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Celebrate Recovery at Ovesen Heights

BY TULSI PATEL, REPORTER



Ovesen Heights Baptist Church held their first Celebrate Recovery meeting last week. Beyond serving those with drug and alcohol-related problems, the ministry was developed to help anyone with their 'hurts, habits and hang-ups'.

Celebrate Recovery began in 1991 in Lake Forest, California at Saddleback Church. Founder John Baker was a recover-

ing alcoholic that had been led to the church as a part of his 12-step journey to recovery. He soon found himself frustrated that he couldn't share his struggles in his men's small group meetings at church, but he

could not share his faith in the daily Alcoholics Anonymous meetings he was attending either.

Baker wrote a 13-page letter to the pastor at Saddleback Church at the time, Rick Warren, that outlined his vision for what would become Celebrate Recovery. Upon reading the correspondence, the pastor told Baker to "Go do it."

While the inspiration for the program came from Baker's

own struggles with addiction, the vision he had included help for those suffering from abuse, infidelity, anger, eating disorders, self-harm, co-dependency, body image issues and more. The faith-based approach aims to help participants grow in their faith and away from their shortcomings. The ministry currently reaches churches, jails and prisons across the country and internationally.

Jeremy Skaggs, one of the

leaders of the local Celebrate Recovery program at Ovesen Heights Baptist Church, felt that he needed to find a way to help others around him face their hurts when he learned about the program taking place at other churches in neighboring counties. He attended a meeting with the intention of learning more and bringing it to his church when he realized everyone could benefit from this.

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Vapes, or e-cigarettes, can come in many different shapes, sizes and colors; some look like regular cigarettes, cigars or pipes, while others resemble pens, USB sticks and other everyday items. Parents and adults should be on the lookout for both the expected and unexpected.

Vaping distinctions: What you need to know

BY VICTORIA COX, REPORTER

Confusion is one of the many challenges parents and adults face when fighting the youth vaping crisis. Is a vape the same as an e-cigarette? What do they look like? How do you tell the difference? Is there a difference? What does it matter?

According to the Centers for Disease Control and Prevention, e-cigarettes

are known by many names, sometimes called e-cigs, e-hookahs, vape pens and vapes. They also come in many different shapes and sizes. Some are made to look like regular cigarettes, cigars or pipes, while others resemble pens, USB sticks and other everyday items. Although different, most have a battery, a heating element and a place to hold liq-

uid. The heating element is used to heat a liquid containing nicotine, flavorings and other chemicals that make the aerosol, which is then inhaled into the lungs.

They can also be used to deliver marijuana or other drugs. Since marijuana is still illegal in Kentucky, the most common types of vapes outside nicotine are Delta-8 and 9.

"Delta 8 is found in small quantities in hemp," Hodgenville Police Chief James Richardson said. "When they passed the farm bill, that then legalized hemp and hemp-related products as long as they don't have .3% or more of THC ... Delta 9 is the active ingredient in marijuana, it's what gets you high."

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LCS, HPD crackdown on teen vaping among increased overdoses

BY VICTORIA COX, REPORTER

Over the last year, three students have overdosed while on LaRue County School property.

According to Hodgenville Police Chief James Richardson, the students were smoking vapes, or e-cigarettes, containing Delta-8 THC. Delta-8 is not a controlled substance under either Kentucky or federal law, being removed from the list under the Agricultural Act of 2014 and given a hemp exemption for containing less than 0.3% THC.

In August 2022, the Boone Circuit Court cemented this decision when it ruled in *Kentucky Hemp Association, et al. v. Ryan Quarles, et al.* that Delta-8 is a derivative of CBD and its products are legal.

Although legal, Delta-8 is still unsafe. No packaging or labeling requirements are currently applied to the products except those already existing for CBD packaging.

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Youth Vaping Statistics

BY VICTORIA COX, REPORTER

Each year, the U.S. Food and Drug Administration and Centers for Disease Control and Prevention conducts a National Youth Tobacco Survey detailing youth nicotine usage. In the 2022 data, it was revealed that:

- One in 10 (3.08 million) students reported current use (past 30 days) of any tobacco product, equal to 16.5% of high school and 4.5% of middle school students.
- Approximately 3.7% (1 million) of all students reported smoking combustible tobacco.
- 3.5% (960,000) reported current use of multiple (≥2) tobacco products.
- 14.1% (2.14 million) of high school students and 3.3% (380,000) of middle school students reported current e-cigarette use.
- Over a quarter (27.6%) of youth e-cigarette users use an e-cigarette product daily.

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Effects of Vaping

BY VICTORIA COX, REPORTER

The use of e-cigarettes is unsafe for kids, teens and young adults. Most contain nicotine, a highly addictive drug that can harm adolescent brain development, which continues into the early-to-mid 20s. Specifically, the parts of the brain that control attention, learning, mood and impulse control.

According to the Centers for Disease Control and Prevention, each time a new memory is created, or a new skill is learned, strong connections called synapses are built between brain cells. Although a young person's brain should build synapses faster than adult brains, nicotine can change how they are formed, binding to nicotinic receptors in the brain and augmenting the release of numerous neurotransmitters. Decade-long research has revealed that the neurotransmitter systems affected by cigarette smoke mirror those pathways thought to be involved in the biological mechanisms of depression.

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Benefits available to replace food lost during storm

Supplemental Nutrition Assistance Program recipients in LaRue County may be eligible for replacement benefits for food lost due to recent power outages.

The severe weather event on March 3 led to widespread power outages throughout the region. For some, the outages led to an extended loss of power as linemen encountered challenges accessing areas needing repair.

Power outages can be inconvenient, but also damaging to low-income households struggling with food security. SNAP recipients that have lost food purchased using SNAP benefits due to the extended outage can apply for benefits to replace spoiled fridge and freezer items.

Current SNAP beneficiaries can call the Department for Community Based Services (DCBS) at 855-306-8959 or visit the Cabinet for Families/Children located at 105 Howard Street in Hodgenville for more information.

House approves bill to regulate delta-8 THC products

FRANKFORT — Delta-8 THC products in Kentucky may soon be placed under new regulations.

The Kentucky House of Representatives unanimously approved House Bill 544 on Thursday, March 9 after the legislation advanced out of the House Health Services Committee earlier in the day.

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