

Graves County hosted the KHSSL Lakes Regional Tournament


Graves County hosted the KHSSL Lakes Regional Tournament Saturday. It was an excellent day of speaking and acting competitions.

The Graves County team did very well, finishing 2nd in the region. The team will be heading to compete in the KHSSL Senior State Tournament at WKU on March 7th.

Results:
Broadcasting Regional Runner-up:

Cole Hall
Dramatic Interpretation Regional Runner-up: Keile Allen
Improvisational Duo Regional Runners-up: Deacon Edwards and Charlie Feezor
Program Oral Interpretation Regional Runner-up: Frankie Vowell
Prose Regional Champion: Roland Downey
Storytelling Regional Champion: Hannah Huntley

Also contributing:
Viresh Kalyankar, Kaiden Luckey, Cambria Marks, Jaidyn Brinkley, Alizabeth Norsworthy, Rylan Treas, Lorelei Williams, Gavin Kimbro, and Lucy Baldwin
Team Sweepstakes:
1st Place: Murray High School
2nd Place: Graves County High School
3rd Place: Calloway County High School





My Two Cents

by Teresa Ann Pearson
Editor, Advance Yeoman

Forsythia

It will be here soon! Early spring, and forsythia will be one of the first blooms. Their beautiful bright yellow blooms will signify that spring is here.

Did you know there are a number of other uses for forsythia?

The flowers and young leaves can be eaten and their fruit used for medicine.

One of the uses for forsythia is as a food source. Forsythia

is not particularly nutritious, but it does contain rutin, which has strong antioxidant properties, and which helps with the potency of vitamin C.

The flowers and very early leaves are edible and can add a pretty touch when sprinkled in your salad.

After the blossoms of forsythia have fallen away, the fruit will be left. It is a small,

nut-like shell. These fruits are the part of the plant that contains the seeds. Forsythia fruits are hard, dry structures that split open.

Medicinally, forsythia has been used in herbal healing. The flowers and fruit have been used as a tea internally for chills, fevers, headaches, muscle soreness, and expelling internal parasites, and externally

as a salve for burns, cuts, scrapes, infections, and rashes.

Forsythia is high in oleanolic acid, which is believed to be able to help maintain the heart muscle as well as the ability to help maintain healthy blood pressure.

Forsythia has both antimicrobial and anti-inflammatory properties.

FORSYTHIA TEA
Ingredients:
• 1 Cup of forsythia flowers or 1/2 cup fruit
• 1 cup of water (well or distilled)
Equipment:
• Pint Jar
Directions:



- Gather the flowers from the forsythia bush.
- Put the forsythia flowers in a half pint jar.
- Heat your water

and pour over the flowers.

- Steep the tea mixture for at least an hour for flowers and overnight for the fruit.

Five tips to prepare for extreme weather

While dangerous weather conditions can strike during any season, early spring months can usher in violent thunderstorms and tornadoes and are considered peak severe weather season by the National Weather Service.

To ensure residents across Kentucky are mindful and prepared for weather threats, March 1-7 is designated Severe Weather Awareness Week in Kentucky. As part of the week's observance, Louisville Gas and Electric Company and Kentucky Utilities Company are offering tips to help residents and customers plan to keep their families safe.

"The safety of our customers, employees and the general public are our top priority," said LG&E and KU Vice President of Electric Distribution Peter Waldrab. "Just as we prepare our system for extreme conditions, we want to make sure customers know simple steps they can take to help manage

through challenges Mother Nature may bring."

LG&E and KU offer the following tips:

1. Make a plan: Visit www.ready.gov to know your risk, take action and learn more. You'll find details on items to include as you build an emergency supply kit and important details to discuss with those in your household.
2. Be informed: Download the LG&E and KU mobile app. During outage situations, customers can use the utilities' mobile app, available from the Apple and Google, stores to access and keep track of near real-time outage information, report their outage and more. Customers can also access the outage map from the LG&E and KU website.
3. Get connected: During power outages, general restoration information and safety tips are provided on LG&E and KU's website, Facebook page, Twitter feed and Instagram page. There's also an informative video series about

common outage questions on the utilities' YouTube page.

4. Stay safe: Always assume any downed wire is an energized power line. Stay away and report it immediately. LG&E customers should call 502-589-1444. KU customers should call 800-981-0600.
5. Practice: Don't just get ready, stay ready. Be vigilant when severe weather approaches, no matter the season. Practice your plan throughout the year and replenish items as needed.

Preparedness is a priority for LG&E and KU

Just as for customers, preparedness for LG&E and KU is

year 'round. Ongoing maintenance across the system and infrastructure investments ensure the safety of the utilities' system and the reliability of the energy service their more than 1.3 million customers across Kentucky depend on. In fact, ongoing efforts have reduced the frequency and duration of power outages 35% and 32%, respectively since 2011, excluding major events.

LG&E and KU's system is built to withstand extreme conditions and the utilities are prepared to respond quickly and safely to severe weather impacts. Before severe weather strikes, LG&E and KU prepare by monitoring weather conditions, placing field crews and business partners on alert and readying operating equipment and material.

LG&E and KU participate in mutual assistance

partnerships with a collection of utilities who support one another during severe weather and natural disasters by providing access to invaluable resources and hundreds of crews from multiple states.

Visit lge-ku.com/safety for more information on LG&E and KU's safety and preparedness efforts.

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2015 Chevrolet Traverse, Blue with black interior
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PUBLIC NOTICE
2010 Lexus 250, Red, with tan interior
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222,404 miles

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Valentine's SPECIAL

Feb. 14TH

Prime Rib, T-Bone steak and 14oz Ribeye

Bluegrass RESTAURANT
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270-665-5391
Celebrating & Serving the Community Since 1947



Public Notice

Ford F-150 2013 Vin#1FTFW1EF1DKF51155; owner/lien holder David Chester/SWBC. Child's Automotive 3740 Husbands Rd; Paducah, Ky 42003; 270-210-1312. The affiant's intention to obtain title to the vehicle unless the owner or a lienholder objects in writing within fourteen (14) days after the last publication of the legal notice. Ad will run in the West Ky News on February 7,14 and 21st.