

Ham

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According to Bailey, the curing and aging process is complete in August, just in time to be presented at the State Fair. At the fair, the students’ hams are judged based on their appearance, aroma, texture and quality. Bailey noted that the judging showcases both the skill of the student and the success of the preservation process.

“This project would not be possible without the generous sponsorship of People’s Bank of Kentucky. Their support has provided essential resources and materials, allowing the youth to fully engage in the project from start to finish. The organizers and participants extend their sincere gratitude to People’s Bank of Kentucky for investing in youth education, agricultural heritage, and community growth,” expressed Bailey. “The Country Ham Project not only preserves a Kentucky tradition but also helps prepare young people for the future by teaching dedication, attention to detail, and respect for hard work. Thanks to strong community partnerships and committed youth, this project continues to be a source of learning and pride for all involved.”

Safety

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on operator impairment, vehicular equipment deficiencies (confirming appropriate registration and insurance of vehicles) and the valid licensing of drivers. Other violations of law and/or other public safety issues that arise will be addressed.”

According to the official website of KSP locations of checkpoints will include the following:

In Fleming County checkpoint locations will include: “KY 1103, two miles south Muses Mills, KY 32 at Plummers Landing, KY 165 at Ewing, KY 57 at Mt. Carmel, KY 367 at Nepton, Junction KY 11 and KY 1336 at Tilton, Junction KY 111 and 211 at Grange City, KY 111 at Bath/Fleming Co. line, KY 11 near A and L Straight, KY 111 at Hillsboro, US 68 at Fairview, KY 559 at Wallingford Road, KY 32 at Cowan, KY 559 – Wayside Market, KY11 business in front of Old Southern States building, KY 3301 and Carpenter Road, KY 11 near the country club, KY 32 by-pass at the Fleming Creek Bridge, KY 32 near the 8.4 mile marker, Helena Road and Kelly Pike, KY111 and KY1515, MT Tabor Rd and Wright Rd at the church.”

Lewis County checkpoint locations will include: “Y 8 in Firebrick, KY 8, two miles of west Garrison, Junction KY 59 and KY 344, Junction KY 377 and KY 344, Junction KY 8 and KY 3037 in city limits of Vanceburg, Junction KY 59 and Shelton Drive in Vanceburg, KY 3311 Montgomery Road at Wright’s Chapel, Junction KY 10 and KY 57 in Tollesbor, KY 59 approximately three miles south Camp Dix, KY 59 at Emerson at Post Office (Rt. 1662) Grassy, Junction KY 59 and Kinney Road at Camp Dix, KY 984 Little Cabin Creek approximately one and a half miles KY 57 Junction KY 8 and KY 57 at Conco Road, Junction KY 1306 and Skidmore Road, Junction KY 784 and KY 3311 KY 984 (Junction. Of Little Cabin & Cabin Creek Road at concrete bridge), Junction KY 1068 (Laurel Road) and KY 59 Junction KY 8, KY 1306 and Garrison Lane, KY 1237 and KY 989 in Burtonville, KY 3020 and KY 8 in Black Oak.”

Mason County checkpoint locations will include: “KY 10, approximately three miles east of Maysville, Junction of US 62 and US 68 and KY 3071, Maysville-Aberdeen Bridge in Maysville, KY 324 in Sardis, Junction KY 11 and Junction KY 9 at Maysville, KY 8 and KY 1235 at Dover, Old KY 10 at Germantown, Mason/Bracken Co. KY 10 in Plumville, KY 8 and KY 3161 approximately 1.1 mile east of Plumville, Junction Latham Pike and Old Sardis Pike (4 way stop), KY 1449 at Orangeburg, U.S. 68/62 at the entrance and exit ramps to KY, 8 at the William Harsha Bridge, US 68 and KY 9, KY 9 at the Junction of Clyde T. Barbour Pkwy (new bridge access road), bridge access and KY 3056, KY 324 and KY 170, KY 324 and Stockyards Road, Raymond Road and Main St in May’s Lick, KY 11 and KY 324.”

Jason Derulo to perform live at ECU on April 10

Submitted by Eastern Kentucky University

RICHMOND, Ky. (Jan. 30, 2026) — Global pop superstar Jason Derulo is bringing his chart-topping hits to Eastern Kentucky University (EKU) for a live concert on Friday, April 10, 2026. The event will take place in EKU’s Baptist Health Arena at Alumni Coliseum and promises an unforgettable night of music, dance and entertainment for students and the community.

“Enhancing the student experience is at the heart of everything we do,” said EKU President David McFaddin. “With the upgrades to Baptist Health Arena at Alumni Coliseum,

we’re able to bring high-profile entertainment like this directly to campus for our students and the community.”

Derulo is one of the most successful recording artists of his generation with dozens of multi-platinum and platinum certifications. His hits include fan favorites “Whatcha Say,” “Ridin’ Solo” and “Trumpets,” and he has generated tens of billions of streams worldwide, earning him a dedicated global following.

The April 10 concert at EKU will feature a full-scale live production showcasing Derulo’s biggest hits, delivering an electrifying experience.

For updates and ticket information, visit EkuCenter.com.

Quinn Minute: Valentine’s Day

Rix Quinn

Millions celebrate February 14 by giving flowers, candy, and cards to express romantic love. And some buy presents for their spouses, too.

Yes, Valentine’s Day offers ladies the opportunity to declare affectionate thoughts with a lovely card. Many men, however, know they should spend a lot of money, or else they might experience discomfort.

In ancient times, prehistoric man gave his girlfriend a practical gift – like a goat – to show admiration. His girlfriend and her family could feed from it. This was called “milking a compliment.”

It’s speculated that Valentine’s

Day originated 2500 years ago as Lupercalia, a festival to honor the god Lupercus with a lottery. Young ladies put their names in a giant container, and young men randomly drew a partner.

At the end of a year – if the man wasn’t either married or dead – he could draw for a different partner. About this same time, the card-giving tradition started too. Postage was really cheap back then, because air mail was delivered by pigeon.

Today, just about everybody celebrates Valentine’s Day. Elementary school children exchange cards with classmates.

Middle schoolers write anonymous notes to their secret crushes.

Older teens might bestow presents, kisses, or mononucleosis.

If you’re a guy, here are three hints:

1. Buy your girlfriend a corsage.
2. Pick out a real mushy card for her. Look for romantic messages full of words like “sweet,” “love,” or “honey.” Avoid rhymes that contain the words “contagious” or “burp.”
3. Finally, take her to a nice restaurant for dinner. But go indoors, don’t use the drive-through.

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Ramblin’: This was a DS day

Andrew Vogel

There are times when a person does dumb things. I’ve had my share.

There are other times when that person does dumb-a\*\* (DA) things. I identify with that as well.

Then there is the ultimate when that person does what can only be described as DS things.

Tonight was one of those days for me.

I love pasta. Especially Angel Hair pasta. Consequently, I always have several boxes of it in the cupboard.

I eat it almost plain with just garlic butter and salt and sometimes with fresh basil if I have any. This evening, I didn’t have any basil.

Not to worry – I had butter garlic and salt.

Driving home from work I said to myself, “Hey ‘myself’ this would be a good night for Angel Hair.”

I poured myself a glass of wine – all great chefs drink wine when they create masterpieces. I see them do it on TV all the time.

I have never been accused of being great, or even adequate, in the realm of culinary excellence but I filled the glass anyhow.

I filled the pot, too — with water. Pinched in some salt and drizzled in olive oil. Not Popeye’s girlfriend but the stuff from Italy or Greece or the Middle East – places where those little green fruits grow on gnarly old trees.

I prefer Angel Hair because it cooks in three minutes or less.

As the pot was starting to boil, well, actual the pot

didn’t do anything but sit still on the burner, but the water in it began to boil.

I went to the cupboard for the Angel Hair.

It was on the third shelf. I had to reach up to get the box.

Albert Einstein developed a little-known theory prior to that relativity thing – E=mc2DIADS. That theory proclaims, “when a container containing a substance is tipped over, the substance will spill out.”

Ok, not one of the famous theoretical physicist’s most cogent findings. But over the past century it has proven to be accurate, replicated time and time again, mostly by males trying to cook.

Back to my kitchen and the box of Angel Hair over my head in the cupboard.

I reached for the box, not realizing the last time I had stuffed it in the cupboard, I had inserted it with the open end out so that the next time I craved Angel Hair I could tell which box had already been opened.

I brought the box down at approximately a 39-degree angle and heard a swishing sound right before a half-box of Angel Hair pasta hit me in the chest and scattered all over the counter.

It looked like little skinny Pick-Up Sticks.

As I was picking up the pasta Pick-Up Sticks, I was laughing out loud. I was also saying to myself, “You DS. You DS. You are really a DS!”

Suddenly, I heard a sound coming from somewhere in the ether – laughing - laughing in a German accent.

“Get off my back, Al,” I yelled, “I was just testing your theory.”

He laughed even louder.

Looking back to Feb. 2, 2019

Written by Christy Hoots

The following information was entered into the Feb. 2, 2019, edition of The Ledger Independent:

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MRMC goes red for heart awareness

Many of the employees of Meadowview Regional Medical Center were decked out in red Friday as a way to show support for National Wear Red Day.

The day is a part of Go Red for women which happens during the month of February, which is Women’s Health Month.

MRMC Registered Nurse Jessica Banta said the hospital participates to educate the community on women’s heart health.

“Feb. 1 is national Wear Red Day,” she said. “It’s the American Heart Association’s theme for awareness of women’s heart healthy lifestyle. We ask the employees to wear red to raise awareness for healthy hearts in our community.”

According to Banta, during the month, the hospital also participates in several other activities.

On Friday, Dr. Eric Lohman allowed walk-ins to receive screenings that included blood pressure checks and EKGs.

“It was for anyone who wanted to walk in from the community,” she said. “On Fridays, our dietary area will focus on healthy foods and healthy food choices. We have also started a program called Couch to 5K which is a

training program for all employees who want to participate in The Two-Bridge 5K coming up.”

Banta said wearing red, to her, is about living a healthier lifestyle.

“It makes me aware of living a heart healthy lifestyle,” she said. “I know that I need to do cardiovascular exercises 30 minutes a day for five days a week, choose healthy foods and decreasing my sugar intake. It also gives me the opportunity to educate our community about these subjects. One area I do that in is cardiac rehab located here at the hospital. That program is rehabilitating patients from receiving heart stints or having a heart attack, learning how to eat better, take their medications properly and making better lifestyle choices.”

MRMC is also a Chest Pain Accredited hospital, according to Banta.

“We have been accredited for four years now,” she said. “It means we work very closely with our local EMS in educating the community about calling 911 when they have chest pain. It has improved our process of

patients who are having a heart attack receiving immediate care as soon as they arrive at the hospital.”

The program also focuses on discharge planning and educating patients on medications, diet, activities and encouraging the patients to participate in cardiac rehab.

Banta said there is a program called Early Heart Attack Care, which helps to recognize the early warning signs of a heart attack and seeking medical attention immediately.

“It’s also includes educating people on EHAC,” she said.

MRMC Executive Administrative Assistant Stacey Harmon said she wears red because it brings awareness to a healthy heart.

“It’s Heart Awareness Month,” she said. “I’m participating because we’re in the medical field, but we’re not the only ones wearing red. If you look around the community, you can see it. Everyone knows what today is and there are a lot of people wearing the color.”

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