



October - December 1999

VOLUME 23

The Rail Splitter

Official Publication of the
Lincoln Trail Area Development District
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West Point Receives \$1,000,000 CDBG for Housing

The area of South Sixth and Southview Streets in **West Point** has frequently experienced serious flooding; however, residents in this area finally will get relief. The City of West Point was awarded a Community Development Block Grant in the amount of \$1,000,000 to relocate residents into newly constructed homes located outside the floodplain area. The property on South Sixth and Southview Streets will be acquired by the City of West Point and will be returned to greenspace and a natural floodway for Bee Branch Creek. The housing project meets the CDBG National Objective of elimination of slum and blight by the demolition of dilapidated, flood damaged homes. It also addresses the national objective of serving low-to-moderate income individuals. Lincoln Trail ADD will administer the project.

Lebanon Schools Nominated to National Register of Historic Places

The Lincoln Trail ADD staff recently completed a National Register of Historic Places nomination for the old Lebanon Junior High and High Schools. The nomination was submitted to the Kentucky Heritage Council and will be reviewed by the State Architectural Review Board on January 26, 2000.

The Lebanon Junior High and High Schools are physical reminders of secondary education in **Lebanon, Marion County**, and central Kentucky in the early 20th century. The schools played important roles in the education of thousands of Lebanon and Marion County residents. The schools are representative of the demand and needs for improved educational facilities during World Wars I and II, and they reflect trends in public building and school construction and the Georgian Revival style of architecture. The Lebanon High School was constructed in 1918, and the Lebanon Junior High School was constructed between 1938 and 1939 as a Public Works Administration (PWA) project.

Vine Grove Receives \$30,000 Recreational Trails Program Grant

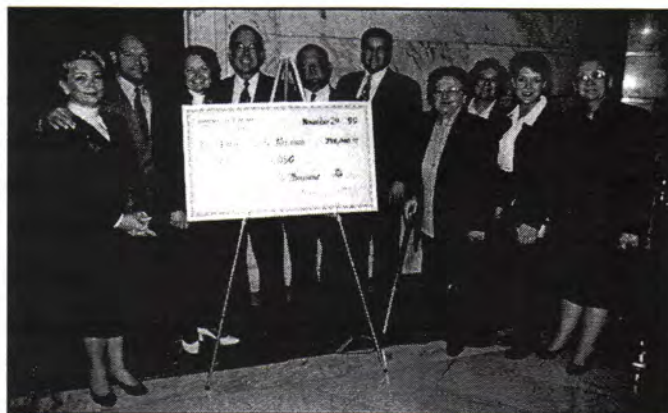
The **City of Vine Grove**, in conjunction with the Optimist Club of Vine Grove, applied for and received a \$30,000 matching grant from the FY 1999 Recreational Trails Program (RTP). This grant will provide funding for the first phase of the Brushy Fork Trail Development Project. This phase will include the construction of a one-half mile, six-foot wide paved trail and installation of trailhead and trailside facilities along Brushy Fork and within the new Optimist Park. The City of Vine Grove will match the RTP funding with a donation of land from the Optimist Club of Vine Grove.

The Recreational Trails Program is a federal-aid assistance program to help communities develop and maintain trails for both motorized and non-motorized recreational trails use. The RTP was authorized by the Transportation Equity Act of the 21st Century (TEA-21). The Federal Highway Administration (FHWA) administers the RTP at the federal level, and the Kentucky Department for Local Government and fourteen member Kentucky Trails Advisory Board are responsible for RTP administration for the Commonwealth of Kentucky.

Five Lincoln Trail Communities Awarded CDBG Funding

On November 29, 1999, Governor Paul E. Patton awarded Community Development Block Grants (CDBG) at the Capitol Rotunda in Frankfort. Governor Patton awarded thirty-six Kentucky communities with \$23 million CDBG funds. Five Lincoln Trail Communities received funding from the Kentucky CDBG Program. The **City of Mackville** received \$301,000 for the acquisition and renovation of the Mackville Elementary School. The **City of West Point** received \$1 million for a housing project. **LaRue County** received \$398,000 for the acquisition, renovation, and expansion of the Lincoln Museum. **Meade County** received \$600,000 for a housing project, and the **City of Hardinsburg** received \$960,000 for a water project.

The Community Development Block program is a federal program administered by the U.S. Department of Housing and Urban Development at the federal level and the Department for Local Government at the state level. The primary statutory objective of the CDBG program is to develop viable communities by providing decent housing and a suitable living environment and by expanding economic opportunities, principally for persons of low- and moderate-income. The CDBG grant funds must be used for activities which benefit low- and moderate- income families or aid in the prevention or elimination of slums or blight.



LaRue County: Lincoln Museum Director Iris LaRue (far left), Lt. Gov. Steve Henry, State Rep. Dottie Simms, Gov. Paul Patton, DLG Commissioner Bob Arnold, LaRue County Judge/Executive Tommy Turner, Thelma Ford, Kay Bondurant, LTADD Assoc. Dir. Janet Johnston, and Rita Williams.



City of Hardinsburg: PSG Project Mgr. David Wakefield (far left), Lt. Gov. Steve Henry, Mayor Don Young, Gov. Paul Patton, Holly Nicholas of PDR Engineers, PSG Regional Mgr. Greg May, Bryan Kirby of Comm. & Econ. Dev. Assoc., Inc.



Meade County: State Rep. James Thompson (far left), Mildred Brown, Assoc. Planner Lara Robertson, Magistrate Jean McNally, Magistrate Troy Seelye, Consultant Kris Lowry, Gov. Paul Patton, Meade County Judge/Executive Mark Brown, and Lt. Gov. Steve Henry.



City of Mackville: State Sen. Dan Kelly (far left), Mayor Carl Gabhart, Washington County Judge/Executive John Settles, Jim Powell, Billie Ann Riley, Lt. Gov. Steve Henry, State Rep. John Bowling, Gov. Paul Patton, Karen Carney, Carlton Shewmaker, LTADD Assoc. Dir. Janet Johnston, Magistrate Hal Goode, and Gary Byerly.



City of West Point: Mayor Larry Hall (far left), Gov. Paul Patton, Mayor's wife Catherine Hall, DES Coord. Bill Hendley, Lt. Governor Steve Henry, LTADD Assoc. Dir. Janet Johnston, Hardin County PVA Teri Bennett, Councilman Ted Aiken, Chris Dickerson of Gresham, Smith & Partners Engineering, and State Rep. James Thompson.

Lincoln Museum to Receive Face Lift and Expansion

The Lincoln Museum will undergo renovation and expansion with the help of a \$398,000 Community Development Block Grant. The project will include acquisition of the Atherton Building and the rehabilitation of the upper floor of the Chamber of Commerce Building, currently owned by and adjacent to the Lincoln Museum. The expansion and renovation will provide space for an expanded audio/video area, and lecture area, a library and research area, an expanding art collection exhibit, county historical exhibits, storage space, office space, interactive area for children, and additional exhibit space. Funds will also be used for rehabilitation to address safety concerns, building codes, handicap accessibility and other preservation needs. Lincoln Trail ADD will administer the project.

Phase II Water Supply Plans Approved

Water Supply Plans, Phase II have been approved for all counties in the Lincoln Trail Area Development District. The state water supply planning staff and Groundwater Branch of the Natural Resources and Environmental Protection Cabinet completed review of the plans. **Breckinridge, Hardin, LaRue, Marion, Meade and Washington** counties' plans were approved in September. **Nelson County and Grayson County** were approved in October. All plans met requirements and regulations that were recommended by the state water supply planning staff.

Phase II plans require water supply source protection, which involves the identification and evaluations of risks of water supply degradation, contamination or depletion. Certain activities in the watershed or recharge area could pose negative affects on the water supply. Phase II plans also include the identification of these activities and mapping of potential sources of contamination. Other requirements include emergency strategies, such as water shortage and supply contamination response plans. In the unexpected events of a water shortage, each county has a plan in place. If the water supply source is contaminated or threatened by an actual disaster, each county will follow directions and control measures outlined in each county plan.

Community Development Staff Training: In October, **Community Development Specialists Becky Proctor and Patrick Haggerty** attended the Governor's Housing Conference in Louisville. **Ms. Proctor** also attended the Southeastern Society of Architectural Historians Conference in Lexington. **Associate Director Janet Johnston and Ms. Proctor** attended the National Trust for Historic Preservation Conference in Washington D.C. **Land Use Planner Rachel Phillips** attended the Water Supply Planning Workshop at Natural Bridge State Park. In November, **Mr. Haggerty and Ms. Proctor** attended the Community Development Block Grant Certification Training in Bowling Green. **Deputy Director Mike Burrell, Transportation Planner Mike Skaggs and Ms. Johnston** also attended CDBG training. **Ms. Proctor** also attended Procurement Training by Kentucky Housing Corporation in Frankfort. **Ms. Phillips** attended the Solid Waste Planning Workshop at Kentucky Dam Village State Resort Park.

World Town Planning Day in Kentucky

On November 8, 1999, the 50th Anniversary of World Town Planning was celebrated by planners across the region and the United States. Area planners spoke to several schools in the district on the importance and value of planning in Kentucky. World Town Planning Day is sponsored by the American Institute of Certified Planners (AICP) in an effort to advance public and professional interests in planning. World Town Planning Day is now celebrated in 30 countries and on four continents and continues to grow.

LTADD Communities Apply for Federal Transportation Enhancement Funds

Seven Lincoln Trail ADD cities and one county recently completed applications for possible Federal funding from the Transportation Enhancement program under the Transportation Equity Act for the 21st Century. A portion of Transportation Enhancement funds has been set aside for designated Renaissance Kentucky cities. The cities of **Cloverport** and **Vine Grove** each applied as Renaissance Kentucky cities. Cloverport is proposing to construct and repair sidewalks along Elm and Huston Streets to enhance the downtown area by connecting the sidewalks with the walking trails as part of the city's "Steps in History" project. Vine Grove is proposing to construct sidewalks at various locations throughout the city to provide connectivity and safer pedestrian access to the downtown area.

The remaining Transportation Enhancement funds are open for all cities to apply and are awarded on a competitive basis. Five LTADD cities and one county submitted applications for these funds. **Brandenburg** has applied for funds to develop its riverfront area along the Ohio. **Elizabethtown** is proposing to construct sidewalks along Bishop Lane (formerly KY 1136-New Glendale Road). **Irvington** is applying for funds to construct sidewalks along US 60 and KY 79 leading to the downtown area. **Springfield** is proposing to light the walking trail at the city park as well as the welcome signs at four locations leading into the downtown area. **Willisburg** has applied for funds to construct sidewalks along a one mile stretch through the town. Finally, **LaRue County** has applied for funds to construct sidewalks along KY 61 in the community of **Buffalo**. The tentative time frame for awarding these projects is mid-March to early April.

LTADD Applies for Fund for Folk Culture Grant

On behalf of its cities and counties, the Lincoln Trail Area Development District applied for funding from the Fund for Folk Culture's "Partnerships in Local Culture: Building Assets through Cultural Traditions" Program. The program is a funding program for members of the National Association of Development Organizations (NADO), and it is supported by a grant from the Ford Foundation. This program is "designed to encourage innovative approaches to economic development through local cultural assets in rural areas, towns, and small cities throughout the United States, and it funds "model efforts developed by regional development organizations (RDOs) to adapt their financial and technical services for organizations and individuals involved in the practice of cultural traditions."

The LTADD's project, "Promoting Cultural Traditions in the Lincoln Trail Region," is an innovative effort designed to establish long-term relationships among local, state, and federal organizations and to enhance and adapt the LTADD's resources to effectively promote folk culture. The project consists of two-phases and will involve the collaboration of the LTADD, twenty-seven municipalities, eight counties, Fort Knox, eight Chambers of Commerce, four Tourist Commissions, and five state agencies. The LTADD requested the maximum grant of \$15,000 for this two-phase project.

Phase I of this project will involve the expansion, update, and adaptation of existing cultural resources inventories. The LTADD staff and PRT Committee will work with local communities, Kentucky Folklife Program, Kentucky Craft Marketing Program, Kentucky Heritage Council, Kentucky Department of Travel, and WKU's Folk Studies Program to identify existing inventories and develop approaches and effective formats for utilizing the inventories and materials as economic development tools. The inventory update and expansion will be completed by graduate students of the WKU Folk Studies Program. This phase will culminate in a useful and effective database and methods for promoting local cultural traditions in the Lincoln Trail region.

Phase II involves the adaptation of the LTADD's existing resources for more effective use among its communities. The LTADD will develop the "Lincoln Trail Folk Culture" website and other promotional materials, such as: brochures, pamphlets, and audio tapes, that will identify local traditions and tradition bearers, and times, dates, and locations of demonstrations, festivals, and business operations. The LTADD staff, state agencies, Chambers of Commerce, and Tourist Commissions will participate in the this phase.

Six Communities Apply for FY 2000 Recreational Trails Program Funding

The Lincoln Trail ADD staff assisted six communities in the preparation and submission of grant applications for funding from the Recreational Trails Program. The Recreational Trails Program (RTP) is a federal-aid assistance program to help states develop and maintain trails for both motorized and non-motorized recreational trails use. The RTP grant provides for a \$50,000 maximum grant and requires a fifty percent match. The deadline for submitting applications for the 2000 funding cycle was December 3, 1999.

The **City of Hardinsburg** applied for \$14,000 for the construction of trail and installation of trailside and trailhead facilities along Hardin's Creek. The **City of Elizabethtown** is currently redeveloping American Legion Park and requested \$45,250 for the construction of a trail and trailside and trailhead facilities in the park. The **City of Vine Grove** requested \$28,250 for the second phase of the Brushy Fork Trail Development Project, including the renovation of the city's old water plant for use as a trailhead facility and interpretative center and construction of a trail linkage from downtown to the new Optimist Park and Phase I trails. The **City of Cloverport** applied for \$7,900 for Phase II of its Steps in History Walking Trail. The second phase of Cloverport's trail project includes the restoration of 71 historic steps leading up School House Hill and construction of a four-foot wide paved trail from the steps to and around the city's water tower. The **City of Radcliff** and Radcliff Forestry and Conservation Board requested \$50,000 for development of a 2000-foot lakeside trail, two bridges, and trailside facilities at Saunders Springs Nature Preserve. The **City of Clarkson** applied for \$25,375 in RTP funding for the construction of a one-mile paved trail and trailside facilities within the City's new park.

In Progress . . .

Lincoln Trail Area Development District is currently assisting three planning commissions with comprehensive plans. **Bradfordsville**, **Lebanon** and **Springfield** planning commissions have been conducting sessions to work on various aspects of each community's plan. Kentucky Planning and Zoning Statutes require each planning unit to prepare a comprehensive plan, which serves as a policy guide to decisions about the physical development of the community.

LTADD Board Approves PRT Committee

On October 20, 1999, the LTADD Board of Directors approved the establishment of a Preservation, Recreation, and Tourism Committee. The PRT Committee will develop innovative approaches to the promotion of the region's cultural and physical resources. The primary goals of the PRT Committee include:

- Broadening acceptance and use of preservation, recreation, and tourism as goals of planning for land use, economic development, housing, and transportation.
- Encouraging that policies and decisions on growth and development respect a community's heritage and enhances overall livability.
- Serving as a clearinghouse, to disseminate information and technical assistance, and to provide educational and informational workshops, programs, and lectures.
- Identifying and promote the preservation, protection, and utilization of historic places, both architectural and natural, that give the community and region special character and that can aid future well-being.
- Promoting historic properties and recreational areas as tourist destinations and attractions for public enjoyment and education.
- Developing regional preservation, recreation, and tourism approaches, networks, programs, and projects.
- Exploring funding resources and prepare promotional materials promoting regional preservation, recreation, and tourism events, projects, and programs.
- Consulting with and cooperate with efforts of local, state, and federal agencies and organizations and other relevant organizations to actively promote preservation, recreation, and tourism in the Lincoln Trail region.

The Committee will consist of one representative from each Chamber of Commerce, one representative from each Tourist Commission, one citizen member appointed by each County Judge/Executive, and one representative from each of the following state and federal organizations: Abraham Lincoln Birthplace National Historic Site; Fort Knox; Lincoln Homestead State Park; My Old Kentucky Home State Park; and Rough River Dam State Park. The PRT Committee will hold its first meeting on February 8, 2000.

Lincoln Trail Municipal Clerks Association Elects New Officers

The Lincoln Trail Municipal Clerks Association elected new officers for the Year 2000. All officers will serve one-year terms. **Shirley Bland** was elected as president of the Lincoln Trail Municipal Clerks Association. She is the Assistant Clerk for the City of Hardinsburg. **Jean Jury**, City Clerk/Treasurer for the City of Bloomfield, was elected as vice-president. **Bobbe Blincoe** will serve a second term as the Clerks Association treasurer. She is the City Clerk for the City of Bardstown. **Linda Mattingly**, New Haven's City Clerk/Treasurer, was elected as the Association's secretary.

The Lincoln Trail Municipal Clerks Association is a regional chapter of the Kentucky Municipal Clerks Association and provides a network and forum for local city clerks/treasurers to discuss municipal issues. The Lincoln Trail Municipal Clerks Association meets on the fourth Wednesday of each month at the LTADD offices from 10:00 a.m. to 12:00 p.m. (EST). For more information, contact Janet Johnston at LTADD.

Personnel Changes:

The LTADD's Community and Economic Development Section has experienced several personnel changes. With the naming of **Mike Burress** as Deputy Director in 1998, the CED Associate Director's position became open. LTADD recently named **Janet Johnston** as Associate Director. Janet has been LTADD's Public Administration Specialist for the past one year and nine months. Beginning in December 1999, Janet will be responsible for the supervision and coordination of the CED section. The PAS position will be filled in late January 2000.

In August 1999, **Rachel Phillips** was employed as LTADD's Regional Land Use Planner. Rachel replaces Andy Nevin who worked as the Regional Land Use Planner for approximately two years. Rachel will provide assistance to cities and counties in the areas of comprehensive, land use, water, and solid waste planning.



Employment & Training News

We're Moving...

The case management staff of the Employment/Training program will soon be moving. In an effort to improve services to our customers and to comply with the regulations of the Workforce Investment Act, these staff members will be moving to the Lincoln Trail Area Career Center at 916 North Mulberry Street in Elizabethtown. Through the center, an individual requiring assistance in gaining employment or training can access a variety of services both through the internet and having area agency representative available at one site.

WELFARE TO WORK

Participants in the Welfare to Work program often face a multitude of barriers in their attempts to gain economic self-sufficiency. In an attempt to coordinate efforts of agencies working with these individuals, the Welfare to Work staff members have been joining with staff members from DCBS, Communicare, contract service providers, and other agencies in monthly Welfare to Work Partner Coordination Meetings. Through these meetings, we hope to ensure participants receive needed services while eliminating duplication, and that the combining of our resources will combat participant barriers. One such barrier that is currently receiving attention is the lack of transportation. A transportation committee has been formed to assess and develop possible solutions. It is hoped that participants will be able to obtain personal transportation in order to foster their ability to become self-sufficient. To date, four participants have regained their driver's license and/or purchased vehicles.

Employment /Training staff attended the following trainings during this quarter:

The Southeastern Employment Training Association Conference was held in Lexington during the second week of October and was attended by all of the staff members. The week-long training conference offered an array of training programs to aid in developing and working with such programs as the Workforce Investment Act, youth programs, and Welfare-to-Work. Through attending classes during the week, staff members learned new skills to aid individuals in their quest to obtain or retain employment.

In November, **MIS Specialist Vivian Heath** attended two training programs offering aid in providing assistance to older adults. The first training, "WIA--Serving Mature and Older Workers," was held at the Galt House in Louisville and offered suggestions on how the older worker could be served under the new Workforce Investment Act. The second program, "Social Security Disability Insurance and Supplemental Security Income, Benefit Programs, and Work Incentives" was held in Bowling Green.

Also in November, **Employment Specialist Jackie Masterson** and **Client Services Manager Melanie Staderman** attended an OMTI training program in Columbus, Ohio, featuring John Chamberlin, Attorney-at-Law. During the two-day training, Mr. Chamberlin discussed numerous aspects of Memoranda of Understanding (MOUs), including important steps in writing MOUs, items that should be incorporated, and how to include various partners and services of the Workforce Investment Act.

On December 2 and 3, 1999, **Client Services Managers Mike Karnes, Julie Watson, and Chris Hodge** attended an OMTI training in Columbus, Ohio. The training was entitled "Counseling Skills for Non-Counselors" and was led by Gerri King, Ph.D.. Ms. King is a social psychologist who confers with over 150 of the nations' corporate, industrial, workforce development, educational, healthcare, non-profit, and governmental groups. The training covered numerous aspects of counseling, including how to counsel clients on positive and negative aspects of change, how to aid in crisis management, and how to recognize clients who sabotage their own success.

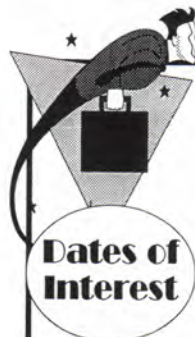
New Lincoln Trail Workforce Investment Area Board Members

The Lincoln Trail Workforce Investment Board would like to extend a warm welcome to two of its newest members. **Ms. Michele Lucas** is the Assistant Human Resources Manager for Modern Transmission Development Company in Leitchfield. Her business experience along with her community involvement will make her a valuable addition to the Board. **Mr. Chris Gallant** is Director of the Creative Design Department for U.S. Calvary Store in Radcliff. Mr. Gallant will also serve as Chair of the Lincoln Trail Workforce Investment Area Youth Council. He brings with him experience and knowledge in the private sector arena as well as a willingness to help youth in the community. We look forward to working with Ms. Lucas and Mr. Gallant as we develop a quality workforce investment system in the Lincoln Trail Area.

Title V Employment Training Program

The Title V (Senior Community Service Employment Program) continues to provide job specific training opportunities for many mature (age 55 and above) workers in the Lincoln Trail region. Additional short-term training opportunities such as computer literacy are being made available to our clientele to make them more employable. Many of our participants find unsubsidized employment following completion of training in a variety of occupational fields. It is very important for this population to remain active participants in the workplace.

Our condolences go out to the family of one our participants who passed away in December.



February	16	LTADD Board of Directors Meeting Regional Planning Council
	21	Holiday - LTADD Office Closed
	22	County Budget Workshop
	23	Municipal Clerks Training Session
	24	Lincoln Trail Aging Service Providers
March	8	Kentucky Council of ADDs Spring Conference, Marriott-Griffin Gate, Lexington
	15	LTADD Board of Directors Meeting
	22	City Budget Training
	23	Lincoln Trail Aging Service Providers
April	19	LTADD Annual Board of Directors Meeting Rough River State Resort Park
	26	Lincoln Trail Workforce Investment Board Marketing Meeting
	27	Lincoln Trail Aging Service Providers

Since most dates are tentative, please refer to meeting notices or call the LTADD office for correct dates, times and locations prior to traveling to attend.

AGING PROGRAM UPDATE

Medication Assistance Awareness Campaign

During the months of November and December, several senior citizen centers across the Lincoln Trail District and others throughout the Commonwealth provided seniors with an opportunity to speak out on the issue of prescription drug costs. Senior Centers organized panels of elected officials, medical professionals, aging planners and pharmaceutical representatives to give an overview of the issue. The primary focus was to receive input from the participants as to their concerns. Seniors took this opportunity to discuss personal experiences with the difficulty of covering medication costs. A great deal of support was expressed for the possibility of including prescription coverage both at the state and federal level.

In Kentucky, Representative Susan Westrom, of Fayette County, is introducing a Bill seeking assistance for prescription costs. This Bill will seek coverage for persons qualified under the federal Qualified Medical Beneficiary guidelines which would provide coverage for up to \$700.00 annually for prescription costs. Information on the status of this Bill can be accessed through the following web site:

<http://community.kentucky.com/realcities@visionmed>.

(See article on following page for additional information.)



MARK

YOUR CALENDARS



SENIOR
CELEBRATION

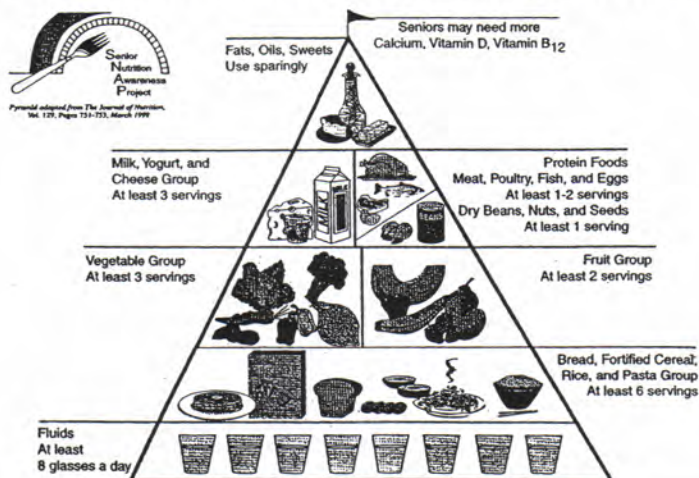
MAY 18TH!!

This year's theme is :
"In the New Century
The Future is Aging"

Nutrition Choices

Nowhere are informed choices more important for older people than in their nutrition. Eight-five percent of all older Americans have been found to be at risk for malnutrition. This Food Guide Pyramid was developed especially to meet the needs of our aging population. Since a large segment of this group are also at risk for dehydration, and because it is extremely important to the body's cellular health, water has been added as the foundation.

Senior Food Guide Pyramid

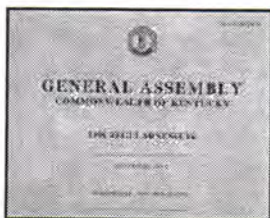


Aging and Mental Health Coalition

As our nation's aging population grows, we are increasingly aware of their mental health needs. In the Commonwealth, a statewide coalition has been formed to develop local coalitions to address these needs. This issue has been a serious concern in the Lincoln Trail District. We are one of the few Districts providing an in-home mental health program. This service is provided through a contract with CARITAS Home Health. While it is small both in funding and persons served, it has been invaluable to those who need this assistance.

HB 364

Kentucky Prescription Drug Assistance Program



The Kentucky Prescription Drug Assistance Program will provide up to \$700 a year in prescription drug payments for consumers over 65 who are enrolled in the Qualified Medicare Beneficiary (QMB) Program and have no other health insurance. There will be a \$5 co-payment for each prescription covered.

The Bill requests 10 million General Fund dollars each of the next two years unless the federal government develops a program within that timeframe. The Cabinet for Health Services would be responsible for administering the program and reporting its effectiveness during the next legislative session. The program start date would be January 1, 2001, with an expiration date of December 31, 2003, unless extended by the General Assembly.

The Bill has 32 co-sponsors, and will be sent to the House Health and Welfare Committee for consideration on February 1. The next stop should be the House Appropriation and Revenue Committee. If HB364 makes it out of Appropriations, it will then go to the floor of the House where it will have three readings and then come up for a vote. If it passes, the same process will be repeated in the Senate.

The Legislative Research Home Page is an excellent resource to follow the Bill. You will find a list of all legislators with their addresses, phone numbers and committee assignments. A schedule of daily meetings, including agendas and room numbers, is also posted. A copy of the Bill and an update of its progress may be accessed at:

<http://www.lrc.state.ky.us/record/00rs/HB364.htm>.

Myths of Aging

What Do You Think "Old" Is?

Ask children to draw pictures of "old" people, and they will draw people in beds and wheelchairs. Not surprisingly, our children's ideas about aging mirror society's perceptions as a whole — perceptions filled with myth and misinformation. As we learn more about the science of healthy aging, these myths are becoming easier to dispel. This is fortunate because our ignorance not only robs healthy older adults of their positive self-image, it also robs society of an irreplaceable resource. How many of the myths of aging do you believe?

Myth: If you live long enough, you're going to be senile.

FACT: A decline in memory is not always a function of disease. The processes of normal aging do not rob your memory.

Myth: Sexual urges normally cease in later years.

FACT: Absurd. Full and healthy sex lives are common over age 70.

Myth: When you get older, it's inevitable that your bones will get weak and brittle.

FACT: Not always true. By maintaining adequate calcium intake and regular weight-bearing exercise, you can significantly minimize the effects of diseases such as osteoporosis and extend your years of mobility.

Myth: When you get older, you don't need as much sleep.

FACT: Actually, older people need as much sleep as younger people. Older people's sleep is often more fragmented and disturbed, so they often feel the need for naps.

Myth: Older people should limit physical activity.

FACT: Nonsense. In fact, exercise is especially important for seniors to strengthen the heart and lungs, lower blood pressure, and maintain muscles, bones and mobility.

Myth: Growing old means dependency. You're likely to be in an institution.

FACT: Not so. Only 5% of the older population live in nursing homes. Many individuals maintain their health and independence into very old age.

Myth: Old age is a time of inevitable infirmity. You've got to learn to "live with it."

FACT: Aging is a vital and important part of life. Actually, active, exercising, mentally-alert persons age very, very slowly.

Source: Healthy Aging TM® Our Nation's Health, A Public Television Special and Educational Program Underwritten in part by Theragran multivitamins and The U.S. Administration on Aging; Discussion Guide. CWI Productions, Inc., P.O. Box 7536, Wilton, CT. 06897: US Administration on Aging; and Bristol-Myers Squibb Co.

Lincoln Trail Area Development
District

**32nd Annual Meeting
of the
Board of Directors**

Mr. George McGee
Kentucky Chautauqua
Will Portray

Statesman Henry Clay

April 19, 2000
Rough River State Resort Park

***BRECKINRIDGE COUNTY
OPENS NEW
DETENTION CENTER***

On October 7th, **Breckinridge County Judge/Executive Tom Moorman** addressed a crowd gathered at the ribbon-cutting ceremony which officially opened the new 156-bed, \$5.3 million Detention Center. The new facility was financed by the Kentucky Association of Counties Leasing Trust.

Leadership Elizabethtown

Leadership Elizabethtown began their 1999-2000 program year with a retreat at Rough River State Park in October. The focus was team building and leadership styles. Over a nine-month period, the 28 members will be concerned with several aspects of the community including: history, government, health care, economic development, and social services.

***Free Income Tax Help Available
From AARP Volunteers***

Free income tax assistance will be available for residents of Hardin and surrounding counties beginning Wednesday, February 2. This service is provided through the Tax-Aide program of the American Association of Retired Persons (AARP). Volunteer counselors trained by the Internal Revenue Service will provide this service in the Elizabethtown City Council Chambers of City Hall from Noon to 4:30 P.M., each Wednesday through April 14. Although the program is designed primarily for older, low- and moderate-income taxpayers, persons of any age will be assisted.

Counselors will help taxpayers complete individual federal and state returns. With the new tax laws many persons, particularly senior citizens, may not be aware of the special tax benefits they may be entitled to claim. Counselors are not trained to assist with comprehensive business or farm tax returns; however, they are able to help most self-employed taxpayers.

Persons using this free service should bring copies of their previous year's federal and state tax returns, and all wage and retired pay statements and other relevant documents showing income for 1999.

Special arrangements can be made for shut-ins and disabled persons by calling Jim Hilliard, local Tax-Aide Coordinator at 769-1262.

TAKE NOTE

Kentucky Council of ADDs
Spring Conference



"IN CONCERT FOR KENTUCKY"

March 8 - 10, 2000
Marriott Griffin Gate - Lexington



Lincoln Trail Area Development District

Revolving Loan Fund

SCOPE

The LTADD Revolving Loan Fund program has been established, through a grant from the Economic Development Administration, in order to further job creation and investment in the Lincoln Trail region. The primary program objective is private sector job creation and expansion in industrial, commercial, service, and tourism ventures.

AREA

Breckinridge, Grayson, Hardin, LaRue, Marion, Meade, Nelson, and Washington Counties.

USES

Land, Buildings, Equipment, Working Capital.

LIMITATIONS

No speculative activities, debt re-consolidation, or re-lending. Loan limit of \$10,000 per job.

MAXIMUM LOAN

Not to exceed twenty-five (25) percent of project cost or \$100,000.

MAXIMUM TERM

Fixed Assets - 15 years; Working Capital - 5 years.

RATE

Four (4) Percentage Points below the current U.S. Prime Interest Rate as quoted in the Wall Street Journal.

SOURCE

LTADD Revolving Loan Fund.

Lincoln Trail Area Development District Revolving Loan Fund

As of September 1998, the Lincoln Trail Area Development District - Revolving Loan Fund program has made five new loans that will assist small and minority business owners in their respective communities. These loans included start-up monies for a typewriter ribbon remanufacturer; a cabinet manufacturer; a restaurant; and, a dentistry office. The expansion loan assisted a local minority contractor meet increased construction demands. The LTADD RLF program has currently made loans in all eight counties of the Lincoln Trail Region. The aforementioned projects will create an additional 30 jobs in the area with a RLF investment of \$230,000. Total project investments of \$1,034,854. This is a RLF to job ratio of \$7,666.

To date the LTADD RLF program has loaned approximately \$1.73 million, with total investments exceeding \$9.9 million. During this same period, the RLF program has provided assistance in securing 579 jobs to our region, with an average RLF loan at \$47,949, leveraging over \$6.7 million in private funds.

Loan Statistics

# of Loans	5	36
Total Revolving Loan Fund	230,000.00	1,726,168.00
Total Investment Amount	1,034,854.00	9,935,873.00
Average RLSS Loan	46,000.00	47,949.11
Average Total Investment	206,970.80	275,996.47
Number of Jobs Created	30	579
Job Cost Ratio - RLSS	7,666.67	2,981.29
Job Cost Ratio - Total Inv	34,495.13	17,160.40
Number of Minority Jobs		101.00
Private Funds Leveraged	209,854.00	6,737,205.00

(as of 12/31/99)

File Management



The Institute for Business Technology (IBT) of Washington, D.C., offers these tips for organizing your files:

- * Aim for an uncluttered and well structured system by first throwing out dead or marginally useful information.
- * Then divide the remaining paper files into three classes: Working, Reference, and Archives. Arrange the Working Files to be nearest to you, and the Archives to be out of your office.
- * Next, arrange key files within each class by subject or function.
- * Set up the same filing structure for the electronic documents on your computer. The closer your paper and electronic systems parallel, the easier it will be to remember where to file things and where to find them.
- * Set a certain time of the day to process both your paper and e-mail.

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Need information? Get your questions answered. Contact Lincoln Trail Area Development District at 270-769-2393 and be a part of the Information Highway!

Lincoln Trail Area Development District

Wendell C. Lawrence, Executive Director

(270) 769-2393

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The Lincoln Trail Area Development District does not discriminate on the basis of race, color, national origin, sex, age, religion or disability, and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford an individual with a disability an equal opportunity to participate in all services, programs and activities of the agency.

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