yell while watching the bear at all times. Never run from a black bear as this may trigger a natural response to chase.

DON'T FEED THE BEARS:

First, feeding bears is illegal and can result in up to a \$1,000 fine and a year in jail. Despite what some people think, black

bears do not naturally occur in trashcans or a person's backyard in the middle of town. Animals exhibiting those behaviors are doing so because they have either been fed or have learned to feed on improperly stored garbage or pet food. When bears are intentionally fed, they learn to associate people with food and lose their natural fear of humans.

The home range of black bears in Kentucky can exceed 80 square miles. If you feed a bear in your backyard, that animal is eventually going to leave and may travel to a house 10 or 20 miles away. The bear

will again expect to be fed... because you have taught it to associate people with food. At that point the safety of other people becomes a concern because they may have absolutely no interest in having a bear in their yard. Even worse, their new “problem” is of absolutely no fault of their own but they are stuck with the consequences.

Information provided by the Kentucky Department of Fish and Wildlife. Learn more at <https://fw.ky.gov/Wildlife/Pages/Black-Bears.aspx>

Sightings increase as black bear population grows

FROM PAGE 1

feel comfortable if they are fed intentionally or unintentionally.”

WHAT TO DO

As the population increases, so do the chances of bear sightings and the possibility of bears visiting a concentrated area such as the city limits of Columbia.

It's not uncommon for bears to be near human dwellings during the spring and summer months when natural foods may be limited.

Data collected by KDFWR clearly illustrates that most conflicts result from people intentionally feeding bears or bears gaining access to garbage, pet food, livestock feed, and birdfeeders. Problem bears are not born, they

are a product of their environment, KDFW reports. If they become conditioned to human food, they can lose their fear of people. That can result in a number of problems. They can become bold around people if they become part of situations that invite them into human dwellings, and that can lead to the bear having to be trapped, relocated or even killed.

As the population continues to grow, so does the area of the state considered to be the resident bear range, which now includes neighboring Russell County.

“We had a bear in Jamestown this summer that ended up getting in some garbage cans and we had to respond to that,” Mason said.

Kentucky's bear pop-

ulation now allows for a hunting season, and Adair County is part of the area where hunting is permitted, although Mason laughs when he says this is not where he would send someone hoping for a successful experience. Licensing is required and restrictions apply. In 2022, a total of 121 black bears were legally harvested in Kentucky.

While bear sightings may be considered routine in eastern Kentucky, it will probably take awhile before Columbia residents no longer consider the experience worthy of excitement.

“It's a big deal,” Mason said. “There's a mixed emotion from excitement to fear, but it's something new.”

By Sharon Burton

snburton@adairvoice.com

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WEDNESDAYS 10 A.M. | AGES 4 - 11
WEDNESDAYS 2 P.M. | BIRTH TO 4

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AC-22-104: Don't miss out on this opportunity! 23.9 acres of beautiful land, lovely 3 bedroom 1 bath home with half basement, 2 car detached garage, 30'x30' shop building and 3 bay equipment shed! Original hardwood floors, beautiful family room addition with views of the farm and wildlife.

AC-23-118: Home, huge garage and 4 lots! Here's a property with thousands of possibilities. A 1996 model mobile home and a great 30'X54' garage/workshop sit on .74 acres at the end of the road. The home is currently rented, and would make a good home, or it could be a solid, rental income producer. The large metal garage building would be perfect for many uses, as it features 30'X54' of mostly concrete floorspace. If this alone wasn't enough, there's also three additional lots: .87 acre, .87 acre, and .70 acre. These lots have water, electricity and everything needed to use as you choose.

AC-23-136: A good project that includes the rare bonus feature of 4.39 acres of prime property. This 3 bedroom, 2 bath manufactured home is in mid-remodel with a lot of the hard work done. It's a blank slate for the right handyperson. It has a solid 16'X24' garage/workshop building, all sitting on gorgeous acreage in a desirable area, not far from Columbia and the school campus.

NEW LISTING!

AC-23-145: This could be the perfect little getaway place. Just minutes from the City Limits of Columbia, and right on a quiet, blacktop road, this approximate 1.8 acres is mostly wooded with some huge hardwoods included. There's a nice place to put a cabin overlooking beautiful Russell Creek, and with some excavation more lots could be developed with great views of the water.

SOLD!

AC-22-106: A nice, solid home in a great location. This 1405 square foot home with a full basement is located near the KY 55 Bypass, near the Adair County School Campus, and just a short drive from Lindsey Wilson College, Green River Lake, and all the wonderful attractions this area has to offer.

AC-23-128: Here is the getaway place that you've been looking for! 8 ac. +/- within minutes of Arnold's Landing Boat Dock in the Green River Lake area. Unlimited possibilities! 2 septic tanks, 2 electric meter bases, county water all that's missing is your vision of the home of your dreams, a cute little cabin tucked away or even a place for you and several of your friends to park your campers and relax for a while.

AC-23-142: Great family home with 4 bedrooms and 2 full baths, eat-in kitchen, hardwood floors. Master bedroom was added on with a large master bath and access to a private back deck. Located in the city limits and within walking distance of restaurants and shops on the Square. Also within walking distance of LWC.

NEW LISTING!

AC-23-152: Need plenty of space on a budget? This is it! Just over 1800 square feet, 3-4 bedrooms, 1 bath, and room to spread your wings. Conveniently located to just about everything Columbia, KY has to offer. A nice corner lot with mature shade welcomes you, and a 2-car unattached garage with an additional storage room will protect your toys and your stuff. Replacement windows, new roof, modern central HVAC, and a freshly remodeled bathroom round out the amenities. A huge den can be used as a 4th bedroom if needed, and it has a private entrance. This is a solid, large home with plenty of curb appeal, an attractive price, and low maintenance exterior. Call soon, this one won't last!

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Alisha Curry 270-283-2001 Sales Associate
Ryder Karnes 270-634-2449 Sales Associate

Community Calendar

VACATION BIBLE SCHOOL

Knifley Christian Church will host Vacation Bible School on **Saturday, June 10** starting at 10 a.m. CDT. Everyone is invited to join this fun filled day.

BLOOD DRIVE

The Adair County community is invited to a blood drive on **Tuesday, June 13** from 1:30 p.m.-5:30 p.m. at the Columbia Church of Christ Fellowship Hall located at 501 Jamestown St. Donors will receive a limited-edition "Give Back, Give Blood" T-shirt (while supplies last).

REVIVAL

Bro. Raymond Bennett will be in revival at Knifley Christian Church on **Friday, June 16** and **Saturday, June 17**, at 6 p.m. CDT, and Sunday, June 18, at 10:30 a.m. Everyone is invited to attend to hear the gospel preached.

GIRLS' BASKETBALL CLINIC

Girls' basketball clinic, \$30 at the ACHS gym, on **Saturday, June 17** for girls grades k-5. For more information call Stacia at 941-806-7506.

COMMUNITY ART WALKTHROUGH

Community Proud Art Walkthrough sponsored by Synergy Food Group LLC on **Friday, June 9** from 3 p.m. - 6 p.m. at Synergy Food Group (old Majestic Yacht Building). Everyone is welcome! If you would like to participate in this Art Campaign, contact Craig Dean 270-250-9045 or Sherri Giles 270-250-2064.

SINGING

The Blakey Quartet presents The Bill Twyman

Gospel Sing on **Saturday, June 17**, at 6 p.m. at Kellyville Community Church, 77 Kellyville Rd, Columbia. Join them for an evening of homecoming style singing by an invitation-only choir of favorite local southern gospel groups and singers including Kenny and Lora Roberts, The Noblemen, Cumberland Thunder, Family Legacy, The Leland Humphrey Family, Bill Twyman and Kelly Cruze, The Revelators, Living Proof, The Community Quartet, Denise Watts-Wilson, Jay and Sandra Boyd, New Harvest, and The Blakey Quartet. Contact Keith or Junior Blakey for more information at 270-507-8322 or 270-566-1945.

VACATION BIBLE SCHOOL

Russell Heights Baptist Church, located on North Bramblett St. will have Vacation Bible School **June 19-23** from 6 p.m. - 7:30 p.m. Join them in marching around the walls of Jericho!! Need a ride? Call 270-634-3173

SINGING

Columbia Church of God, 708 Mitchell Street., will be in concert with gospel artist Mark Bishop on **Sunday, June 25**, 6:30 p.m. Free admission and a love offering will be taken. Call 270-384-4590 for more info.

CALENDAR ITEMS ARE DUE AT 10 A.M. ON MONDAYS!

Birthday Box

June 8
Bonnie Lawhorn

Beth Cowan
Joey Hatcher

June 9
Cody Gabbert

June 21
Brandy Franklin
Sara Rowe

June 11
Beverly Long

June 22
Mike McMinoway

June 12
Chris Kerns
Terri Lynn Hatcher
Kathy Downey

June 24
Anthony Blankenship

June 13
Ruth Ann Lewis

June 25
Tiffany McMinoway
Connie Jones
Stacey Hare

June 14
Jessica Critz
Madison Bryant
Phillip Sneed

June 26
Courtney Quiroz
Anita Stotts Clark
Jeffrey Burton

June 15
Teresa Richard

June 27
Christopher Patton

June 17
Whitney Kemp

June 28
Stephanie Akin
Mark Harris

June 18
Tanner Pooler

June 19
Mary Burton

June 29
Shirley Grider
Audria McQueary
Addi Porter

June 20
Kristin Quinn

**Birthdays are due by
10 a.m. Mondays**

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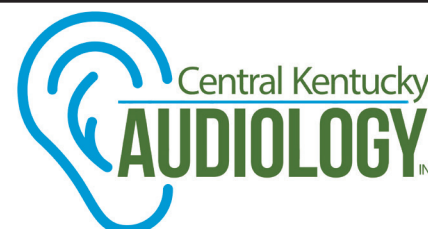
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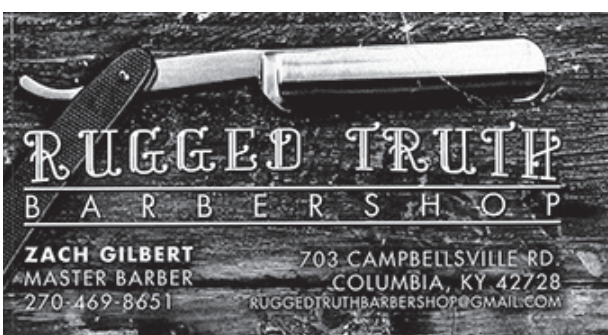
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EDITORIAL AND COMMENTS

Truth will prevail.

"For there is nothing covered that shall not be revealed;
neither hid that shall not be known."
Luke 12:2

Sharon Burton
Publisher and Owner

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FREE ANNOUNCEMENTS

Free birthday listings and community events can be recorded by calling 270-634-4164 after business hours or verbally given to a customer service representative during business hours at 270-384-9454. Trader items are free to paid subscribers.

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The Adair County Community Voice encourages local readers to submit letters to the editor.

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The Adair County Community Voice strives for accuracy when reporting the news. If you see an error, please contact the newsroom at 270-384-9454, and the error will be corrected as soon as possible.

...That we may glorify the Father
John 15:7-8 and John 14:12-14.

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MEMBER OF:



One Voice

Sharon Burton

No driver is needed

A friend of mine has been quite enamored with the potential for AI recently, and she was telling me about something she heard.

We are both fans of Elon Musk, and she shared that he gave a vision of the future where AI-driven vehicles would be busy making their owners some money while the owners were at work. The vehicles would be out and about transporting other people around for a fee instead of sitting in a parking garage somewhere. The AI ability of the vehicle would take care of payments made by those borrowing your vehicle, and auto owners would make more money from their vehicle than it would cost to purchase.

I thought about that conversation Tuesday night as I listened to Sarah Hatton, director of secondary education, during the school district's final strategic leadership team meeting.

She talked about the future we are preparing our children for and the challenges our educational system faces. The purpose behind these meetings was not to complain but to chart a course to meet the needs of our children, our families, and our community.

Dr. Pamela Stephens, the school superintendent, closed the meeting with remarks that reflected on the challenges our children have faced during the pandemic and

We have gone
from snail
mail to instant
connections
across the globe.

the changes in our culture from generation to generation.

Again, the comments were not made to complain, but to consider what is needed to meet the needs of these children, who are our future.

Dr. Stephens talked about how she was taught to be patriotic and to be respectful. So much of that has now been lost, she noted, especially since the pandemic.

As a result, she said, "We have to start listening better. We have to start listening to the kids, figuring out a way to connect with them."

As she talked, I thought about how much work has to be done to prepare this young, vulnerable generation for the world that lies before them.

We have a generation that struggles to communicate facing a future that is all about communication. It's about advancements in technology and the ability to stay on top of that.

I love technology, but I struggle to understand all that the advancements of technology will have to

offer.

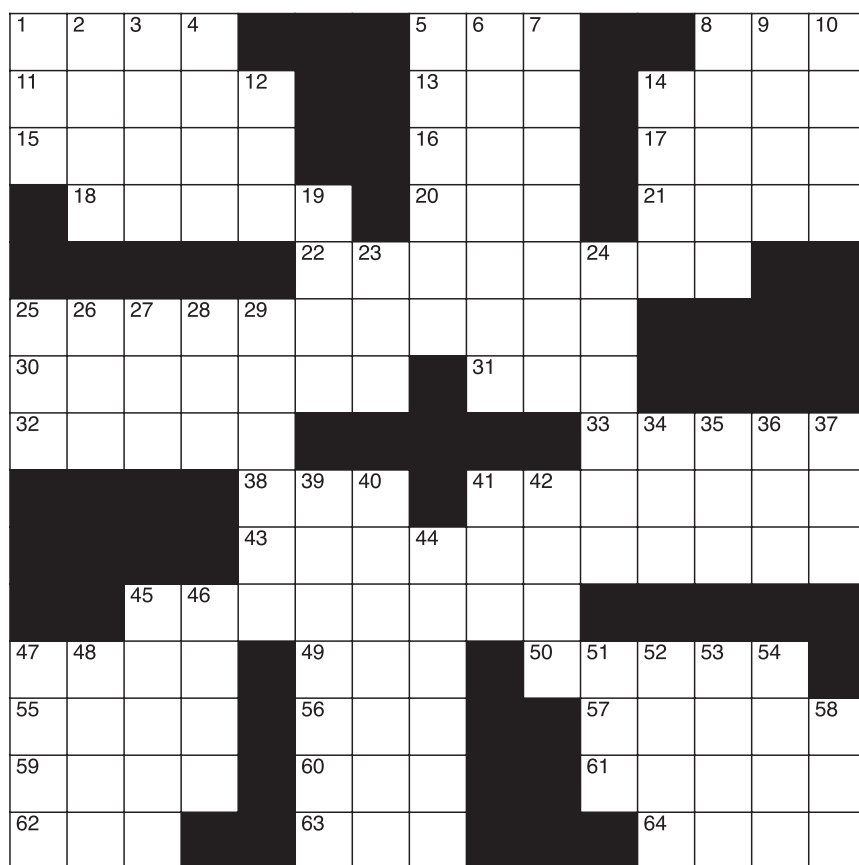
Before you can be a part of a marketplace made up of robotics, electronics, AI, etc., you must be able to comprehend it.

In my lifetime we have gone from dial-up telephones and cassette tapes to phones with internet and digital music. We have gone from snail mail to instant connections across the globe.

We have to prepare our children for that future. The AI "your car is driving around while you aren't" future. Yet we seem to be struggling to prepare our children with simple social skills, effective attention spans, and a value system that gives them the initiative and the courage to lead the way toward the wonders of the unknown.

Ms. Hatton said teachers have expressed a need to have consistency in being able to tell students what their behavioral expectations are and the outcome if those expectations are not met. Our educators have an incredible responsibility, but they are only part of a team, a team that includes family and community.

Perhaps before our children can envision a world of possibilities, we have to first show them how to think outside the box. All of us must contribute so that our children are not sitting behind the wheel in a car that needs no driver.



CLUES ACROSS

1. In a place to sleep
2. Honorably retired and retaining one's title
3. Type of Japanese animation
4. Satisfaction
5. Fit
6. "Ain't No Sunshine" singer
7. Failure
8. Israeli city
9. French river
10. Cavalry-sword
11. Nocturnal S. American
12. Liquefied natural gas
13. Afflicted
14. Electronic counter-countermeasures
15. Popular HBO fantasy series (abbr.)
16. Spiritual leader of a Jewish congregation
17. Large body of water
18. ___kosh, near Lake Winnebago
19. Impudence
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CLUES DOWN

1. Payroll firm
2. Unit of transmission
3. Rockers Better Than ___
4. Bambi is one
5. Highest parts of something
6. Correct behavior
7. Batty
8. Cyprinid fishes
9. Expression of sorrow or pity
10. Site of the famous Leaning Tower
11. American rocker Snider
12. W. African language
13. Symbol to mark for removal
14. ___ Squad
15. Resident
16. Federal savings bank
17. Paddle
18. Returned material authorization (abbr.)
19. One point south of due east
20. Winter melon
21. Last or greatest in an indefinitely large series
22. Anger
23. Central European river
24. First responders
25. Spanish noble
26. Persons with absence of skin pigment
27. Defunct airline
28. Small island (British)
29. The extent of something from beginning to end
30. Capital of Bangladesh
31. Dutch cheese
32. Imitates
33. A contest of speed
34. Swiss river
35. Prejudice
36. Actor Idris
37. UNLV's are Runnin'
38. Criticize

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Bowling Green office: 270-782-8303
Website: paul.senate.gov

Sen. Mitch McConnell: 202-224-2541
Email: senator@mccconnell.senate.gov
Website: mccconnell.senate.gov

Rep. James Comer: 202-225-3115
Tompkinsville Office
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Toll Free Number: 1-800-328-5629

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Email: max.wise@lrc.ky.gov

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Email: amy.neighbors@lrc.ky.gov

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District 5-Tim Bottoms: 270-378-2339
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Email: mayor@cityofcolumbiaky.com

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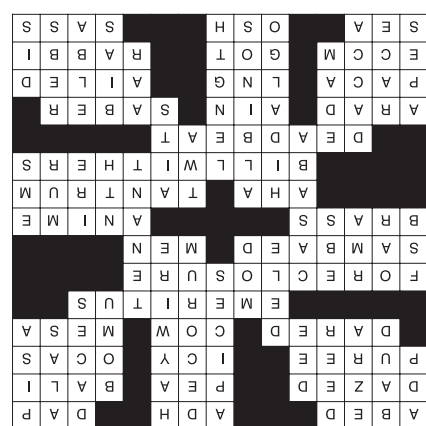
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Community Voice
Attn: Sharon Burton
P.O. Box 159
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or snburton@adairvoice.com

Letters to the editor are encouraged. They must be original and include the name, address and daytime telephone number of the writer. The editor reserves the right to condense and/or reject any letter and to limit frequent writers. The opinions expressed in the letters to the editor and other editorials are those of the writers and do not reflect the views of the Adair County Community Voice.

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OBITUARIES

Bobbie J. Jones



Bobbie J. Jones, 87, of Columbia, died Saturday, June 3, 2023 at 10:10 a.m. at Bengal Family Care Home in Campbellsville.

She was born May 1, 1936 in Russell County to the late James A. and Ger-tie Lawless Loy. In addi-tion to her parents, she was preceded in death by three brothers, Donald, Clifford, and Kenneth Loy; and one sister, Joyce Hoots.

Survivors include her husband of 65 years, Ran-

dall Jones of Columbia; two sons and daughters-in-law, Barney and Laura Jones of Louisville, Gregory and Susan Jones of Palestine, Texas; two brothers, Billy Loy and Charles Loy both of Russell County; one sis-ter, Nellie Wilson of Corbin; five grandchildren, Andrew Jones, Sara Jones Black-shear, Paul Jones, Benjamin Jones, and William Jones; nine great-grandchildren, Cohen Cummings, Katlee Blackshear, Lochlyn Black-shear, Maisie Blackshear, Lorelei Jones, Sydney Jones, Wyatt Jones, Ryleigh Jones, and Van Jones; and several other relatives and friends.

Funeral services were held Tuesday, June 6, 2023 at Grissom-Martin Funeral Home, with Bro. John Tup-man officiating and burial in the Mt. Carmel Ceme-tery.

Grissom-Martin Funer-al Home was in charge of arrangements.

Dennis Petty



Dennis Petty, 46, of Columbia, died Friday, June 2, 2023 at his home.

He was born February 15, 1977 in Adair County. He was preceded in death by his mother, Beverly Campbell Petty in 2021.

Dennis worked as a logger and farmer.

Survivors include his father, Earl Petty of Colum-bia; his brother and sister-in-law, Barry and Candace Petty of Columbia; his niece, Raegen Petty; sev-eral aunts; uncles; cousins; other relatives and friends.

A memorial service will be held tomorrow, Friday, June 9, 2023 at 6:30 p.m. at Haven Hill Cemetery with Bro. Richie Coomer offici-ating.

There will be no visita-tion. The family has chosen cremation.

Grissom-Martin Funeral Home in charge of arrange-ments.

Nancy Ann Karnes Mann



Nancy Ann Karnes Mann, recently of Harri-sonburg, Va., born August 17, 1951 in Campbellsville, passed over the river from the loving arms of her fam-ily into those of her Lord on 30 May 30, 2023.

She was preceded in death by her parents, Osby Sr. and Dorothy Price Karnes; her son, Christo-pher Michael; her brother, William (Billy) Holland Karnes; and her sister, Rose Marie Karnes.

Nancy was a loving daughter, sister, wife, mother, and grandmother. She proudly served her beloved commonwealth of

Kentucky and the nation as a member of the USAF for four years. She lovingly served the various commu-nities in which she lived as an LPN for some 30 years, lastly at Rockingham Fam-ily Physicians for 17 years, with her co-worker nursing staff under Doctors Haley and Leichty. She loved them all, but her patients the most.

She is survived by her husband John; daugh-ter Heather; son-in-law Mannin; granddaughter Virginia; daughter Jamie; son-in-law Chester; granddaughter Piper; her sisters, Norman Jo Wig-gington and Angelina Jean Wally; and a brother, Osby (Buddy) Karnes Jr.

A military burial will be conducted at a later date in her hometown of Columbia in Bearwallow Cemetery.

In lieu of flowers, Nancy asked that donations in her name be sent to the March of Dimes.

This obituary informa-tion is a courtesy of Gris-som-Martin Funeral Home.

Jesus said,
“Blessed are those
who mourn for
they shall be
comforted.”

Matthew 5:4

Samuel Fredrick Day

Samuel Fredrick Day, 78, of Breeding, died Saturday, June 3, 2023, at TJ Health Columbia.

He was born April 15, 1945 in Danville to the late Mark and Phyllis O’Nan Day. In addition to his parents, he was preceded in death by his wife, Judy Riley Day; one brother, Eddie Day; and one sister, Jane Pack.

Mr. Day was a U.S. Navy Veteran, serving in Viet-nam; a retired Locomo-tive Engineer for Norfolk Southern Railways, served as Union Representative for Brotherhood of Loco-motive Engineers; and operated the Flatwoods

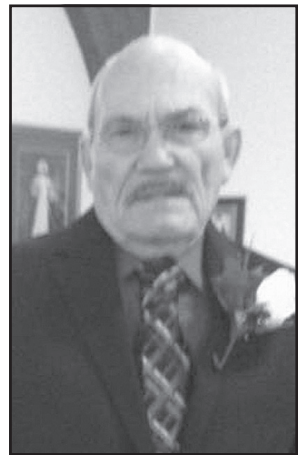
Roadhouse Restaurant in Adair County.

Survivors include one son and daughter-in-law, Keith and Misty Day of Chesterfield, Mo.; two brothers, Mark Day of Corydon, Ind., and John Day of Oklahoma; three grandchildren, Katherine Day, Anna Day, and Sam Day; several other relatives and friends.

The family has chosen cremation and no services are planned. Inurnment will be at a later date in Camp Nelson National Cemetery.

Grissom-Martin Funer-al Home was in charge of arrangements.

Shelby Ray ‘Porky’ Pelston



Shelby Ray “Porky” Pel-ston, 82, of Columbia, passed away Sunday, June 4, 2023 at Summit Manor Nursing Home. He was born on February 24, 1941 in Adair County to the late George Willie and Dorothy Vetus Coomer Pelston. He was also preceded in death by his first wife, Irene Rich-ards Pelston.

Mr. Pelston was a mem-ber of Gradyville Bap-tist Church and a retired construction worker with Lewis Garrison Con-struction and L.C. Green Construction. He enjoyed fishing, riding his 4-wheel-er, and spending time with his family and friends.

Survivors include three children, Debbie Atkins (Mark), Darrell Pelston, and Stevie Pelston (Beth Ann) all of Columbia; two

step-daughters, Angela Shuffett of Campbells-ville and Cindy Corbin of Campbellsville; six grand-children, Crystal Tuck-er, Matt Pelston (Leslie), Dustin Pelston (Abby), Tyler Pelston, Aiden Pel-ston, Jessica Hedgespeth, Kevin Nelson, and Jon Shuffett; four great-grand-children, MaKaylee Deck-er, Brody Tucker, Shelbi Pelston, Olivia Pelston, and Chase Hedgespeth; a great-great granddaughter, Payslee Decker; two sis-ters, Shirline Vanarsdale (Edwin) of Columbia and LaVern Wray of Indiana; and several nieces and nephews.

In addition to his parents and his first wife, he was preceded in death by his second wife, Frances Way-man Pelston, and a brother, George Alfred Pelston.

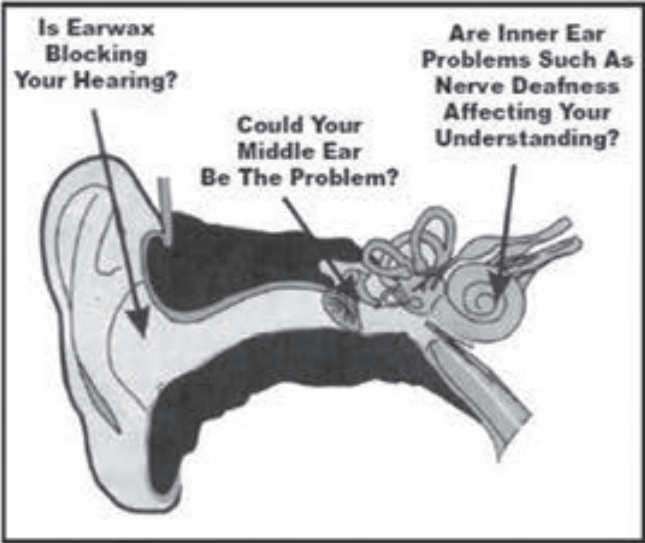
Funeral services will be held today, Thursday, June 8, 2023 at 1 p.m., at Stotts-Phelps-McQueary Funer-al Home, with burial in the Union Cemetery. Bro. Bobby Withers and Bro. Mark Atkins will be offici-ating, and pallbearers will be Matt Pelston, Tyler Pel-ston, Dustin Pelston, Doug Richards, Joseph Rix, and Michael Richards.

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Expires 6/30/23



Practice safe canning practices this summer

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce.

Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds, remove excess oxygen from the food, destroy spoilage enzyme, and allow for year-round enjoyment of the

foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products – the boiling water canner method and the pressure canner method.

You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits.

Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that

have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods.

However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to pur-

chase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners.

You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.

Always use research-based recipes to preserve foods.

**ADAIR COUNTY
EXTENSION
AGENT**

Family and Consumer
Sciences

**Dylan
Gentry**



These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website nchfp.uga.edu/. Follow each recipe exactly as writ-

ten. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

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Happy Father's Day!!

It is the policy of the Community Voice to publish public records as they are recorded by various public offices. All names are published to preserve fairness and impartiality and as a news service to our readers.

PUBLIC RECORD

DISTRICT COURT

May 31
Judge Michael Loy

Christopher Austin Dickson, 24, driving on DUI suspended license, first offense; ignition interlock driver license, use violation; failure of non-owner operator to maintain required insurance, first offense; improper registration plate; possession of a controlled substance, 1st degree, third or greater offense, methamphetamine. Plea of not guilty, preliminary hearing set for June 7 (2023)

Charles Scott McFarland, 43, trafficking in a controlled substance, 1st degree, second or greater offense, greater than or equal to two grams methamphetamine; buy/possess drug paraphernalia. Plea of not guilty, preliminary hearing set for June 7 (2023)

Mercedes Stapleton, 20, possession of a controlled substance, 1st degree, first offense, methamphetamine; buy/possess drug paraphernalia. Plea of not guilty, preliminary hearing set for June 7 (2023)

Jenny T. Nguyen, 28, assault 4th degree, child abuse; resisting arrest. Plea of not guilty, pretrial conference set for June 14 (2023)

Cedric Walker, 38, sexual abuse, 3rd degree. Plea of not guilty, pretrial conference set for June 14 (2023)

Richard Rodgers, 43, no operators/moped license; operating a motor vehicle under the influence of a substance, first offense; possession of open alcohol beverage container in a motor vehicle. Plea of not guilty, pretrial conference set for Sept. 6 (2023)

Donna Gail Darst, 57, assault, 2nd degree. Plea of not guilty, preliminary

hearing set for June 7 (2023)

Todd Goodson, 30 counts of local city ordinance. Plea of not guilty, pretrial conference set for June 19 (2023)

Judy G. Sapp, 42, theft by failure to make required disposition of property. Plea of not guilty, pretrial conference set for June 14 (2023)

Randall L. Dotson, 42, fleeing or evading police on foot, 2nd degree. Plea of guilty, report to serve six days (2023)

Doug A. Wheeler, 35, operating on suspended/revoked operators license; failure of non-owner operator to maintain required insurance, first offense; possession of marijuana; possession of a controlled substance, 2nd degree, drug unspecified. Bench warrant issued (2023)

Lesly Mirlanda, 40, no operators/moped license; reckless driving; failure to produce insurance card; endangering the welfare of a minor. Continued to June 7 (2023)

William C. Bratcher, 31, unlawful transaction with a minor, 3rd degree. Plea of guilty, serve 30 days with credit for 30 days (2016)

Lloyd Curtis, 52, speeding 26 mph over/greater; failure to register transfer of motor vehicle; improper registration plate; failure to produce insurance card; possession of open alcohol beverage container in a motor vehicle; operating a motor vehicle under the influence of alcohol/drugs .08, second offense. Dismiss possession of open alcohol beverage container, plea of guilty to others, order entered (2018)

Natalie Ryan Moore, 31, failure to illuminate head lamps; reckless driving; operating a motor vehicle under the influence of alcohol/drugs with .08 aggravator, first offense; wanton endangerment, 2nd degree; no tail lamps. Continued to

June 7 (2020)

Kevin John Cooper, 25, buy/possess drug paraphernalia; public intoxication of a controlled substance (excludes alcohol); 1st degree possession of a controlled substance/drug unspecified, first offense; possession of a controlled substance, 1st degree, first offense, methamphetamine. Dismiss possession of a controlled substance charge, amend 1st degree possession of a controlled substance to 2nd degree, plea of guilty, order entered (2023)

Patrick Tyler Stapleton, 25, receiving stolen property \$1,000 or more but less than \$10,000. Hearing conducted, testimony heard, the court finds probable cause, bind over to the grand jury (2023)

Josh D. Foley, 33, assault 4th degree, minor injury. Continued to July 17 (2023)

Audie G. Beard, 55, alcohol intoxication in a public place, first or second offense. Summons for June 21 (2023)

Ashley Ann Nicole Campbell, 20, failure to produce insurance card; failure of non-owner operator to maintain required insurance, first offense; buy/possess drug paraphernalia; possession of a controlled substance, 2nd degree, drug unspecified; controlled substance prescription not in original container, first offense. Plea of guilty, order entered (2023)

Allan M. Burton, 22, assault 4th degree dating violence, minor injury. Continued to June 7 (2023)

Elizabeth Gail Fudge, 48, assault 4th degree dating violence, minor injury. Review July 17 (2023)

Ronnie Dial, 47, failure to wear seat belts; operating on suspended/revoked operators license; failure to produce insurance card; failure of non-owner operator to maintain required insurance, first offense;

buy/possess drug paraphernalia; possession open alcohol beverage container in a motor vehicle. Continued to July 3 (2023)

Alan Neil Cape, 46, operating on suspended/revoked operators license; controlled substance prescription not in original container, first offense; public intoxication of a controlled substance (excludes alcohol). Continued to July 3 (2023)

Reshandall L. Bridgewater, 41, violation of Kentucky EPO/DVO. Plea of guilty, order entered (2023)

Audie Gene Beard, 55, reckless driving; operating a motor vehicle under the influence of alcohol .08, first offense. Continued to June 21 (2023)

Orlando James Stokes, 33, failure of non-owner operator to maintain required insurance, first offense; operating on suspended/revoked operators license; no/expired registration plates. Continued to July 3 (2023)

LAND TRANSFERS

Ethan Daniel and Lauren Diann Carter, Gainesville, Texas to Terry McGuffin, Columbia, and Brandy Stayton, Columbia. Property located in Adair County described as being located on Neatsville Rd., containing 11 acres more or less. \$74,500.

Sue Stoutenborough, as administratrix of the estate of Richard L. Robertson, Morton, Ill. to Greg Burton, Columbia. Property located in Adair County described as being located on Mt. Caramel Rd., containing 15 acres more or less. \$160,000.

David L. Butler Revocable Trust, David L. Butler, Trustee, Columbia to Danny W. and Holly B. True, Frankfort. Property located in Adair County described as being Lot no.

10 of the Holmes Bend RV Park. \$20,000.

Donald Martin, Jr., Liberty to Charles S. Fox, Liberty, and Matthew Murphy, Liberty, and Jordan Martin, Liberty. Property located in Adair County described as being located on Liberty Rd., containing 132 acres. \$100,000.

White Oak Consulting, LLC., by Autumn D. White, member, Columbia to Wade and Theresa White, Columbia. Property located in Adair County described as being located on Frazier St., containing .27 acres. \$62,000.

Sheila A. and Kenneth D. Neat, Shepherdsville to Jason Yarberry and Jennifer Yarberry, Columbia. Property located in Adair County described as being located on Hwy. 55 South Rd., containing 29.54 acres more or less. \$157,300.

Dale and Jean Curry, Columbia to Wanda Curry, Columbia. Property located in Adair County described as being located on Oak Grove Rd., containing .5 acre. \$1.

Mike and Mila Newton, Columbia, and Dylan and Sydney Newton, Columbia, and Jackie and Kristy Chapman, Columbia to Mitchell and Krystal Cundiff, Columbia. Property located in Adair County described as being located on Miller St., containing .0749 acres. \$19,000.

Estate of Carol K. Keys, by and through its executrixes, Jenna L. Gonzales, Shelbyville, and Carla Jean Abston, Columbia to Patricia Dampier, Columbia. Property located in Adair County described as being Lot no. 3 in the Austin McKinney Garnett Village Subdivision. \$140,000.

Micah Wade and April Kristy Janes, Columbia to Janson Dakota and Kayla Brea Janes, Columbia. Property located in Adair County described as being located on Stinson Rd., containing 5.14 acres.

\$12,850.

Leslie Alan Bundy and Barbara Bundy, Columbia to William Randall Forsee, Columbia. Property located in Adair County described as being located on Portland Rd., containing 1.09 acres. \$95,000.

Tresa and Greg Ratliff, Columbia to Jeff and Rita Neat, Columbia. Property located in Adair County described as being located on Paradise Ln., containing .59 acre. \$7,500.

Greg Steven and Tammy Thrasher, Columbia to Jason Thrasher, Columbia, and Cheyenne Coffey, Columbia. Property located in Adair County described as being located on Cundiff Rd., containing 5.098 acres more or less. That for and in consideration of love and affection.

Travis and Judy Giles, Columbia to Sherri Giles, Columbia. Property located in Adair County described as being located on Rice Dr., containing 0.69 acres. That for and in consideration of love and affection.

Public Record Notice

The Adair County Community Voice publishes all grand jury indictments, drug and alcohol related traffic, misdemeanors, felonies, circuit-criminal cases and shock probations.

The year on each charge listed in Circuit and District Court is listed in parenthesis after all of the charges have been listed.

Also, all land transfers and restaurant and food service/retail inspections are published.

The Voice makes every effort to publish court records accurately. However, if you feel an error has been made, contact our office at 270-384-9454.

ABSOLUTE AUCTION



**SATURDAY, JUNE 10
10 A.M. CT.**

84 TAYLOR FORD RD, COLUMBIA

The home is two separate rental units, or the basement could just be rental or a mother-in-law suite. This brick home has two bedrooms and 1 full bath upstairs with a kitchen and great room. The basement has a full kitchen, 1 bedroom, and 1 bathroom. it has a propane tank that stays on the 1 acre. Also, there are two outdoor buildings that will stay with the property. The basement will be painted, and the property is sold as is.

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10 a.m. - Noon**



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Name: _____
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Phone: _____

COMMUNITY TRADER

YARD SALE

YARD SALE: A multi-family yard sale will be held **Saturday, June 10** from 7 a.m. to 3 p.m. at 6244 Liberty Rd. Items include men's clothes, women's clothes, furniture, electronics, home décor, shoes and more.

YARD SALE: A four-party yard sale will be held on **Friday and Saturday, June 16 and 17** from 8 a.m. to 3 p.m. at 5140 Russell Springs Rd. Items include men's clothes with suits sized 48 and 50, women's clothes with plus sizes, kid's clothes, shoes, movies, household items, toys, baked goods and more.

HUGE YARD SALE: A yard sale will be held **Saturday, June 10**, from 8 a.m. – 12 p.m., located at 90 Darrell Overstreet Rd., lots of women's and men's clothing, shoes, household items and much much more.

YARD SALE: A large family yard sale will be held **Thursday June 8 and Friday June 9** from 7 a.m. to 4 p.m., located at 1765 Bliss Rd, Columbia. There will be canning jars, Fiesta, children's clothing (boys' 4t-6, girls' 7-12), adult clothing, home-school curriculum, school desks and chairs, car seats, household items, hardware, lots of rolls of electrical wire, PTO seed spreader, toys, and way too many other items to list. No holds! You don't want to miss this yard sale!!!

YARD SALE: Friday, June 9 and Saturday, June 10 at 17 Callahan Loop, Knifley. Designer clothes, DVDs and video games, vintage furniture projects, household items, homeschool books, American Girl doll, lots of misc. items. Call or text 270-465-1210 for more information.

FOR SALE

FOR SALE: Oak dining table with 4 chairs, matching China cabinet and a cedar chest. 270-403-9978.

FOR SALE: Video games, large collection of barbie dolls, nice weight watcher's recipe book. 270-465-1210

FOR SALE BY OWNER: 308 Miller Avenue, 4 bedrooms, 2 baths, full size basement, 2 car garage and beautiful gas burning fireplace. Call 270-250-1046 or 270-378-0994.

FOR SALE: Dinette set (dark wood) with 4 padded chairs \$275; Exercise bike, like new \$100; Blue glider rocker \$125 ; Large Cedar Chest \$275; Greensburg area. Call 270-299-1128.

EMPLOYMENT

NOW HIRING: Adair County Kwik Lube is now hiring lube technicians. Training provided on site. Apply in person only at 232 Will Walker Rd., Columbia - Across from Walmart - during normal business hours.

LOOKING FOR WORK: Looking for position in Columbia, staying with the elderly. Over 25 years of experience, references available upon request. Call Carolyn at 270-250-3428

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Poison hemlock, sweet vernal grass pose risks during hay cutting



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Ag and Natural Resources

**Nick
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As the first cutting of hay is finished, a few troublesome weeds are frequently reported in hayfields. Both poison hemlock and sweet vernal grass pose toxic risks to livestock, including death. All parts of poison hemlock are toxic to livestock when consumed in small amounts, both fresh and dried. USDA Agriculture Research has shown that cattle

consuming as little as 300 to 500 grams may be poisoned. "Signs usually appear within an hour after an animal eats the plant. Animals die from respiratory paralysis in 2 to 3 hours," according to researchers. Producers are encouraged to avoid baling poison hemlock. Many producers applied herbicides on poison hemlock, and those efforts came with variable results. Many

factors, including plant size, rate of product application, and environmental factors (temperature, wind, rain, etc.) have an impact on herbicide performance. Poison hemlock is difficult to control and often requires the highest label rates of herbicide. For 2, 4-D amine, the maximum rate is 4 pints per acre. For 2, 4-D LV6, the max labeled rate for hayfields is 2.66 pints. Applications should be made while plants are actively growing, preferably while still in the rosette stage. Sweet vernal grass is a cool-season perennial with similar seasonal growth patterns as tall fescue and orchardgrass. Sweet vernal grass seeds tend to mature shortly before other cool-season grasses, thus allowing viable seeds to be spread across fields and between fields during hay harvest. While sweet vernal grass

will provide hay with what some may consider a pleasant aroma, quality will be most likely to be decreased. According to UK Vet Diagnostic Lab Clinical Toxicologist Dr. Megan Romano, sweet vernal grass is known to contain substrates that molds can convert into dicoumarol, which may cause fatal hemorrhage in livestock. There have been documented cases of sweet vernal grass causing death in livestock when ensiled. Conversely, local farm-

ers have reported feeding dry, barn kept hay containing sweet vernal grass with no adverse symptoms observed. Farmers should take precautions when feeding hay containing sweet vernal grass, especially if mold may be present. Toxicity concerns aside, introducing hay containing sweet vernal grass to pasture areas would likely introduce this undesirable grass into your pastures. There are no herbicide control methods for sweet vernal grass in

grass hay and pastures. UK Weed Scientist Dr. JD Green suggests the best approach for controlling sweet vernal grass would be to rotate to corn, soybeans, or round-up ready alfalfa, for three or more years. In fields that cannot be rotated to a different crop, spring applications of round-up followed by re-seeding may see varying levels of success. For more information, contact the Adair County Cooperative Extension Service at 270-384-2317.

Fire department hosts grain bin rescue training

FROM PAGE 1

selves. As the grain entraps them, they can suffocate from engulfment or oxygen-deficient atmospheres. The rescue equipment is used by inserting panels into the grain around the person who has been engulfed. The training focused on a variety of situations the fire department could face, covering air quality issues as well as a person

being crushed by the moving grain. One person volunteered to place himself in the victim's shoes by digging into the grain and becoming entrapped while two other volunteers began the process of putting the panels in a circular shape and pushing them in the grain. Once it was secured, the volunteers followed Freece's instructions and managed to free the man in the grain.

Solum said they learned that the equipment could also be used in sand and gravel emergencies, so it would be helpful if there were an accident in a rock quarry. "Most people think that firefighters only deal with fires, but there is a wide range of different topics we train on, and here in Columbia, we are working to broaden our response abilities," Solum said.

City Council approves airport funding

FROM PAGE 1

projects \$5.8 million in new revenue. A total of \$1 million is appropriated for the general fund and \$1.5 million for the police department. The gas department is expected to operate on \$1.68 million and the sanitation department is allocated \$828,550. The city projects another healthy year financially, with fund balances at the end of the year exceeding \$3 million. During the monthly meeting Monday, the council approved \$12,000 for the Columbia-Adair County Airport. The request came from the airport board, whose members volunteer their time for the upkeep of the facility and grounds. The city council accepted a bid for black aluminum fencing around a new splash pad being constructed at the city park from DGS Fence Co. for \$13,896. The council approved

an earlier bid but voted to rebid after making a change to the specifications as recommended by DGS Fence. The city council approved a bid for phase 2 for Citizens Park, which is property located on Burkesville St. The bid includes a dog park, gravel for a roadway, and removing old buildings on the property. Luxury Lawn and Landscape had the low bid of \$29,136. The council voted to accept the low bid. Councilman Robert Flowers said he has received a lot of calls about phase 1 not being completed, which includes a walking trail. Phase 1 was approved several months ago. Following discussion, the council voted to notify the contractor they have 30 days to complete the project. The council appointed Lisa Coop to the board of adjustments and Amy Walker to the Board of Assessment Appeals. Mayor Hoots received

approval to apply for a grant to install four charging stations for electric vehicles. If approved, fast-charging stations would be installed at the Franklin Ford location now under construction, with the grant paying 80 percent of the cost and Franklin Ford paying 20 percent. A motion was made to adjourn the meeting but Mayor Hoots realized she had not updated the council on several properties in the city limits where owners were cited under the city's nuisance ordinance. The owners of five properties are in the process of cleaning them and have been given 30 days to complete the cleanup, Hoots said. Council members Rhonda Loy, Sharon Payne, Mark Harris, Robert Flowers and Dr. Ronald Rogers attended the meeting. Hannah Peck was absent.

By Sharon Burton
snburton@adairvoice.com



Rogers retires from sheriff's office

Sheriff Josh Brockman and employees surprised Bookkeeper/Clerk Suzanne Rogers with a retirement luncheon last Wednesday at the Adair County Annex. Suzanne has loyally served the community for more than 18 years. Rogers' service to Adair County covers four elected sheriffs' terms, including Sheriff Josh Brockman, Harrison Moss, Steve Cheatham, and Ralph Curry.



A grain bin simulator allowed emergency personnel to train for a grain bin rescue.

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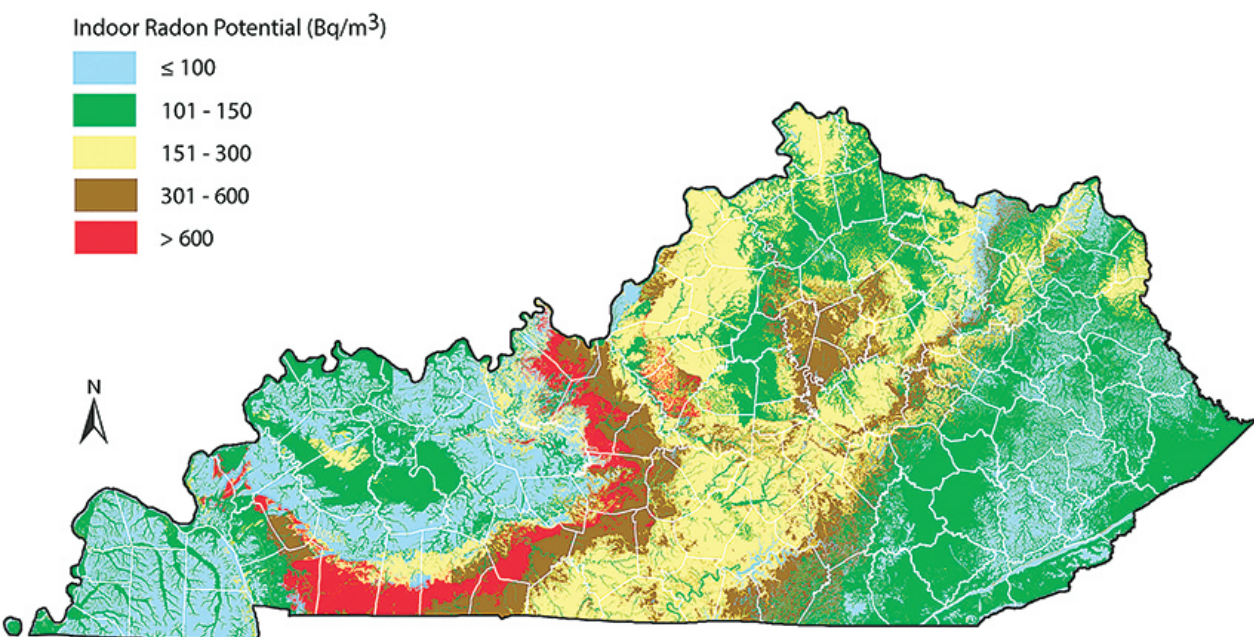
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Invisible radon gas is the second leading cause of lung cancer but few tests done



Three of every seven buildings in Kentucky have elevated levels of a colorless, odorless gas that is a significant cause of lung cancer, reports Bill Estep of the Lexington Herald-Leader. That rate of 42% is six times the national rate of 7%, according to the Kentucky Association of Radon Professionals.

But only 13 of every 10,000 houses in Kentucky have been tested for radon, says Ellen Hahn, a professor in the University of Kentucky nursing program who

runs BREATHE, which stands for Bridging Research Efforts and Advocacy Toward Healthier Environments.

Kentucky has the nation's highest age-adjusted rate of lung cancer, mainly because it has the nation's second-highest smoking rate, but some people who have never smoked or have little exposure to indoor tobacco smoke get lung cancer. Radon is the No. 2 cause of lung cancer, and a combination of radon and smoking create an even higher

risk of the disease, Estep reports.

"Lindi Campbell, 58, was fit, active and had never smoked, but had to have two lobes of her right lung removed in December 2017 as a result of developing lung cancer. Campbell said she grew up in Lexington in a house where she was exposed to secondhand cigarette smoke and radon," Estep reports. "After she was diagnosed with cancer, she had her childhood home tested. The results showed a radon level that was the

equivalent of smoking 40 cigarettes a day, she said."

Campbell is president of Breath of Hope KY, which tries to raise awareness about lung cancer, reduce stigma surrounding it, and raise money for research.

Radon is a product of the natural decay of uranium and thorium, another radioactive element. "As it breaks down, it releases radioactive particles that can be inhaled and damage lung tissue over time," Estep notes. Newer

homes are more likely to have a buildup because they are more tightly sealed.

Estep offers ways to take action to protect yourself: "Radon information is available through several sources, including BREATHE; the Kentucky Geological Survey; the Kentucky Radon Program; the U.S. Environmental Protection Agency; and the American Lung Association. Health officials also recommend testing your home."

"Everyone needs to test," Hahn said. "There's no risk-free level of radon."

"Free test kits are available at many county health departments, and people can also request a kit through the Kentucky Radon Program," Estep reports. "People in Pulaski, Rowan, Logan and Christian counties can check out test kits at public libraries, with a valid library card, as part of an on-going study by BREATHE. People can also buy test kits at home-improvement stores or online. Com-

panies that install systems to pull radon out of homes can also test for the gas."

And how much do those systems cost? "Tracy Howard said it cost \$1,300 to have Alpha Radon Remediation install an exhaust system in the basement of her house in Stanford on May 24," Estep writes. "Howard got a free test kit from the local health department and the results showed a radon level of 4.2, just over the limit at which the EPA recommends installing a system to reduce the radon level. Howard, a nurse who works from home to do remote patient monitoring, shares the house with her husband and their daughter and 4-year-old grandson. She wanted to reduce their risk of exposure to the cancer-causing substance. To her, it was worth \$1,300 to accomplish that."

"I know how dangerous it is," Howard told Estep. "Consider the cost of installing the system vs. the cost of getting lung cancer later in life."

From Kentucky Health

Researchers develop scoring system to identify long Covid

Researchers have developed a method to determine whether someone is suffering from long Covid-19, defined as "post-acute sequelae Covid." (Sequelae are conditions resulting from earlier disease or injury.) And they're looking for more rural participants.

"This symptom-based PASC definition represents a first step for identifying PASC cases and serves as a launching point for further investigations," the reserachers report in the Journal of the American Medical Association. "Future analyses must consider the relationships among age, sex, race and ethnicity, social determinants of health, vaccination status after index date, co-morbidities, and pregnancy status during infection."

"Researchers identified symptoms that are the most distinctive to long Covid, including: fatigue, especially after exercise; brain fog; dizziness; gastrointestinal symptoms; heart palpitations; issues with sexual desire or capacity; loss of smell or taste; thirst; chronic cough; chest pain; and abnormal movements," reports Karen Weintraub of USA Today. "Each self-reported symptom is given a score and someone with a score of 12 or more 'is a person who very likely has long Covid,' said Dr. Leora Horwitz, who helped lead the research from the New York University Grossman School of Medicine. "It doesn't mean these symptoms are the most common, or the most severe, or the most burdensome, or the most important to

people. It just means that these are the ones that help us identify people who have long-term consequences."

The researchers studied 9,764 adults at 85 hospitals, health centers, and community organizations in 33 states. "More than 20% of people who've had Covid score high enough six months after their infection to meet this working definition of long COVID, although one-third of them no longer meet the criteria at nine months," Weintraub reports.

The National Institutes of Health funded the research, which is continuing. "The study is still looking for participants who are Hispanic or who live in rural areas," Weintraub notes.

From the Rural Blog
<https://irjci.blogspot.com/>



Medicaid purge begins dropping thousands; many dropped because of paperwork issues

As Medicaid "unwinds" from pandemic levels, millions of Americans have lost health care coverage primarily because of paperwork issues, not a lack of eligibility, reports Hannah Recht of KFF Health News. "Four out of every five people dropped so far either never returned the paperwork or omitted required documents, according to a KHN analysis of data from 11 states that provided details on recent cancellations. . . . Before the unwinding, more than 1 in 4 Americans — 93 million — were covered by Medicaid or the Children's Health Insurance Program, according to KFF Health News' analysis of the latest enroll-

ment data."

Each state has its own review process schedule, which creates vast differences in who and when people lose coverage. "Nearly 56% of people included in early reviews were dropped in Utah. In New Hampshire, 44% received cancellation letters within the first two months — almost all for procedural reasons, like not returning paperwork," Rech reports. "Because of the three-year pause in renewals, many people on Medicaid have never been through the process or aren't aware they may need to fill out long verification forms, as a recent KFF poll found. Some people moved and didn't update their con-

tact information."

Half of U.S. children are insured by Medicaid or CHIP. "Tens of thousands of children are losing coverage, as researchers have warned, even though some may still qualify," Recht reports. "In its first month of reviews, South Dakota ended coverage for 10% of all Medicaid and CHIP enrollees in the state. More than half of them were children. In Arkansas, about 40% were kids. . . . Many parents don't know that limits on household income are significantly higher for children than adults. Parents should fill out renewal forms even if they don't qualify themselves, said Joan Alker, executive director of the

When States Will Start Dropping Enrollees From Medicaid

States have begun reviewing Medicaid eligibility again after a three-year pause. The reviews will be spread out over about a year.

April	Arizona, Arkansas, Idaho, New Hampshire, South Dakota
May	Connecticut, Florida, Indiana, Iowa, Kansas, Nebraska, New Mexico, Northern Mariana Islands, Ohio, Oklahoma, Pennsylvania, Utah, Virginia, West Virginia, Wyoming
June	Alabama, Alaska, Colorado, District of Columbia, Georgia, Hawaii, Kentucky, Maine, Maryland, Massachusetts, Mississippi, Montana, Nevada, New Jersey, North Dakota, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Vermont, Washington, Wisconsin
July	California, Delaware, Illinois, Louisiana, Michigan, Minnesota, Missouri, New York, North Carolina
October	Oregon

Note: These dates are when states will first disenroll people for procedural reasons, like not completing renewal forms. Some states may choose to disenroll people found to be ineligible for Medicaid sooner.
Source: Centers for Medicare & Medicaid Services as of Feb. 24

Georgetown University Center for Children and Families."

Some states have opted to review families with children at the "end of the review process," giving parents more time to fulfill eligibility requirements. Recht reports: "Advocacy coalitions in

both Florida and Arkansas also have called for investigations into the review process and a pause on cancellations. . . . Federal law requires states to tell people why they're losing Medicaid coverage and how to appeal the decision. . . . Indiana State Rep.

Ed Clere (R) pushed his state's Medicaid officials to immediately make changes to avoid people unnecessarily becoming uninsured. One official responded that they'd learn and improve over time. Clere replied he'd rather not 'learn. . . at their expense.'"



Photo by Kentucky Today - Tom Latek

Lt. Gov. Jacqueline Coleman speaks at a press conference on her student mental health initiative.

Lt. Gov. Coleman announces \$40 million in federal funds for schools to provide mental-health services

Nearly two years ago, Lt. Gov. Jacqueline Coleman started a student mental health initiative and on May 30 at the State Capitol Rotunda she and other advocates provided an update. Coleman said the issue remains at the top of the minds of parents in Kentucky, as well as the rest of the nation. “A PEW Research internet poll reported earlier this year, 40% of U.S. parents of children under 18 say they are extremely or very worried that their children may struggle with anxiety or depression, while 36% indicated they were somewhat worried about this.”

She also quoted from a 2021 Kentucky Incentives for Participation program, or PIP survey. “Twenty-two percent of the students in grades 6, 8, 10, and 12, reported serious

psychological distress in the past 30 days. In a 2021 Kentucky Youth Behavior Risk survey, 9.8% of Kentucky middle school students, and 9.5% of Kentucky high school students attempted suicide, over the previous 12 months.”

There is some good news to report, as Coleman announced that \$40 million in federal funding is coming to Kentucky schools to help support and expand access to school-based mental health services. So far, the money has been distributed to the educational cooperatives that cover schools in just over half of the state’s 120 counties.

She explained why that is so important. “Students are six times more likely to access mental health services when they are offered in schools.”

Coleman also noted that in addition to the executive branch of govern-

ment, the other two are getting more involved in the issue of student mental health as well. “The Judicial Branch is hosting a mental health summit in Louisville this week. I’m so excited that I can take part in that. The state legislature recently announced a new task force to look at student mental health. We are excited that now all three branches of state government are prioritizing student mental health.”

She added, “Now is the time to act. It is incumbent upon all of us to work together on this critically important issue, the number one issue here and across the country. This isn’t about right or left, it’s about doing what’s right, to make sure no student gets left behind.”

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Local pharmacy offers life saving device; donates one to each school

The idea for the LifeVac was born from tragedy. Arthur Lih's, founder and CEO of LifeVac, heart was broken hearing a mother weep over the death of her son. The cause of death was because of a grape lodged in his windpipe and the Heimlich Maneuver was not enough to save him.

This motivated Lih and he set out to create a device that could clear an airway. With the help of friends and doctors, LifeVac is available to the public and has been reported to have saved 959 lives.

The LifeVac serves as an airway clearing device that can be used during emergency choking situations.

Each LifeVac comes in a kit containing a suction device and two different sized masks with an addi-

tional practice mask.

The LifeVac website has simplified the process to three steps: place, push and pull.

To assemble the LifeVac, the mask must be placed in the base of the suction device and twist until it is set in place.

Place the mask on the bridge of the victim's nose and just above the chin. Use your index finger and thumb to create a c shape around the mask and place your other fingers in an e shape along the face to have a secure grip. Then, use the handle on the suction device to push down the device and sharply pull up to remove the object.

The suction device acts as a one-way valve. Because of the vents on the bottom, when you push down the

air will come out, but the air is not able to come back in. The secure seal of the mask and the power of the air creates vacuum pressure that removes the choking object.

LifeVac has been reported to save lives and is currently growing numbers of survivors.

Columbia Pharmacy donated devices to Adair County Schools to hopefully prevent further choking accidents.

Matt Jackson, pharmacist at Columbia Pharmacy, said "The schools were excited because they have some kids in wheelchairs that they couldn't really try to clear their airway like they would somebody else and the fact that you can use it on yourself, and you don't have to be trained



Matt Jackson is shown with the LifeVac devices currently available at Columbia Pharmacy. LifeVac has saved 959 lives since it's beginning.

necessarily to use it. It's really, really simple, really easy to use."

A LifeVac kit can be purchased either online at <https://lifevac.net/shop-lifevac/> or at Columbia Pharmacy with the help of an employee.

By Avary Randall
newsroom2@adairvoice.com

LCDHD provides emergency resources to school district



Sam Price, LCDHD, and Robbie Harmon, Adair County Schools Health Coordinator

The Lake Cumberland District Health Department has been working with school districts across all ten counties to provide assistance related to infectious disease and emergencies.

The department asked each district to identify areas of improvement for their schools, then LCDHD attempted to fill those gaps.

The Health Department provided multiple emergency resources across the district including CPR Manikin sets, Stop the

Bleed kits and trainers, First-Aid kits, Trauma and First Responder kits, CPR pocket masks, and AED pads and batteries.

"We appreciate the Kentucky Department for Public Health for allocating funds to increase preparedness efforts in our local school districts," said Sam Price, Public Health Preparedness Manager for LCDHD.

Price led the initiative for the health department.

"I am thankful for the opportunity to work with school superintendents and school health coordinators across the 10-county district to strengthen partnerships and provide needed resources for our outstanding educators in the Lake Cumberland District."

Public invited to discuss mental health needs of families and children at virtual meetings

The public is invited to virtual town hall meetings this month to talk about mental health challenges for Kentucky families and children, including those that result in children being placed in foster care. Anyone with input on this topic is encouraged to attend one of the regional meetings June 6, 8, 20 or 22. Registration is required. Due to confidentiality, specific cases will not be discussed.

A session for residents of Adair County is set for Thursday, June 8 at 11 a.m. CDT. Registration is required at bit.ly/June82023. Registrants will receive a confirmation email with the Zoom link before the meeting.

Citizen Foster Care Review Boards statewide are hosting the town halls.

Mental health and substance misuse are significant factors in families being referred to the foster care system for child abuse and neglect. And while mental health treatment rates are low for all young people with major depression, young people of color are much less likely to receive treatment for depression than those who are white. Among the questions for discussion at the town halls are:

- Are families and children struggling with unmet mental health needs for treatment or counseling in your community?
- What are the barriers to accessing mental health care?
- What solutions are available to remove barriers to access and treatment?
- What specific solutions could improve treatment and access for children of color?

Findings from the meetings will be reported to the state CFCRB and included in its annual recommendations to the Supreme Court of Kentucky, the governor and legislature. The meetings are among the reforms called for in House Bill 1, which was passed in 2018 to address issues with foster care and adoption processes. The legislation requires CFCRBs to offer regional meetings at least twice a year to get public input on the foster care system.

Those who are unable to attend the town hall in their region may register for a meeting in another region.

Other meetings will be:

- Tuesday, June 6 at 11 a.m. CDT. Registration required at bit.ly/June62023.
- Tuesday, June 20 at 11 a.m. CDT. Registration required at bit.ly/June202023.
- Thursday, June 22 at 11 a.m. CDT. Registration required at bit.ly/June222023.

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Ky. may research psychedelic drug for addiction treatment

The head of the commission that manages the state's opioid-settlement money said Wednesday that the panel will "explore the possibility" of committing "no less than \$42 million" to developing a treatment of opioid-use disorder with the psychedelic drug ibogaine, which is not legal in the United States.

Gov. Andy Beshear questioned the idea and said it was announced without consulting his two appointees on the Opioid Abatement Advisory Commission, which has yet to approve it. The commission operates under Attorney General Daniel Cameron, the Republican nominee against Beshear in the fall election.

Bryan Hubbard, executive director and chairman of the commission, told reporters at the event, "It is our hope that we can achieve an approval within six years" from the U.S. Food and Drug Administration for ibogaine.

"This is the first time

an effort like this has ever been undertaken by an individual state in history," Hubbard said. "So we are in uncharted territory by even discussing the possibility of executing this project."

Ibogaine is a powerful psychedelic that comes from a plant mainly found in Africa. It is anecdotally reported to stop the withdrawal symptoms of opioid dependence.

"Anecdotal evidence that is a mountain high and decades wide, suggests that ibogaine, within 48 to 72 hours of administration in safe, clinically controlled conditions, resolves opioid withdrawal syndrome," Hubbard said.

"It appears to do so by clearing and resetting the brain's opioid receptors, while also restoring the brain's organic dopamine and serotonin production to pre-opioid exposure levels. If this anecdotal evidence can be clinically validated, ibogaine would represent a transformative therapeutic for the treat-

ment of opioid-use disorder."

The commission's news release about the idea did not mention any drugs, nor did Cameron in his opening remarks to a crowd of at least 60 who came to hear the announcement on the state Capitol lawn.

Representatives from several organizations were on hand to support the initiative, including the Veteran Mental Health Leadership Coalition, Reason for Hope, Heroic Hearts Project, Veterans Exploring Treatment Solutions and the Foundation for a Healthy Kentucky.

"I am so excited to support Kentucky in this innovative ibogaine research initiative; it's second to none," said retired Marine Corps Lt. Gen. Martin Steele, who is CEO of Reason for Hope and president of the Veteran Mental Health Leadership Coalition. "The existing clinical research and the growing

See KY. MAY, page 6B

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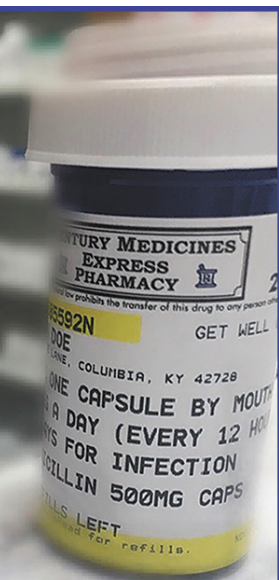
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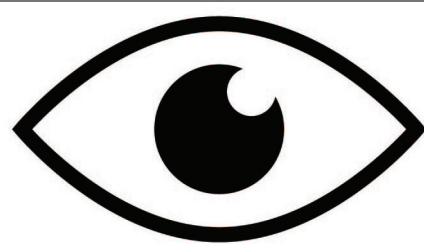
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Ky. may research psychedelic drug for addiction treatment

FROM PAGE 5B

body of personal anecdotes suggest that ibogaine when used with careful medical screening, treatment protocols, and oversight, has incredible promise for treating veterans and all others struggling with opioid addiction.”

With great emotion, several people shared their stories of addiction – and recovery after being treated with ibogaine in a country where it is legal.

One was Bobby Laughlin, CEO of New Course Enterprises, a California investment firm, who told how he was able to stay off heroin and other opiates after going through treatment with ibogaine under medical care in 2013.

Laughlin said ibogaine was key to his survival. He said the drug minimized the physiological feeling of opiate withdrawal, removed his compulsion to use opiates, and induced a spiritual experience, which reinstated compassion and love for himself – and was not a habit-forming medicine, and only needed to be used once.

Next steps

Hubbard said he envisions the project to legalize ibogaine as a public-private partnership. Asked the basis of his \$42 million estimate, he said it seemed to be a “reasonable sum” for a “breakthrough opportunity” that, if successful, would not only have a “profound” impact on Kentucky but the rest of the nation.

He said he will discuss the project with the commission at its June 12 meeting and ask it to set a

schedule for how to proceed, including one or two public hearings. Then, he said the commission will work toward taking a vote, “perhaps in the fall,” to commit the funds.

“Work would begin to develop the necessary criteria for the announcement of a grant opportunity . . . for any clinical research team that would seek to come in here to develop ibogaine therapy as well as the best practices model for its application to opioid-use disorder,” he said.

The money would come from the \$842 million the state is getting from settlements with drug manufacturers and distributors, half of which has been allocated to the state and the other half to cities and counties.

Hubbard said, “I want to emphasize that this is preliminary and we are going to explore that possibility. Given the expense – and it is a significant expense of developing any therapeutic to go through the FDA process – we want to make sure that the money we put up to be matched by clinical research teams will be an adequate sum to get us across the finish line.”

Current treatments have ‘modest’ success

There is no question that Kentucky, and the nation, need to find more effective ways to treat opioid addiction.

“Existing addiction treatment models have modest success rates,” the news release noted. “Some existing treatments are also subject to misuse. Prevailing opioid-use-disorder treatment models carry an average cost of \$139,200

per person per recovery attempt.” The release said that from 2017 to May 26, drug companies billed Kentucky Medicaid \$1.02 billion for almost 102 million doses of suboxone, “one of the most common and presently effective medications for treating opioid-use disorder.”


Cameron said that while overdose deaths dropped 5% in Kentucky in 2022, the bad news is that 2,127 Kentuckians overdosed last year and the number of overdose deaths in the state has risen 60% since 2019 – with 7,665 Kentuckians dying from overdoses in that time, and about 90% of them caused by opioids.

“We’ve got more work to do . . . and something has to change,” Cameron said. “Obviously, we need to continue to fund the work that has been ongoing in Kentucky. We also need to explore a new approach. We have to imagine new possibilities. We have to invest in programs and potential solutions for tomorrow.”

Among those attending the event was Ben Chandler, president and CEO of the Foundation for a Healthy Kentucky and a former Democratic attorney general and congressman. He applauded the effort, saying the foundation is hopeful for the health benefits this new initiative could bring to Kentucky.

“We support innovative and data-driven methods to solve health problems,” Chandler said in a news release. “This move to explore new treatments to reverse the chemical effects

See KY. MAY, page 7B



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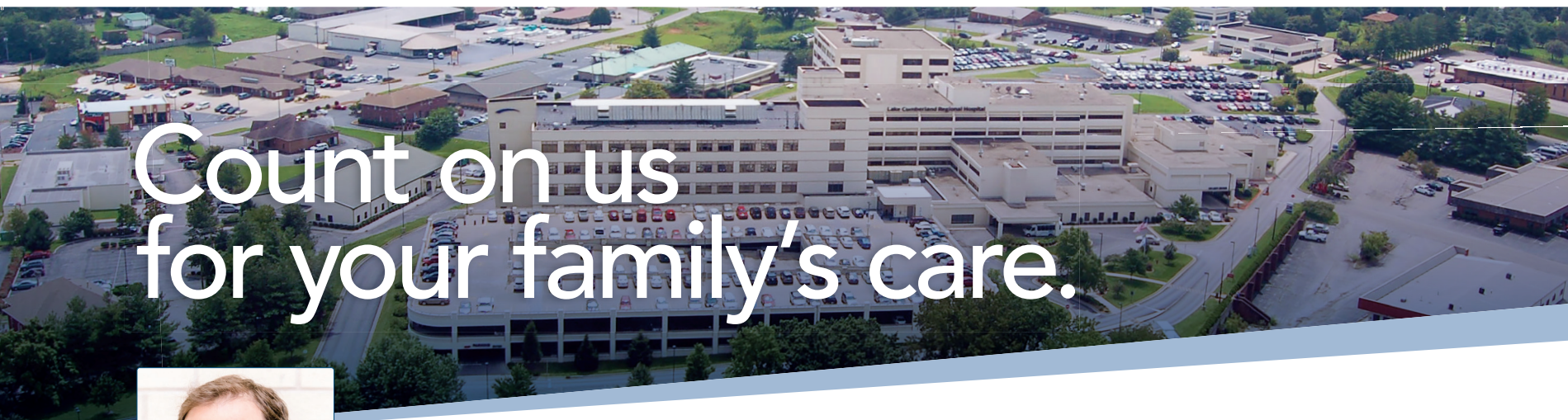
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Ky. may research psychedelic drug for addiction treatment

FROM PAGE 6B

of opioid addiction, including opioid withdrawal, could be the key to unlocking successful recovery and better long-term health for many Kentuckians.”

Hubbard responds to Beshear

Beshear, asked about the endeavor at his weekly news conference, held shortly after the announcement, said he had only learned about the commission’s “psychedelic research” idea that day.

He said members of the commission from his administration, Health Secretary Eric Friedlander and Van Ingram, executive director of the state Office of Drug Control Policy, said they had not heard about the project.

“They’re supposed to be the ones that decide what projects to fund,” Beshear said of the commission. He also noted that \$42 million is more than twice as much as the commission has appropriated in its first round of grants. “This is a huge amount of money,” he said.

Hubbard said in an interview Thursday, that the commission will allocate a total of \$30 million by the end of this year. He stressed that it was his idea to explore the use of ibogaine for opioid-use disorder and said he had not formally discussed the initiative with any of the commission members.

“I will take responsibility as chairman for the commission for having conducted individual research in my capacity as chairman for anything and everything that we could possibly discover that could potentially be a breakthrough therapeutic for treatment of opioid disorder,” he said.

“I undertook that effort because the results we are



Photo by Melissa Patrick
Hubbard announced his plan as his boss, Attorney General Daniel Cameron, sat behind him.

getting with our existing infrastructure are unacceptably mediocre.”

He added, “The entire point of the announcement yesterday was to present the concept to the commission members, as well as to the state as a whole. Every commission member was invited. . . . And we did not disclose details in advance because this was sensitive information that was developmental. And insofar as we presented it, we wanted to present it on a wide scale, simply because it’s innovative, it’s new, and we think that it should receive spotlight, celebratory attention.”

Friedlander and Ingram did not attend.

Hubbard said he would be “ultra, ultra hesitant” to have any advanced consultations with Beshear’s appointees because he thinks Beshear misrepresented the commission’s work back in January. Beshear said the commission did not have enough guidance or scoring criteria for the grant applications, despite regulations that outlined factors for consideration.

Hubbard said, “I would not be able to have any confidence in the degree to which he, in a context of

a press conference, would address it honestly and with good faith.”

Cameron spokeswoman Shellie May, who was on the call with Hubbard, emphasized that no money has been allocated or decided for the project because that is the responsibility of the commission, which includes two Beshear subordinates.

To Beshear’s comment about “a huge amount of money,” Hubbard noted that \$42 million would be 10% of the state’s portion of the settlement funds and 5% of the whole amount.

“And if we are successful, then we will have developed a therapeutic which will revolutionize how we treat opioid-use disorder – and reduce over the long term the unbelievable consumption of resources being devoted to the treatment of the acute phase of opioid-use disorder, which is the withdrawal symptoms,” he said. “Those are the straight, cold hard facts. When he gets out and he talks about how this is a tremendous amount of money or somehow depriving other potential projects and resources, he’s not even bothered to do the basic math



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