

CROWN

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School. On Saturday night, she was hoping to secure a crown and a place at the state competition. Ms. Connelly explained how girls and women in pageants create a platform that they act upon.

Platforms are made to give back to the communities the competitors hail from. For Kearsten, her community was elementary school students, who benefit from her program that educates young children on where their food truly comes from.

“Each month, I send the book of the month along with discussion questions.” She wants kids to realize that “food doesn’t just come from the grocery store.” Kearsten went on to win the Ms. division of the Whitley County Fair Pageant.

Khloe King has been participating in beauty pageants since she was 2-years-old. Now 13, she attends Meece Middle School in Somerset. She elaborated on the interview process, saying they asked such questions as “If you could go anywhere in the world, where would you go?” Her response was Disneyland, as she wished to compare the rides and experience to that of Disney World. In the future, Khloe plans to attend the University of Alabama. She hopes to secure a cheer scholarship and study to become a marine biologist. Khloe King won the Teen division of the pageant.

Lesla Reno, competing in the Mrs. division, has her roots in Corbin. This was her first year in pageantry, as she only began in February. As a licensed practical nurse, Mrs. Reno specializes in memory care from such occurrences as strokes. Working with patients, she has learned to stay positive. She also noted how “pageants bring positive energy to me. They remind you of who you are and the beauty inside.”

All the girls and women who competed in the Whitley County Fair Pageant had diverse backgrounds, interests, and aspirations. From teaching to aiding patients to dreaming of studying the ocean and its creatures, contestants stressed how pageants gave them confidence to pursue new passions and exercise their voice.

Traveling Texas: Recycled Books, Records, & CDs

BY GUY CHAPMAN
CNHI News

Wherever I travel, one of the places I always seek out is a good bookstore.

I still have a lot of fond memories of Waldenbooks when it resided in College Park Mall, and “my” Barnes and Noble still sits just across the road from NorthPark Mall in Dallas.

But I like used bookstores. That’s where you find “the good stuff.” A few years ago, when the pandemic was still active, and I used the time to explore more of North Texas, I discovered Recycled Books, Records, & CDs, located at 200 N. Locust St. in downtown Denton.

Established in 1983, and said to be the largest independent used bookstore in Texas, the store started in a tiny shop off University Drive before moving to its Wright Opera House location in 1990. The building itself was built by William Crow Wright from the bricks from the demolished Denton Courthouse after lightning struck the property in September 1894. The Opera House initially served as an entertainment and community venue until it

ceased full-time operation in 1913.

If you’ve never been to Recycled Books, it’s a three-story labyrinth of half a million books, records, CDs, movies, video games, collectibles and just about everything else you could think of. During my days as a student at the University of North Texas, the store somehow stayed off my radar. These days, it’s an “always” destination in Denton.

Upstairs, downstairs, in back corners and off the path passageways, the bookseller houses books on just about every subject. Part of the fun is exploring the numerous aisles and corridors, and finding a new and undiscovered section. There is no wasted space in Recycled Books.

In my earliest of visiting days, guests were visited by a little black senior dog named Rosie, who rested in the store on a pillow and served as the store’s unofficial greeter. While she passed in 2021, she left an impression.

The bookstore houses an indie and college vibe to it. I’ve found everything from record albums imported from Japan, rare childhood books, films in

formats that lasted all of 10 minutes on the consumer fronts, books written by Groucho Marx, and ... if there’s a subject to be found, it’s a given the store has at least something on the matter. That’s part of the joy of a long-lived bookstore: It’s had the time to build an archive over decades of reader tastes and interests.

There’s even a “rare books” section, with titles locked in glass cases that require an employee request to view. And yes, for book fans, there’s plenty of “old novel smell” to go around in browsing those decades old tomes.

Recycled Books even has online shopping with a variety of digital storefronts so you can “visit” from home.

For those who need a day trip, Recycled Books, Records, & CDs is a fast and worthwhile hour-plus drive. Being directly in the heart of downtown Denton makes the visit an expanded all-day outing.

Texas always goes big. Sometimes, that’s also reflected in the local bookstores.

On the Net
Website: recycledbooks.com

Heavy smoking linked to unexplained stroke in young adults

BY LIBERTY GILBERT AND MELISSA PATRICK
Kentucky Health News

A recent study finds that people under the age of 50 who smoke heavily have a higher risk of experiencing an unexplained stroke.

The study, published in Neurology, found that this was particularly true in men and people in the 45-49-year-old age group.

“Our findings suggest that continued public health efforts around preventing smoking, especially heavy smoking, may be an important way to help reduce the number of strokes happening to young people,” lead author Phillip Ferdinand, a researcher at Keele University in the United Kingdom and a member of the American Academy of Neurology, said in a news release.

The study looked at 546 people between the ages of 18 and 49 who had had an unexplained stroke. This group was then matched for age and gender with 546 people who did not have a stroke.

A stroke occurs “when a blood vessel carrying oxygen and nutrients to the brain is blocked by a clot (ischemic stroke) or bursts (hemorrhagic stroke). When an artery is blocked, the brain can’t get the blood and oxygen it needs. Brain cells can die from the lack of



blood and oxygen,” according to UK HealthCare.

Unexplained strokes are called cryptogenic strokes, which are a type of ischemic stroke caused by a blockage of blood flow, but it is unclear what has caused the blockage, says the release.

The researchers found that people who had an unexplained stroke were more likely to smoke. Of those with unexplained stroke, 33% smoked compared to 15% of those who didn’t have a stroke, according to the release.

After adjusting for factors that could affect the risk of stroke, the researchers found that people who smoked had more than twice the risk of having an unexplained stroke when compared to those who did not smoke. They also found the risk was highest in male participants who had more than three times the risk, and also in people ages 45 to 49 who had nearly four times the risk.

The researchers also looked at how

many cigarettes, pipes or cigars a person smoked a day and found that people who smoked the equivalent of more than 20 packs a year had more than four times the risk of unexplained stroke compared to those who did not smoke.

“This risk was especially high in male participants with nearly seven times the risk, and in people ages 45 to 49 who had nearly five times the risk,” according to the release.

The release notes that a limitation of the study is that it primarily looked at people of white European backgrounds, so the results may not be the same for other populations. However, Healthline reports that the results echo similar findings linking stroke risk with smoking.

STROKE IN KENTUCKY

Stroke is the fifth leading cause of death in Kentucky, according to the Kentucky Stroke Encounter Quality Improvement Project’s 2024 annual report.

The counties with the highest number of patient records in the 2023 SEQIP registry are Letcher, Johnson, Floyd, Pulaski and Harlan counties.

According to the 2021 Kentucky Behavioral Risk Factor Survey, about 4.9% of Kentucky adults have been

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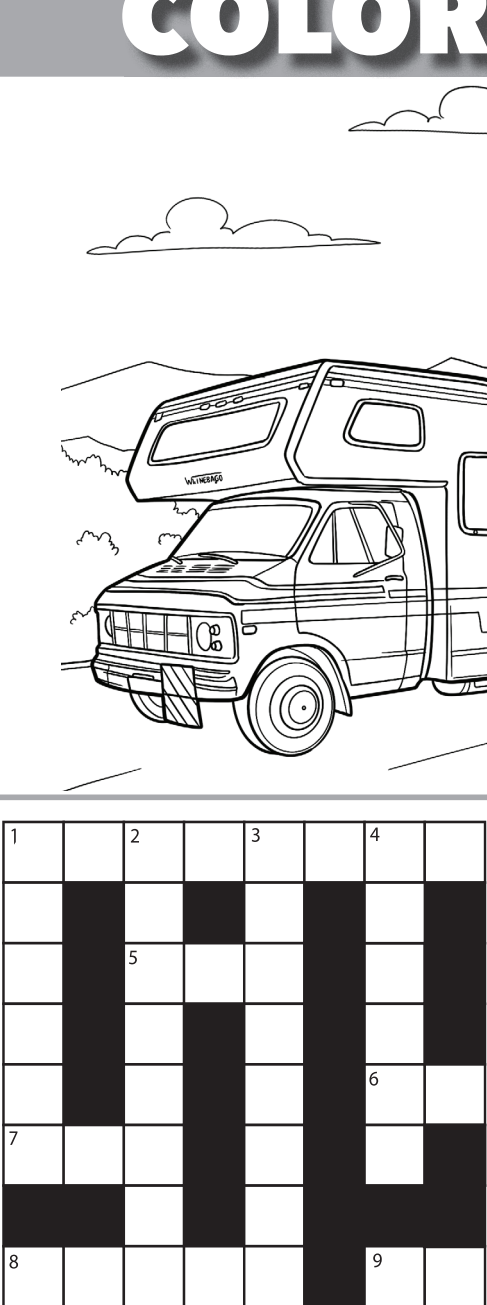
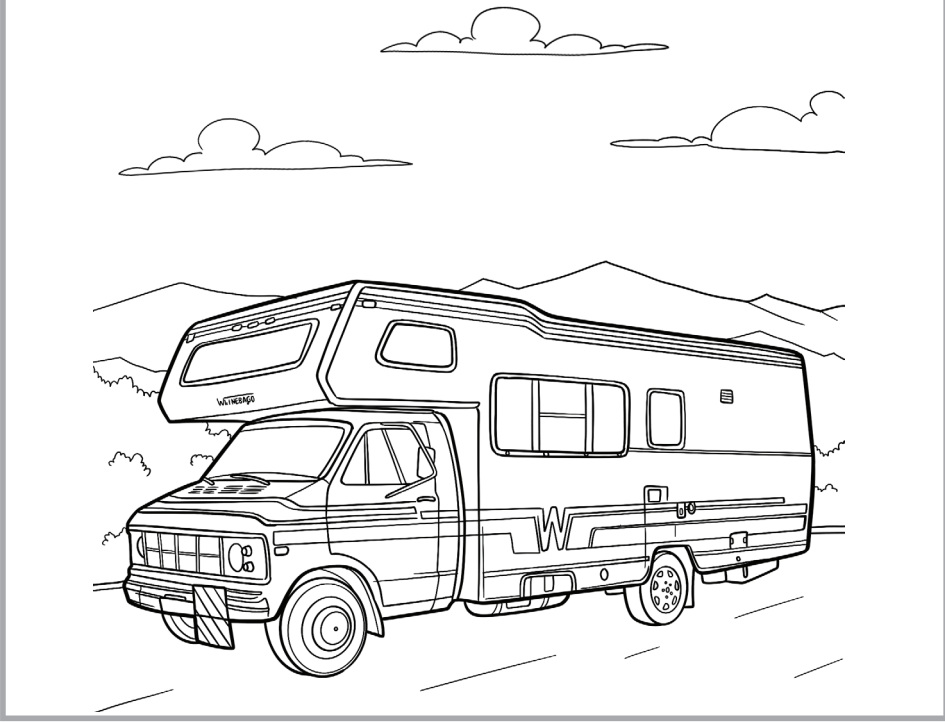
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COLOR ME!



ACROSS

- 1. Figure out the route
- 5. Area of land
- 6. “City of Angels” (abbr.)
- 7. Breakfast food
- 8. Green areas used for recreation
- 9. Opposite of “yes”

DOWN

- 1. Plants, animals and the landscape
- 2. Person who lives in a village
- 3. Vacations, trips
- 4. Pathways to hike

WORD SEARCH

N L I K I F W H F F R E S U F F I D M N
V D S G I K N G K L P N A D M W U Z U Z
W G R O H E A T P U M P W E L S W W U A
U U K C N W U F R O T A R O P A V E V W
G P K M T S L C T I Y Z T U G R N I I O
G W R T C E D Y T R C I T D A H Y E V N
I K A E H C M L I I Z K D L S D M E F U
M V R P S T K P I T A T S O M R E H T G
D E N O N N C D E O Z C V S E T L U H S
K Y T Y W V E L S R C U P C U U P D U Z
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Z I S I Y N C E N R T T H V A C T C I S
S Y O V C S E U E O H A U S L A W R D P
E V M F E A E I D P C G W R S R O V I H
N F R E R N P E C V E O A N E E L N T O
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Z Z L W C W D S C M F D O P M M R F Y M
R E T L I F V I V O E W E D L D A H Z O
R O P A V F A H C R E F R I G E R A N T

- AIRFLOW
- CAPACITY
- COIL
- CONDENSATE
- CONDENSER
- COOL
- DAMPER
- DIFFUSER
- DUCTWORK
- EFFICIENCY
- EVAPORATOR
- FAN
- FILTER
- HANDLER
- HEAT PUMP
- HUMIDITY
- HVAC
- REFRIGERANT
- SYSTEM
- TEMPERATURE
- THERMOSTAT
- VAPOR
- VENTS
- ZONES



English: Nature
Spanish: Naturaleza
Italian: Natura
French: Nature
German: Natur

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