

Polston announces candidacy for state representative

Mark F. Polston is officially a candidate for the 83rd District State Representative. Polston, of Somerset seeks the seat of retiring Representative Jeff Hoover. “The Lake Cumberland region must continue to have a strong voice in Frankfort promoting the convictions and ideals of its citizens. I am that voice.” Said Polston

“I’m humbled and honored that many friends from this district are encouraging me to serve,” Polston said.

Polston, a local businessman is an advocate for cleaner and more responsible government. “People are tired of politics as usual, they want someone who understands them and their everyday struggles. I do.”

“We need a voice to speak up for workers and small business owners, I will. Job creation and retention is a big problem facing our area. We have a wealth of resources that make our region a great area for business. Our people are the finest in the world and will work hard for a good employer if given the opportunity. State and local leaders must reach out to businesses and enact policies that encourage manufacturers, service industries and other job creators to locate here. Additionally, our citizens need access to quality and affordable education. We must enact policies that encourage qualified people to choose education as a career path and assure that higher education is

affordable and accessible to everyone.”

Polston is the son of Albert and Mildred Polston of Somerset with deep roots in the Lake Cumberland area.

He grew up in Jabez and Nancy and graduated from Nancy High School. He earned an Associate’s degree from Somerset Community College, a Bachelor’s degree from Campbellsville University, and a Law degree from IU-McKinney School of Law. He served as Deputy Attorney General for ten years and is currently the co-owner of Classic Carpet in Somerset with his wife Lisa. He has two sons, Jonathan, Jordan, daughter in law, Sharon and grandson Cohen.

KY Association of Convention and Visitors Bureaus elects 2020 president

Nancy Allen Turner, Executive Director of the Winchester-Clark County Tourism Commission, has been elected 2020 president of the Kentucky Association of Convention and Visitors Bureaus (KACVB). Turner took office at the December 13th meeting in Paducah, KY.

KACVB is a not-for-profit organization that meets quarterly throughout the commonwealth. The organization’s goal is to improve the public awareness and understanding of the convention and visitors industry’s economic and social contribution to society as well as to monitor and influence government policies and programs affecting members, the convention and visitor

industry.

In addition, the organization encourages ongoing educational opportunities for members which enhance their proficiency and to support high standards if professional practices throughout the convention and visitor industry.

“I am honored to have been selected to lead this wonderful organization” Turner said. “Tourism is a major contributor to the Kentucky’s economic growth and vitality. I’m proud to work with partners, who represent communities of all sizes, to better educate the value that tourism brings to the commonwealth.”

KACVB works with sister organizations such

as the Kentucky Department of Tourism, Kentucky Travel Industry Association, Kentucky Restaurant Association and the Kentucky Marina Association.

Turner will serve as president of KACVB through the year and will conclude her appointment at the December 2020 meeting.

2020 Executive Officers include: Vice President, Erin Carrico, Murray Convention and Visitors Bureau; Secretary Janette Marson, Lake Cumberland Tourism Commission; Treasurer Traci Cunningham, Oak Grove Tourism; Immediate Past President Eric Summe, MeetNKY.

Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues. The Alzheimer’s Association says that more than five million Americans are living with Alzheimer’s disease and other dementias.

By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer’s or another dementia, says the Canadian Alzheimer’s Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

Exercise

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills.

The journal Neurology found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger.

Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory. The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

Quit smoking

The Alzheimer’s Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

Eat healthy foods

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits

and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

Consume caffeine

Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine.

Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

Work the brain

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital.

Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

The Times Journal

2019 Santa Letters

Jamestown Elementary

Ms. Megan Cole's Second Grade

Dear Santa,
I want a I phone 11. I want a reborn baby and some clothes.
Love,
Kenlee M.

Dear Santa,
This year for Christmas I would like makeup. I would also like to have two new LOL Dolls with an LOL Doll house. I love you and I want you to know I am doing good in class. I promise to be nice to my brother, keep my room clean, and to stop talking during class. Merry Christmas! I love you.
Love,
Katie Lee

Dear Santa,
I want a pack of cologne. I want a pack of car. I want a new back pack.
Love,
Carson Long

Dear Santa,
I wish for a dirt bike and a phone and a nija turtle toy and I will leave some cookies and milk. I love you SANTA.
Love,
Jaxson Rowe

Dear Santa,
I want a iPhone 11 pro and apple watch and a horse and a dog and a cat and a car and a 1,000 dolers and toys.
Love,
Molly Clark

Dear Santa,
I've been good most of the year! For Christmas this year I would like to get a Play Station four, with five games! I would also like a remote control car and a zombie strike nurf gun. I'd like to have an I-Phone but my mom says I'm too young for one.
Love,
Klayten Wisdom

Dear Santa,
I want for Christmas this year a \$25 xbox gift card a fortnite Backpack and a nintendo switch. I have been very good this year and I have tried to follow the rules. Thank you so much Santa I

will leave you milk and cookies by the tree.
Love,
Logan

Dear Santa,
This year for Christmas I would like a new LOL Doll, a teacher classroom set, and to get my ears pierced. P.S. I've been really good!
Love,
Bella Luttrell

Dear Santa,
I have been a good girl this year. I would like a bike, a new tablet and a baby alive. I will leave you milk and cookies.
Love,
Alena Brumley

Dear Santa,
This is what I want for Christmas. A box of lols, and my mommy back. I also want a phone and my cat to come in side. I want my own tree house. I also want everyone to be happy.
Love,
Jorja Branham

Dear Santa,
I have been a good boy this year. How are you and the reindeer? I would really like a parking lot full of Hot Wheels. Something else I would like is a Legos Beach set. I will leave you and the reindeer a treat.
Love,
Bryan Rosas

Dear Santa,
I have been really good this year. I want new shoes. Also I want new clothes and get my mom a candle and my step dad some tools.
Love,
Eli Padgett

Dear Santa,
I would like a new football, shoes, and a new hot wheel for x-mas please.
Love,
Austin Ehrgott

Dear Santa,
I love you. I want a Barbie please. America girl doll. Please can I have a

Hatchimal. Thank you Santa. Be safe.

Love,
Abigail Edmonds

Dear Santa,
I am so excited for Christmas this year! Would you please bring me a pair of gold Twinkle Toes shoes, glitter slime, a riding car, and I would love a new puppy! I've have tried to be very good this year and I will leave you lots of cookies! Thank you Santa!
Love,
Lillian Davis

Dear Santa,
I want a new game chip, a new nurse outfit and set and a new set of coloring book's and coloring pencils. I love you Santa.
Love,
Bryistol Smith

Dear Santa,
I wish I could have a LOL doll. I wish I could have a baby doll. I wish I could have a play set.
Love,
Tara McGowan

Dear Santa,
Thank you for last years gifts. This year I would like magic tricks, and a bb-gun. I would also like a computer. For my daddy I would like two pugs.
Love,
Amadeus Houdini

Dear Santa,
I want a hamstr from Christmas. I want a ip-one 11 from Christmas and I want a puppy from Christmas.
Love,
Makenna

Dear Santa, I want a phone and a Xbox1 and some games and a monstertruck and I want a lot of the Avengers and some candy please and thank you Santa. And a happy life and I want a lot of cars.
Love,
Colt Allyn Branham

What's the purpose behind a leap year?

February is known for many things, one of which is being the shortest month of the year.

Many people do not give much thought to whether or not February has 28 or 29 days. But February bears the unique distinction of being the only month on the calendar that does not always have the same number of days.

Known as a “leap day,” the 29th day of February helps to synchronize the calendar to Earth’s orbit. According to EarthSky, which reports on astronomy and other cosmos-related information, Earth’s orbit around the sun takes approximately 365.25 days. That extra .25 creates a need for a leap year every four years; otherwise, the calendar, which is faster than the actual solar year), would drift from what is actually occurring with the orbit. After four years, it would be off by one day, or 25 days after 100 years. If no corrections were made to the calendar, the seasons might become misaligned. After 300 years, January 1 would arrive in autumn.

Julius Caesar, at the advice of Sosigenes, an Alexandrian astronomer, was responsible for adding a leap day to February to compensate for Earth’s rotation after the original Roman calendar kept slipping out of alignment. During his reign, Caesar first implemented a 445-day calendar year in 46 BCE to bring the calendar back into alignment. Roman officials called it annus confusionis. To limit future headaches, the work-around was to simply add a leap day to February once every four years. The

Julian calendar wasn’t exact to the solar year, but it was much closer than the previous Roman calendar.

The Gregorian calendar, revised by Pope Gregory XIII in 1582, further adapted the calendar and the leap days. All leap years are divisible by four. That is why 2020 will include a leap day on February 29.

People can utilize the extra day in 2020 (yes, 2020 is a leap year) in various fun ways. In addition to learning more about leap years and astronomy, try these entertaining ideas.

• Take a day off of work and spend it relaxing or engaging in a favorite hobby.

• Be reminded that leap years also coincide with U.S. Presidential elections, and it will soon be time to vote.

• Check out the celebrities who were born on February 29 and only get a true birthday every four years. Rapper Ja Rule, motivational speaker Tony Robbins, actor Antonio Sabato, Jr., swimmer Jessica Long, and football player Eric Kendricks are some of the notable people born on February 29.

• Buy a gift for yourself or others on leap day and make it a tradition of going the extra mile to love and pamper.

• Realign your life like the calendar is being realigned by focusing on organization or personal finances.

Leap year has arrived, and that

extra day can be put to good use in various ways.

Bowlerettes Bowling Standings



Submitted by Linda Johnson Sec/Treas.

Team	Win	Losses
1. Alley Cats	44.0	20.0
2. Pin Pals	41.0	23.0
3. Dale's Diesel	38.0	26.0
4. Bowl "N" Bawl	36.0	28.0
5. Lo-Rollers	33.0	31.0
6. Lucky Strikes	33.0	31.0
7. Do-Betters	31.5	32.5
8. Pin Spinners	28.5	35.5
9. Gutter Girls	26.0	34.0
Team		
High Hcp Series		
Alley Cats	2542	
High Scratch Series		
Alley Cats	2080	
High Hcp Game		
Alley Cats	907	
High Scratch Game		
Alley Cats	753	
Individual		
High Hcp Series		
Elaine Hatfield	648	
High Scratch Series		
Kathy Burton	513	
High Hcp Game		
Kathy Burton	236	
High Scratch Game		
Kathy Burton	213	