



**EARLY BIRD
-SHOPPERS GUIDE-**

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Maple syrup: An untapped industry?

By TOM LATEK

Kentucky Today

LEXINGTON, Ky. — Kentucky's forests, traditionally valued for their timber and recreation, could soon become a source of sweet economic opportunity, according to a new study conducted by researchers at the University of Kentucky's Martin-Gatton College of Agriculture, Food and Environment (CAFÉ).

The study, "Economic Impacts of Maple Syrup Production in Kentucky: Input-Output Analysis," published in Forest Policy and Economics, shows that maple syrup production has the potential to significantly boost local economies across Kentucky by creating jobs, supporting rural businesses and increasing tax revenues.

Supported by the Natural Resources Conservation Service of the U.S. Department of Agriculture, the study estimates that statewide maple syrup production has the capacity to circulate up to \$25 million each year, create more than 1,300 jobs and contribute roughly \$1.6 million in taxes once the sector reaches its upper projected potential.

Maple syrup, long associated with New England states and Canada, is made by collecting sap from maple trees, primarily sugar and red maples, and boiling it down into syrup. While the industry has thrived in northern regions for centuries, this study highlights the untapped economic potential of maple syrup production in Kentucky, thanks to state's favorable climate



STEVE PATTON, UK AG COMM.

Maple production setup at the Hitchel Farm in Cromwell, Kentucky in Ohio County.

and abundant maple trees.

"Kentucky sits at the southern edge of traditional maple syrup regions, yet our state has millions of acres of suitable maples that are largely untapped," said Thomas Ochuodho, associate professor of forest economics and policy at UK's Department of Forestry and Natural Resources, the study's principal investigator and co-author. "We wanted to explore what potential economic impacts tapping into this resource could have for our communities."

The multi-institutional research team, which included UK, Purdue University and the U.S. Forest Service, analyzed data on tree density, sap yield, tapping season length

and current market prices. Using those figures, the researchers modeled three levels of production potential — low, medium and high — then ran each scenario through economic impact modeling software to generate potential regional economic impacts, accounting for direct, indirect and induced impacts in an input-output analytical framework.

"Our findings represent a starting point for community discussions and policy considerations," Ochuodho said. "If Kentucky embraces maple syrup production, the benefits could extend beyond economic gains, supporting environmental sustainability and community resilience."



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The **EARLY BIRD** SHOPPERS GUIDE



FREDONIA *Valley Views*

Take a look back at history
from the Fredonia Valley

ONLINE

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Fredonia Valley Summer & Baseball Heritage

Fredonia is full of summer fun, from historic hayrides to baseball under the lights. The Fredonia Valley Heritage Society will host a **"Hayride Through Fredonia's Past" on June 21**, featuring live reenactments and local history for \$5 per person. The community is also planning a new pavilion at the Veterans Memorial and adding new playground equipment at Woodmen Park. Mark your calendars for **"Thunder in the Valley" fireworks on July 3** and the **60th Fredonia Lions Club Summer Festival on August 9**.

Baseball has long been a beloved tradition in Fredonia. From Sunday games in the 1930s to youth leagues today, Buddy Rogers Park remains the heart of summer sports. Fredonia teams played in the Twin States League and saw generations of players, from Ruble Akridge to the 1986 tee-ball pioneers. Fredonia High School also fielded teams into the 1960s, reinforcing baseball's deep roots in the valley.

National Men's Health Week

June 9-15

Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.

- | | |
|---------------------|-------------------------|
| ✓ Eat Better | ✓ Manage Weight |
| ✓ Be More Active | ✓ Control Cholesterol |
| ✓ Quit Tobacco | ✓ Manage Blood Sugar |
| ✓ Get Healthy Sleep | ✓ Manage Blood Pressure |

Source: American Heart Association

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Great Outdoors Month

WEBSITE: <http://www.nps.gov/articles/great-outdoors-month.htm>

For generations, the great outdoors have ignited people's imaginations, bolstered the economy, and fueled a national spirit of adventure and independence. The country holds a stunning array of natural beauty -- from sweeping grasslands and tranquil beaches, to forests stretching over rolling hills and rivers raging through stone-faced cliffs. During Great Outdoors Month, the public rededicate themselves to experiencing and protecting these unique landscapes and treasured sites.

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Father's Day around the world



Many countries around the world celebrate Father's Day, but not all of them do so in June. The most common date for Father's Day celebrations is the third Sunday of June, when the U.S. and Canada celebrate the holiday. In 2025, that day will be June 15th. Many European countries with sizable Catholic populations, such as Spain, Italy and Portugal, celebrate Father's Day on March 19th, which is known as St. Joseph's Day on the Catholic liturgical calendar. St. Joseph was the husband of Mary and the foster father of Jesus Christ, so he is widely recognized as the patron saint of fathers. In Scandinavian countries, Father's Day is the second Sunday in November, which many believe to be an attempt to boost the economy during a month when retail businesses are not particularly busy. In Germany, Father's Day is tied to Ascension Day, which comes on the fortieth day of Easter. Australia and New Zealand celebrate dads on the first Sunday of September, while Brazil celebrates Father's Day on the second Sunday of August. No matter when Father's Day falls, the holiday marks a great time to show dads just how special and loved they are.

Celebrate Father's Day in unique ways

Father's Day is a celebration of dads near and far. Falling on the third Sunday of June each year, Father's Day presents an opportunity for families to come together and put the spotlight on fathers who work tirelessly for their children and provide them with love and support. Father's Day also is a chance to honor the men who serve as father figures or play special roles in people's lives.

It's easy for families to fall into a routine when it comes to celebrating Father's Day. Certainly dinner and gift-giving is traditional, but there are additional ways to provide Dad with the day he deserves. Explore these creative options.

Set up a scavenger hunt

Drag out the suspense of Dad getting his Father's Day gift by hiding it and requiring him to go through a

series of clues to find it. When writing up the clue cards, spouses and children can reference particularly happy moments or things around the house that are representative of Dad's love. For example, a clue may read, "Here's where we like to snuggle together to watch our favorite show."

Take it outdoors

June weather tends to be pleasant, and that means Father's Day celebrations can be held outside. Everyone can select a spot that Dad loves to visit, whether it's a hiking trail or a local park, and then plan activities around the chosen location.

Go on an adventure

Father's Day can be spent engaging in something the family has never tried before that may be exciting

for Dad. Maybe he's always wanted to go off-roading on quads or try his skills at hatchet-throwing? The family can get together and choose an activity Dad will find engaging and that everyone can enjoy.

Make it a beach day

Dad might just want a break from the hectic pace of life on Father's Day. This is the perfect opportunity to head oceanside. For those who don't live by the coast, a river or lakefront spot can be an ideal alternative. Frequently these are touristy areas, so it could be relatively easy to find an eatery where everyone can make a reservation for lunch or dinner after enjoying a relaxing day with waves lapping the shore.

These are just a few clever ways to celebrate Father's Day. Families can choose activities that honor fathers and ensure he is feeling all the love.

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The **EARLY BIRD** SHOPPERS GUIDE

MONDAY, MAY 26, 2025
online at www.earlybirdshoppersguide.blogspot.com



See the full version @ earlybirdshoppersguide.blogspot.com

The document covers local events, obituaries, community news, and articles on cooking, mental health, and canning.

Obituaries

Johnny Son, 64, passed away on May 29, 2025, leaving behind a legacy of love and craftsmanship.

Linda F. Patterson Duncan, 82, died on June 4, 2025, known for her service in the church and as a foster parent.

Richard Leon York, 85, passed away on May 29, 2025, remembered for his love of the outdoors and family.

Ronald "R.D." Capps, 89, died on June 3, 2025, a farmer and member of Cedar Bluff Baptist Church.

Violet G. McDaniel, 72, passed away on June 1, 2025, known for her caregiving and vibrant spirit.

Velma Onell Lapradd, 90, died on June 2, 2025, remembered for her community involvement and family dedication.

Trail of Tears Park Activities

Linda Johnson Higgins and Ella Barrett Johnson planted flower seeds at the park. Community members are invited to reflect and enjoy the park.

A bicycle ride to remember the Removal will occur in Princeton on June 7th.

Macedonia Baptist Church Anniversary

Pastor Bryan Grigg celebrated his 20th anniversary at Macedonia Baptist Church. The congregation surprised him with gifts and affirmations of love. Grigg emphasized the importance of personal connections in ministry.

Princeton Rotary Club

Paul Cline was installed as the newest member of the club. Upcoming events

include a golf scramble and monthly meetings.

Local Police and Sheriff Reports

Multiple arrests were made for DUI, drug possession, and other offenses. Notable incidents include a one-vehicle collision and disturbances involving intoxicated individuals.

Outdoor Cooking Article

Susan Campbell shares her experiences with outdoor cooking and grilling. She reflects on the joys of cooking with family and friends during summer holidays.

Canning Workshop Announcement

A Canning Bootcamp workshop will be

held on June 14, 2025, at the Caldwell County Extension Office.

Participants will learn safe canning methods and receive hands-on practice.

Caldwell County Hoops Basketball Camp

The camp was held at CAB, showcasing local youth basketball talent. A photo was taken by the Banner Newspaper.

Caldwell County Hoops Basketball Camp

The camp was held at CAB, showcasing local youth basketball talent. A photo was taken by the Banner Newspaper.

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FOR SALE

For Sale by Owner: Commercial building located at 73 Nichols Ave., Marion, Ky. 60x100 with heat and air, 2 office spaces and bathroom. Contact (770) 527-0910. \$265,000-Negotiable. Possible owner financing. (p)

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YARD SALES

Yard sale Friday & Saturday, June 13 & 14 at 223 E. Elm St., Marion, Ky. Home décor, puzzles, men and women clothes, baby clothes. (p)

Garage sale, 8 a.m.-5 p.m., Thursday & Friday, June 12 & 13; 8 a.m.-noon, Saturday, June 14 at 1940 S.R. 506 (East Depot) Marion, Ky. Nice women dresses (size 12-18), boy clothes (size 10-16), jewelry, kids table & chairs, toys, adirondack chairs and other outdoor items, dishes and more. (p)

REAL ESTATE

House for sale: 215 E. Gum St., Marion. 2 BR, 1 bath, newly remodeled. (270) 836-3851. (p)

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CONCRETE WORK: Parking lots, garages, steel buildings, walls, sidewalks, driveways, room additions, rock driveways, clean ditches. Call for quote (270) 724-4672, Joe Mattin (p)

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Donations for the upkeep of Old Mt. Zion Cemetery may be sent to: Old Mt. Zion Cemetery may be sent to: Old Mt. Zion Cemetery, % Colleen Harbour, 246 Cotton Patch Rd., Marion, KY 42064. (p)

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Kentuckians urged to get their hearing checked during National Better Speech-Language-Hearing Month

By MELISSA PATRICK

Kentucky Health News

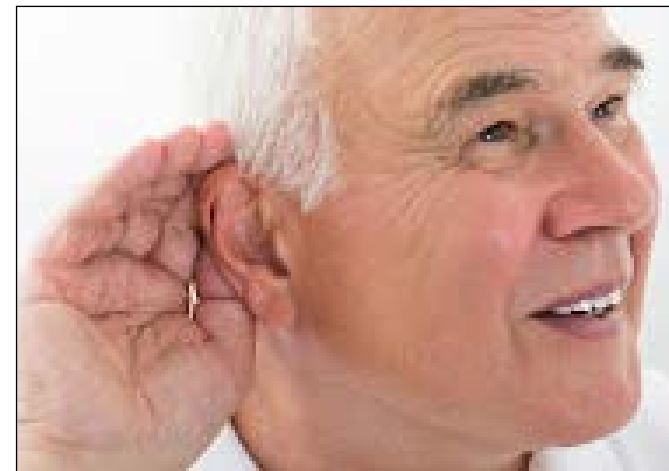
Approximately 700,000 Kentuckians of all ages experience some degree of hearing loss, and Gov. Andy Beshear and the Kentucky Commission on the Deaf and Hard of Hearing are encouraging people to learn the signs of hearing loss and get their hearing checked. National Better Speech-Language-Hearing Month is recognized in May every year.

"Now is a great time to make an appointment to have a professional check your hearing or a loved one's hearing," Beshear said in a news release. "Don't put it off; it's never too early."

According to the release, it takes the average person about seven years from the time they think they have a hearing loss until they seek treatment. That's because it can happen gradually from aging, loud noises or other causes.

Signs of hearing loss in adults include:

- Difficulty following conversations;
- Difficulty hearing in noisy environments;
- Ringing, roaring or beeping in



one or both ears;

- Failure to respond to spoken words;
- Muffled hearing;
- Constant frustration with hearing speech and other sounds; and
- Avoidance of conversation.

Other reasons to get your hearing checked, starting at age 50, include a family history of hearing loss and a history of noise exposure. Research shows that hearing loss treated at that age can help slow the onset or progression of dementia.

Any of these signs warrant getting your hearing checked by a health care provider or licensed audiologist to assess the degree of your hearing loss,

treat it and develop a plan to prevent further loss.

"Sadly, many people live with hearing loss for years before seeking help, which can have serious consequences," Anita Dowd, executive director of the Commission, said in the release. "Regular hearing evaluations are essential. Untreated hearing loss can impact every part of a person's life, from mental health and job performance to personal relationships and cognitive health, including a higher risk of early dementia."

Dowd also emphasized the importance of protecting hearing at every age, especially among children and teens.

According to the Hearing Loss Association of America, 12.5% of individuals between ages 6 and 19 have measurable hearing loss from unsafe earbud use. The Commission notes that early detection and intervention in this age group are key. Hearing loss in children can lead to delays in speech and language development, affect academic success and hinder social and emotional growth.

"Noise-induced hearing loss is entirely preventable, but we're seeing it more frequently in younger people due to extended exposure to loud sounds," she said. "Parents should pay close attention to how their children use earbuds and headphones. Listening to music and playing video games at high volumes can cause long-term damage. A good rule of thumb: If you can hear what they're listening to through their earbuds, the volume is too loud and could be causing permanent hearing damage."

The Commission offers fact sheets about hearing loss in different demographics on its website with an interactive map that shows how many people in your county have hearing loss.