

MAKE A NOTE

WEATHER FORECAST FOR MCLEAN COUNTY

THE NATIONAL WEATHER SERVICE 5-DAY FORECAST



Today
Mostly sunny
High 18 | Low 4



Friday
Sunny
High 28 | Low 12



Saturday
Partly sunny
High 35 | Low 20



Sunday
Mostly sunny
High 44 | Low 32



Monday
Partly sunny
High 56 | Low 39

Mostly sunny, with a high near 18. Wind chill values as low as -7. Northwest wind 8 to 13 mph, with gusts as high as 18 mph.

LAKE LEVELS AS OF FEB. 18

LAKE BARKLEY (ENTUCKY LAKE UPPER) Normal: 354.0 ft. Present: 358.4 ft. Change: +4.4 ft. Temp: N/A*	LAKE BARKLEY (LOWER) Normal: 302.0 ft. Present: 343.3 ft. Change: +41.3 ft. Temp: N/A
KENTUCKY LAKE (LOWER) Normal: 302.0 ft. Present: 331.8 ft. Change: +29.8 ft. Temp: N/A*	RIVER STAGES AS OF FEB. 18
LAKE BARKLEY (UPPER) Normal: 354.0 ft. Present: 358.4 ft. Change: +4.4 ft.	GREEN RIVER AT CALHOUN Flood Stage: 23 ft. Present: 29.85 ft. Change: +6.85 ft.
	GREEN RIVER AT PARADISE Flood Stage: 380 ft. Present: 394.89 ft. Change: +14.89 ft.

MCLEAN COUNTY NEWS
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SUBSCRIPTIONS
(Prices include tax)

McLean County **\$30**
Kentucky counties **\$35.80**
In the U.S. **\$39.10**
Single copy **\$1**

DEADLINES
For news, classified placement, people
TUESDAY, NOON

For display ads,
MONDAY, NOON

Required to be prepaid: Yard Sales, Not responsible, Political Ads, Services, Classified/Announcements

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ISLAND NEWS

Tim and I were sorry to hear of Phil Kirtley's passing last week. Our thoughts and prayers go out to Mr. Kirtley's family and friends.

Island churches did not have in-person services on Sunday due to the weather, but Island Baptist and Island UMC had services available to watch on Facebook. As I write this on Sunday, we've had all kinds of weather this weekend — rain, thunder, snow, ice and flooding. I know that the flooding will get worse before it gets better. We always try to ensure that warnings, road closures and everything else of importance is posted on the Friends of Island, Kentucky Facebook page to get the word out quickly. With another winter storm watch called for this Tuesday and Wednesday, I hope everyone stays safe this week.

The Calhoun Baptist Church Students' Valentine's Dinner was held last Friday night. As with the Knobbs' Youth Valentine's Dinner the week before, the students served us our drinks, meal and dessert, and cleared the tables. Tim and I sat with Jerry and Vicki Hughes.

We enjoyed a salad, lasagna and garlic bread, Valentine's cupcakes, and a lot of conversation! We attended this event last year, and if they have it again next year, please consider going. You'll have a great meal — in the county — and also will be helping out the students as this fundraiser helps to pay their way to go to camp this summer. There were couples and there were singles there, so don't think you have to be a couple to attend. And child care was even provided! It was a lovely evening, and the church and students did a great job!

Celebrating birthdays this week are Rachel Curry, Karen Kitchens, Jean Fagala, Tony Vandiver, Ronnie Joe Strong, Adam Wright, Natalie Dame and David Wright. And celebrating an anniversary are Gerald and Tina Chambers and Joe and Sarah Everly

Mercer. The Mercers are celebrating their 20th anniversary on Feb. 26. Congratulations! I wish you all a very special day!



VICKI VENTURA

A Facebook post came out over the weekend telling us all about a new Island Mini Mart going in soon. A gentleman from Owensboro went to Island Cycle Workz to let them know about plans for the new business, which will go in place of the old McLean County Fuels location on Hwy 431, catty-corner from Island Cycle Workz. Construction is supposed to start in the spring, with a 3,500 square-foot building and gas pumps going in. I know that many residents, myself included, are looking forward to that corner getting cleaned up and something new going in. As with any Island business, once it opens, we must remember to shop there regularly in order to keep it open.

Reminiscing 38 years ago (A letter to the editor, printed March 5, 1987.) — "I returned to Island, KY some time ago to attend the funeral of my brother, Ernest Miller. I had not been there for quite some time, and have no ties there any more. The funeral was held in the Baptist Church there. I was impressed with the beautiful church; it was lovely inside and out. The music and the choir were lovely; the minister's consoling words were also a comfort to me.

"As I sat there I began to go back when I was a young, giggly little girl, I went to the Old Church with my father, Toll Miller. I missed all the old familiar faces who sat in the 'Amen Corner': Mr. Hugh Nall, Mr. Sam Everly, and Mr. Sam Ferguson and their lovely wives, and many more faithful ones. The community life back then was centered on the church; God was not forgotten and I am quite sure it is the same today. I hope the Lord has blessed you for remembering my family. I have been happy all my life with a good husband, named David

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MAKE A NOTE

FARM BUREAU SCHOLARSHIP PROGRAM OPENS

The Kentucky Farm Bureau (KFB) post-secondary scholarship program is now accepting applications from high school seniors across the commonwealth until Feb. 28.

The program, which awards over 50 scholarships, is open to nontraditional students as well.

In 2024, KFB awarded \$790,950 to 575 Kentucky students. The program is made possible through a partnership of the KFB Education Foundation and county Farm Bureaus.

"Kentucky Farm Bureau is deeply committed to supporting Kentucky's next generation of leaders," said Eddie Melton, KFB resident. "These scholarships offer many students an opportunity to further their academic studies that they may not otherwise get. Throughout our history, we have made education a top priority. We're incredibly proud of how this program's impact has grown over the years, one student at a time."

For a complete list of available scholarships or to apply, visit kyfb.com/scholarships.

RIVERVALLEY BEHAVIORAL HEALTH INTRODUCES FIFTH ANNUAL YOUTH ART CONTEST

RiverValley Behavioral Health is hosting the fifth annual Youth Mental Health Art Contest, which invites

young people to express their creativity and raise awareness about mental health. Since its inception in 2021, the contest has received over 1,500 entries, awarded \$15,000 in scholarships and made a significant impact on mental health awareness in local schools and youth organizations.

The contest invites students to submit visual art pieces that promote mental health awareness through positivity, compassion and care, with winners receiving \$500 scholarships and a matching donation to their school or organization. The organization with the most entries will be named Mental Health Partner of the Year and awarded \$1,000.

"The art contest is truly one of our favorite annual events as we are able to recognize and showcase the talent of so many young artists in our 7-county region. Each year we are amazed at the creativity, thoughtfulness, and compassion expressed by the students," said Brooke Arnold, director of the RVBH regional prevention center. "I always feel so grateful knowing that the school districts and other youth-serving organizations in our community encourage their students, attendees, and scholars to submit their artwork to promote positive mental health and wellness."

The contest will be open through April 16, 2025. More information about the contest can be found by visiting www.rvbh.com/artcontest.

Livermore Women's Club holds February meeting

BY DIANNA HOOVER

The Livermore Women's Club met on Feb. 11, 2025, at St. Charles Catholic Church Parish Hall with nine members present and one guest. The meeting was called to order by president Dianna Hoover. Connie Baldwin gave the devotion and Dianna Hoover led the Pledge of Allegiance.

Cathy Burden introduced our guest speaker, Kathy Welch, a massage therapist and home organizer. She gave a very interesting talk on the wellness of mind, body and spirit.

President Dianna Hoover distributed the new Women's Club pamphlet which included a schedule of our meetings and reminded everyone our March meeting will be at 2 p.m.

President Hoover reported the annual reports had been submitted to KFWC Headquarters with the club statistics as follows: the number of programs/projects was 40, volunteer

hours were 547, dollars donated to various projects was \$4,063 and in-kind donations were \$995.

President Hoover announced the GFWC Kentucky Convention will be in Lexington on March 27-29 and the GFWC Convention will be in Atlanta on June 6-9. If anyone is interested in attending, they should let her know and she will send them the information.

The GFWC International Day of Service will be Sept. 27 and will focus on domestic and sexual violence. She asked for members to be thinking of a possible project for the club and we will discuss it at a later meeting.

Since this year's GFWC Kentucky President's special project is Mental Health, president Hoover shared the following statistics with the club members:

1. One in five adults experience mental illness
2. One in six youths

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MEETINGS

MONDAY, FEB. 24 — FRIDAY, FEB. 28
6 p.m. on Thursday, Feb. 27, Sacramento Lions Club meeting at the Lions Club Building

BLOOD WATCH
A- 0+
Western Kentucky Regional Blood Center
3015 Old Hartford Rd.
(270) 684-9296

GRADD SENIOR NUTRITION MENU

For seniors who are able and have transportation, a lunchtime meal will be provided at any of the four congregate meal sites in McLean County.

Meal service locations and times are as follows, 11:15 a.m. on Monday, Wednesday and Thursday at the McLean County Senior Citizens Center, 875 Walnut St. in Calhoun, 11:15 a.m. on Monday and Thursday at Island City Hall, 280 Adams Ave. in Island, 11:15 a.m. on Wednesday and Friday at Livermore City Hall, 105 West Third St. in Livermore and 11:15 a.m. on Tuesday and Thursday at the Sacramento Fire Department, 75 Main St. in Sacramento.

If transportation is needed to one of those facilities, seniors should contact McLean County Senior Services.

Homebound seniors can contact the GRADD Aging & Disability Resource Center at 1-800-928-9094 to determine eligibility for home-delivered meals.

Any questions should be

directed to McLean County Senior Services.

There is no charge for the meal, but donations are accepted, and the suggested donation per meal is \$1.50.

Whole wheat products should be two slices or 2 oz. unless otherwise noted. A 1% milk should be served at each meal.

MONDAY

Pork chop with gravy, macaroni and tomatoes, mashed potatoes, applesauce, graham crackers, dinner roll, margarine

TUESDAY

Cheeseburger, shredded lettuce, pickle, cabbage, tater tots, fresh apple, mustard, hamburger bun

WEDNESDAY

Chicken cordon bleu, sweet potatoes, green beans, banana, graham crackers, dinner roll, margarine

THURSDAY

Pork with kraut, mashed potatoes, green peas,

brownie, dinner roll

FRIDAY

Breaded fish, scalloped potatoes, broccoli and cauliflower, peaches, dinner roll, tartar sauce

DIETARY TIP

Choose fat-free or low-fat milk or yogurt more often than cheese. They have more potassium and less sodium than cheese and are also fortified with vitamin D.

EXERCISE TIP

Take a 10-minute brisk walk every day. Climb stairs, garden, clean the house or buddy up with a friend and go to the park for a walk.

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