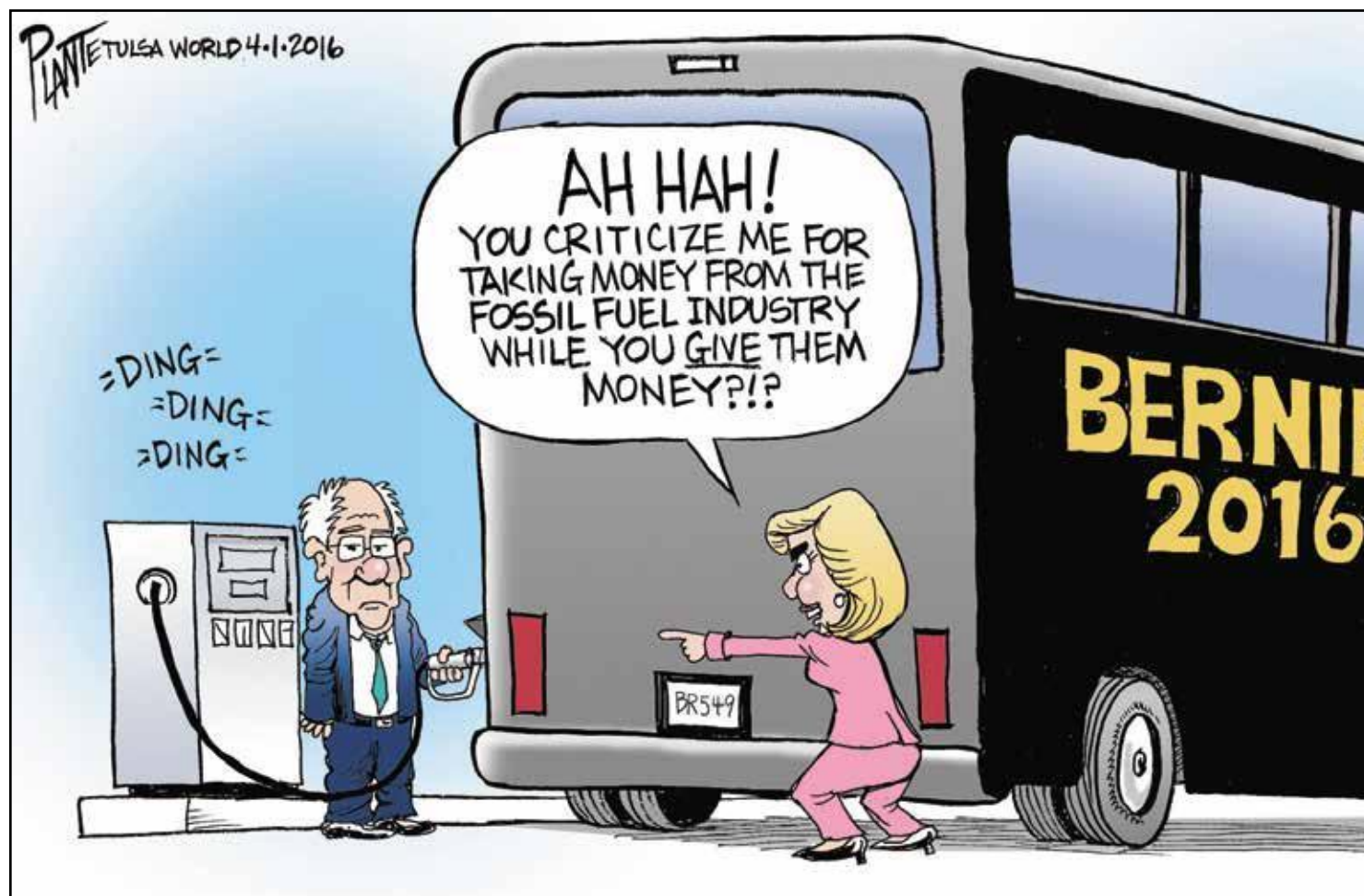
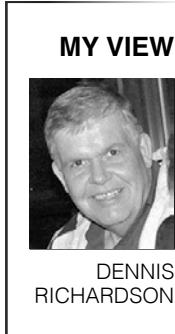


Editorial



ADDICTED TO CELL PHONE?

My iPhone 5 will be ready for upgrade next month. I have seen the 6 and I like the larger screen. But I am not sold on an upgrade. After all, what will I miss if I do NOT upgrade?



MY VIEW
DENNIS RICHARDSON

Cell phones seem to have become a necessity. Everyone has one. Or so it seems. When we disconnected our landline the cell phones became an even larger part of our lives. After all, they do go with us everywhere. There have been days I was halfway to the office before I realized my cell phone was still at home on the charger. Guess what? I pulled over, turned around and went back to get it. After all, my day would be incomplete without it.

It is a way of life. I don't have to remember phone numbers, just click on the names, and wherever I am, at work, at home, or in the car I have a virtual office right beside my laptop at the end of the USB cable.

I don't wear the cell phone on my hip or in my back pocket. How would it be if I dropped it in the river and had to revert to only the old landline? How did people stay in touch "back then?"

Giving that some thought, I recall pleasant memories of smaller phone bills and fewer interruptions. If someone needed to talk to me then they called the house or the office. Prior to cell phone days meant not reaching to answer the phone while driving to read an "important" text and risk running into the vehicle in front of me. Before cell phones, I did not feel the necessity to instantly reply to any and all requests. I listened to more radio or CDs. After all, missed messages would be written on a sticky note and clutter my office door and I could pull them off one at a time when I got back to work. Evenings at home were quieter.

Carrying a cell phone means that my work travels with me. I don't sleep with my cell phone or use it as an alarm clock. Most of the time since it is in silent mode I don't see messages and even miss a few calls. I don't use the phone night and day to check Facebook® posts, play games, and read the news. After all, the screen is larger on the laptop.

Since I mainly use my cell phone to check email, read text messages and, occasionally, send a "butt call" maybe my addiction is not as severe as I thought.

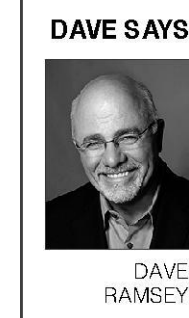
Could I live without one? Yes. Do I want to give it up? No. Do I ever go over my usage allowance? About once a year. Do I want to drop it in the river? Often, but the cost of a new one changes that.

Just be honest

Dear Dave, I took a new job less than a month ago. Just the other day, I was recruited by a huge company for the same position that pays twice what I'm making now. I didn't apply for the job that was offered; they came directly to me. I didn't sign a contract or promise to work a certain length of time with my current employer, but they're good people and I want to do the right thing and handle things well. Do you have any advice?

Jeff

Dear Jeff,



DAVE SAYS
DAVE RAMSEY

In situations like this I always try to put on the other person's shoes. Let's pretend you own the company and you just hired a young guy. A few weeks later, someone comes in out of the blue and offered him double what he's currently making. I can tell you what would happen here. I'd tell him to take it. I mean, I would. And as an employer I'm certainly not going to double his income that quickly.

I think you take the job. Just walk into your leader's or supervisor's office and tell the truth. Lay it all out there, and let them know that while you feel awful about the situation, you had no intention or misleading them or causing problems, but you simply can't pass up the opportunity. Be sure to show an extreme amount of gratitude, and promise to do everything possible to make the transition as easy as possible.

Truthfully, if an organization cares about its team members, and one of those has the ability to double their income and they're not breaking a promise in the process, this type of scenario is perfectly reasonable. It may be a little uncomfortable for you—and inconvenient for them for a while—but they can't realistically expect you to pass up the opportunity to double your salary.

You're a good man, Jeff. Congratulations!
— Dave

Settlements for medical bills

Dear Dave, Will hospitals take a settlement on past due medical bills, or is this a rare occurrence?
Kristin

Dear Kristin, It's not all that rare for hospitals to accept a settlement on past due bills. Most businesses will accept a settlement on past due accounts, and many hospitals will accept a deeply discounted settlement because they've usually gotten a big chunk of their money up front from the insurance company. Let's say you had a \$1,000 bill with a hospital you honestly haven't been able to pay for several months, or even two or three years. If you go to them and offer \$300 or \$400 as a settlement, there's a good chance you'll have a deal. Just make sure you get the agreement in writing before you hand anyone a check. Remember, you have a moral and legal obligation to pay your debts in full if at all possible. But if you truly can't afford to pay, an agreed upon settlement between two parties can be an honorable and acceptable compromise.

—Dave
* Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored seven best-selling books. The Dave Ramsey Show is heard by more than 11 million listeners each week on more than 550 radio stations and digital outlets. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Welcome to Lennox Valley, my hometown!

Kevin Slimp's

The Good Folks of Lennox Valley

Six days could shape future of the valley

stand why the media, which included only the Hometown News in Lennox Valley, was so prejudiced against their faithful, humble servant.

Didn't Iris Long realize Cooper had a profound religious experience and faithfully attended the contemporary service at the Lutheran Church each Sunday?

And it wasn't just Raymond. His example had led others, most notably Elbert Lee Jones and Marvin Walsh, to turn their lives to the Lord.

As hard as it is to imagine, there were folks in Lennox Valley who hadn't even read the morning paper and had no idea who would be performing at the county fair.

As Claire Lapella sat across the booth from Sarah Hyden-Smith, sipping hot tea and memorizing the Hoffbrau's breakfast menu, neither she nor Sarah had any suspicion this conversation would alter Claire's life in so many ways.

Eventually, Claire lowered her guard enough to share her recent feelings of loneliness. Her soulmate's memory wouldn't go away. Every song seemed to be about him.

Every TV show and movie increased her pain. Here she was, after one year, in a strange place with only one friend, Sarah, and no sense of hope in sight.

She explained to Sarah that her old life was much different. Before moving to the valley, she had a good job. She was involved in several community causes. "Claire

Lapella," she said before reducing her volume to a whisper, "made a difference."

Jessie Orr had been a waitress at the Hoffbrau for as long as anyone could remember. She had that special talent for hearing everything without hearing anything. Along with this talent, she had the knack for knowing when to butt in and when to keep her distance. This was the perfect time to butt in, she thought.

"It says in today's paper there's still time for someone to get their name on the ballot for the mayor's race."

Neither Claire nor Sarah understood the connection to their discussion.

"You've been here a year. You're obviously over 28 years old. Maybe you should consider running," Jessie explained to her befuddled patrons.

Conversation stopped as Jessie took her time refilling the cups. Sarah and Claire paused to digest the possibility of a "Lapella for Mayor" campaign.

"You know," said Sarah, "that might not be as crazy as it sounds."

As Raymond, Elbert Lee and Marvin huddled together across the square at the radio station to read Iris Long's editorial, little did they know that looming just over the horizon might be a bigger problem than a few cracked eggs.

Kevin Slimp now makes his home in Knoxville, Tennessee. Write to Kevin at lennoxvalley@kevinslimp.com

LETTER TO THE EDITOR

To the Editor:

We at MedCare Home Medical are an independently owned and operated Good Neighbor Pharmacy®. Our mission is to provide personalized attention in a comfortable environment, serve

our customers and community with honor and respect and offer competitive pricing on a wide range of over-the-counter and prescription medications.

We are a locally owned business and have served the West Kentucky area for near-

ly 40 years. Our pharmacies are pleased to announce a new initiative to improve child health in our community: The Good Neighbor Pharmacy Healthy Kids Free Vitamin Program.

The Good Neighbor Pharmacy Healthy Kids Free Vi-

tamin Program offers our patients, ages 2-12, a free 30-day supply of Good Neighbor Pharmacy Children's Chewable Complete Multi-Vitamins each month. Patients are able to pick up a free bottle of vitamins every 30 days per child.

As a community, we understand the importance of keeping the younger generations healthy and active throughout the year.

It is our hope that the Good Neighbor Pharmacy Healthy Kids Vitamin Program gets shared with all family and friends, as well as, raise awareness of the importance of our children's health.

For more information concerning Healthy Kids Vitamin Program, please visit our pharmacies located at: Arlington Pharmacy, 165 Walnut St., Arlington, Ky. 270-655-6151; Wickliffe Pharmacy, 409 Court St., Wickliffe, Ky. 42087, 270-335-3172; or Hickman Pharmacy, 2009 S. 7th St., Hickman, Ky., 42050, 270-236-9162.

Sincerely,
Fran Sherrill,
RPh Owner



2016 CARLISLE SENIOR CITIZENS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Celebrate all Birthdays with Cake-11:00
4 Center Stone SSVF-Amy Jones-11:00-Homeless Veterans Program	5	6 Peggy Henshaw-11:00-Blood Pressure	7	8 Paducah Shopping-Hobby Lobby-Eating Lunch-Leave @ 9:15-Sign Up!
11 CSFP-Cheese Day-8:00-1:00-One Day Only	12	13 Peggy Henshaw-11:00-Blood Pressure	14	15 Chili Cheese Baked Potato Fundraiser-10:30-12:00-\$7.00 Plate
18 DayStar-Stacey-Trivia Games for Sharpening the Mind-10:30	19	20 Peggy Henshaw-11:00-Blood Pressure	21	22
25TEFAP Commodities-8:00-1:00-One Day Only, First Come First Serve	26	27 Peggy Henshaw-11:00-Blood Pressure Lisa Adams-Ext Office-Nutrition-11:00	28	29