

Living worlds apart right next to each other

Dear Annie: My husband and I have been married for 22 years, and lately I feel more like his roommate than his wife. We are kind to each other, we pay the bills, we talk about groceries, the kids, aging parents and the dog, but the warmth has slowly disappeared.

There was no big betrayal, no dramatic fight and no one slammed a door. That is almost what makes it harder. We just drifted apart, one ordinary day at a time. He watches TV in one room, I scroll on my phone in another, and some nights we barely say more than goodnight.

Last weekend, we went out to dinner for the first time in months. I had hoped it would feel like a date, but we spent most of the meal talking about the roof repair and our son's car insurance. When there was a quiet moment, we both reached for our phones. I looked across the table and thought, "How did we become two polite strangers sharing an appetizer?"

I miss laughing with him. I miss being touched without it feeling scheduled. I miss feeling chosen, not just included in the family calendar. I do not want to blow up my family or hurt anyone, but I also do not want to spend the rest of my life politely lonely next to the person I married.

How do you know whether a marriage is going through a season or quietly becoming a life sentence? — Lonely in the Same House

Dear Lonely: A marriage does not usually become distant overnight, and it does not have to be repaired overnight either. Start with one honest, gentle conversation, not an accusation, and tell him you miss him, not just the romance but the friendship. Then ask for small changes: a walk after dinner, a phone-free meal, counseling or one evening a week that belongs only to the two of you. Pay attention to whether he is willing to try, because effort matters more than perfect words. Loneliness in marriage is painful, but silence is what turns a season into a life sentence.



ANNIE'S MAILBOX
By Annie Lane

"Out of Bounds: Estrangement, Boundaries and the Search for Forgiveness" is out now! Annie Lane's third anthology is for anyone who has lived with anger, estrangement or the deep ache of being wronged — because forgiveness isn't for them. It's for you. Visit <http://www.creatorspublishing.com> for more information. Follow Annie Lane on Instagram at @dearannieofficial. Send your questions for Annie Lane to dearannie@creators.com.

City approves airport grants, advertises for reserve fire engine



Corbin Fire Chief Barry McDonald, left, discussed acquisition of a reserve fire engine. | PHOTO BY BRIAN THEODORE

BY BRIAN THEODORE
Correspondent

CORBIN — The Corbin Board of Commissioners met last Thursday for a special-called meeting for the second reading of property tax rates, among other items.

After Mayor Suzie Razmus called the meeting to order and the minutes from the August 24 meeting were approved, commissioners gave a second reading to Ordinance 2026-7, which sets the city's tax rates for the upcoming tax year. The ordinance maintains the same rates as last year.

Commissioners also gave a second reading to Ordinance 2026-8, which declared tracts of real property as being dedicated as city streets, naming said streets and establishing speed limits and fines for violation of the ordinance.

These tracts include properties along Interstate 75's exit 29, Stewart Road beside Walmart, the Old King's Truck Stop site, the access or frontage road, and portions of US 25E.

The commissioners went on to authorize Mayor Razmus to give grant agreement(s) for the London-Corbin Airport.

Razmus explained, "They're purchasing some property to give themselves a buffer around the airport."

She added that the airport is purchasing land from landowners who do not want to rebuild after last year's tornado

and "they (the airport) are getting reimbursed through this grant."

Pursuant to KRS 61.810 (F), the commission briefly went into executive session to discuss personnel, but no formal action was taken.

The Board of Commissioners went on to approve four promotions and associated pay increases of \$1.50 per hour for the Corbin Police Department.

Also on the agenda, the commissioners discussed taking action on acquiring a new reserve vehicle for the fire department.

Corbin Fire Chief Barry McDonald stated, "Basically what it is, the trucks that we have right now, they're pretty much obsolete. They're old and you can't get parts for them."

He went on to explain, "Right now we just got Engine 2 and Engine 5," and the department is looking for a newer truck that will be called a "reserve truck." Currently, there is no reserve truck in case one fails. The commissioners went on to approve an action to advertise for a new reserve truck.

CRASH

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The name of the pedestrian has not been released as of press time. Sergeant Jesse Smith is leading the investigation, and the sheriff's department said additional information will

be released following the conclusion of the investigation.

The Knox County Coroner's Office and Knox County EMS also responded to the scene. Barbourville officers Colby Patterson and Brice Bays assisted with the investigation.

The circumstances surrounding the collision remain under investigation.

A preliminary investigation determined Bolton and Partin got into an argument at Bolton's residence. According to KSP, the argument escalated, with Partin allegedly shooting Bolton before fleeing the scene.

Partin was subsequently arrested around 1:16 p.m. on Monday, Aug. 31, where it appears he was served with the arrest warrant at the jail, according to the citation.

Partin's arraignment is scheduled for this Thursday in Whitley District Court.

SHOOTING

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ed by Whitley County 911 around 3:35 p.m. Aug. 21 regarding a shooting on Harps Creek Road in the Siler community.

Bolton suffered a gunshot wound to the abdomen and was transported by ambulance to Baptist Health Corbin before being flown to the University of Kentucky Albert B. Chandler Hospital for further treatment.

Now Hear This

STUDY UNCOVERS HAIR CELL LOSS AS UNDERLYING CAUSE OF AGE-RELATED HEARING LOSS



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In a new study of human ear tissues, hearing scientists have demonstrated that age-related hearing loss, also called presbycusis, is mainly caused by damage to hair cells, the sensory cells in the inner ear that transform sound-induced vibrations into the electrical signals that are relayed to the brain by the auditory nerve. Their research challenges the prevailing view of the last 60 years that age-related hearing loss is mainly driven by damage to the stria vascularis, the cellular "battery" that powers the hair cell's mechanical-to-electrical signal conversion.

The inner ear, where most types of hearing impairment originate, cannot be biopsied, and its delicate structures can only be resolved in specimens removed at autopsy. Understanding the true cellular causes of age-related hearing loss impacts how future treatments are developed and how appropriate candidates will be identified, and can also suggest how to prevent or minimize this most common type of hearing damage, according to the study authors.

"Our study upends the dogma about the major cause of age-related hearing loss," said the lead author. "Documenting the dominant role of progressive hair cell loss in the hearing impairment of normal aging means that the millions who suffer with this condition could benefit from the hair cell regenerative therapies that are the focus of ongoing research across the world. No one is focusing on approaches to regenerate the stria."

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