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# Local power rate to decline, at least a little

**BY DAVID ZOELLER**  
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The Paducah Power System board plans to lower its Power Cost Adjustment on Monday to provide some relief to its ratepayers, though not as much as utility officials had hoped.

Paducah Power has been adding a PCA — a variable cost added to the base rate

imposed to offset the utility's cost of buying wholesale power — to customer's bills since November 2013.

At that time, the PCA went from zero to 0.8 cents per/kwh. In February 2014, the



Roberts

'We're going to lower it, but not as much as we initially thought.'

**Hardy Roberts**  
Paducah Power Board chairman

PCA rose to 3.59 cents/kwh, due in part to lower-than-expected output of its PPS' chief power supplier, Prairie State Energy Campus.

The PCA was lowered slightly to 3.57 cents/kwh in May 2014, and dropped again last July to 2.15 cents/kwh, where it remains today.

As part of PPS' rate recovery plan enacted last November, the board froze the PCA at 2.15 cents/kwh, and proposed to lower it to 0.52 cents/kwh July 1.

"We're going to lower it," said PPS board Chairman Hardy Roberts, "but not as much as we initially thought."

Please see PPS | 11A



KAT RUSSELL | The Sun

## Full speed ahead!

Averly Huddleston (front) and Micah Culp, both 10, paddle their cardboard canoe Saturday morning across the Noble Park pool during the annual Paducah Parks Services Department Paducah Regatta.

## Suicides on the rise

Teen talks openly about her struggle

**BY GENEVIEVE POSTLETHWAIT**  
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Last Tuesday, Sophie Henney of Paducah celebrated her 14th birthday. She and her friend Anna stayed up all night talking and calling into a local radio station to win free pizza. They won.

Sophie spent her second morning as a 14-year-old doing something less typical of a teenage girl, something few adults have the courage to do. Sophie chose to share her story of depression and thoughts of suicide.

"We talked about whether to use our real names or not," said Peggy Henney, Sophie's mom. "We didn't want that being a label for her. But on the other hand, like I told Sophie,

Please see PREVENTION | 9A

## Man killed in attack on Dallas police HQ

**BY NOMAAN MERCHANT**  
Associated Press

**DALLAS** — A man planted pipe bombs outside Dallas police headquarters and sprayed the building with bullets during a wild street battle early on Saturday that authorities said miraculously left no one dead or injured except the suspect, who was later shot and killed in his van by a police sniper.

Dallas Police Chief David Brown said the suspect identified himself to authorities as James Boulware, and he blamed police for having lost custody of his son and for "ac-

cusing him of being a terrorist." But authorities declined to officially identify the suspect until a medical examiner verified it.

Police arrived at the home of Boulware's father as an Associated Press reporter was there later on Saturday and began questioning the elder Boulware, also named James.

According to police, the suspect opened fire on the building from his parked van. Bullets pierced the glass at the entrance and caused damage inside, including at the front desk, where the worker on

duty had just gone to get a soft drink.

He also fired on officers who drove up to confront him, riddling at least one squad car with bullets but not actually hitting anyone. Cellphone video shot from a nearby balcony or roof showed the suspect's dark-colored van ram a squad car as gunshots rang out. At one point the suspect got out of his van and walked toward the entrance to the building firing his gun but turned around, according

Please see DALLAS | 11A

## Trail of Tears a rollercoaster for young riders

**BY LAUREL BLACK**  
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Traveling the northern route of the Trail of Tears is as much of an emotional challenge as a physical one.

But every year, a different group of young riders from the Cherokee Nation finds empowerment during the Remember the Removal bike ride, which follows the roughly 950-mile path their ancestors took from New Echota, Georgia, to Tahlequah, Oklahoma.

"It's just an emotional roller coaster," said 19-year-old Tanner Crow of Tahlequah, the

Please see JOURNEY | 11A

## Baby bats take bite out of I-65 project

Associated Press

**BOWLING GREEN** — Baby bats have brought one element of the ongoing widening of Interstate 65 to a halt.

The presence of northern long-eared bat pups means workers widening I-65 between Bowling Green and Elizabethtown won't be able to clear trees from the right of way for the project until Au-

gust, The Bowling Green Daily News reports.

Kentucky Transportation Cabinet spokesman Chris Jessie said the tree-cutting postponement is not expected to delay the road work.

According to the U.S. Fish and Wildlife Service website, the bat was listed as a threatened species in April.

Lee Andrews, a state super-

visor for the wildlife agency, said removing trees serving as habitat for the northern long-eared bat is allowed for transportation projects — but not in June or July, when the pups are in trees.

The rule is in place across the state, he said. "It's a new rule, so everybody's trying to figure out how to deal with it," Andrews said.



Associated Press

## Hillary's bid begins

**Democratic presidential candidate and former Secretary of State Hillary Rodham Clinton** waves to supporters Saturday on Roosevelt Island in New York. She officially kicked off her campaign Saturday. (Story, 5A)

### LOCAL

#### RADIO UPGRADE AT AIRPORT

The communication lines at Barkley Regional Airport are clearer than they've ever been thanks to a recent radio upgrade to their systems.

3A



### WORLD

#### EXHIBIT OFFERS NEW TAKE ON WWII

As the 70th anniversary of the end of World War II approaches, a new museum exhibition explores a different perspective on the conflict's Japanese victims.

6A

### Forecast

Today



Partly sunny

12B

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**PREVENTION**

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if one kid knows what she went through and that she had these feelings, if one kid comes to her and says, 'I need to talk,' maybe we save one kid. Maybe that kid needs to know that it's OK to go to somebody and talk to them about these things."

Sophie is far from alone in her struggles. Fifteen percent of teens in Kentucky say they've seriously considered suicide, according to the most recent National Youth Risk Behavior Survey conducted in 2013. Twenty percent of girls said they've considered it. And it's possible even for involved parents to just not know.

Nationally, 11 out of every 100,000 young people die by suicide, according to the Centers for Disease Control and Prevention's 2013 data, the most recent available. That's one young person taking his or her own life every hour and 40 minutes. It's the second-leading cause of death for Americans ages 15 to 24, second only to motor vehicle accidents and followed by homicide.

For the five years between 1999 and 2013, Kentucky ranked 16th in the nation for suicide deaths of people between 15 and 24. The state recorded 85 such suicides in 2013.

Western Kentucky has lost a growing number of people to suicide in recent years.

"Unfortunately our (suicide) investigations have increased yearly and continue to do so," McCracken County Coroner Dan Sims said. He's been the county's coroner for about two decades.

Sims has already investigated six suicide deaths in McCracken County this year, one of which was a teenager. Last year he investigat-

ed 27 suicides, four of which were teens.

Sims added that McCracken County's numbers may be slightly skewed, since McCracken County is home to two of the region's biggest hospitals, Lourdes and Baptist Health Paducah. Even if someone is from an outlying county, if they're pronounced dead within McCracken County limits it's Sims who investigates.

**Losing our kids**

They were in the car on their way to church New Year's Eve night when Sophie said it, something Peggy will never forget.

"I wouldn't hurt myself, but I don't want to go back there to that school," Sophie told her mom. "I'd rather be dead."

The car is where Peggy and her daughter have their best conversations, and they'd been taking a lot of drives leading up to that moment. Sophie was in the eighth-grade at a small private school, and her fall semester had gone from difficult to unbearable. She was being excluded and ostracized by other girls in her class, some of whom she'd thought were friends. "We found out several months later she was actually formulating a plan to do it," Peggy said of Sophie's plans to commit suicide. "As much attention as I was paying to her, I still didn't know. I beat myself up for several months, thinking that there was more I could have done," Peggy said.

Sophie's been seeing a counselor since last fall, and Peggy said the counselor and Sophie both have released her of all blame. Still, she feels guilty.

"Even as a nurse I thought I'd asked the right questions, and I didn't," Peggy contin-

ued. "I could have lost my child. And there are people here who have lost their child. We're losing our kids, and we're not doing enough. We can talk about texting and driving, we can talk about drinking and driving, but we can't talk about suicide. We've got to start changing something."

**Beating a stigma**

The stigma and lack of understanding when it comes to mental health issues is a huge barrier in changing things, said Laurie Ballew, medical director of Lourdes Behavioral Health. Western Kentucky's suicide rates are concerning to Ballew, but not surprising.

"Oftentimes we see higher rates of suicide in rural areas because mental health services aren't as readily available, or apparent," Ballew said. "Also sometimes the stigma is greater, so people don't reach out as much as they would otherwise."

Ballew said she remembers a time not all that long ago when cancer shared a similar stigma. People use to whisper "She had cancer" when someone was lost to the disease.

"Now we talk about it," Ballew said. "We're out about it, we're loud about it, and we're educating about it. That's what we need to do with suicide and mental health issues."

Gretchen Roof, site administrator at Four Rivers Behavioral Health in Paducah, feels much like Ballew on the issue — she's alarmed by western Kentucky's numbers, though not surprised. She said at least once a week a child comes to them at Four Rivers who they worry may be a suicide risk.

In that case they recommend hospitalization for the child's safety, but

Four Rivers has multiple levels of treatment. Kids can see a counselor there once a week or every other week. They can do what's called intensive outpatient therapy and come into Four Rivers every weekday after school. In more serious, but not dire circumstances, "partial-hospitalization" is an option, where the child attends school at the center while also participating in therapy from 8 a.m. to 4 p.m. every weekday.

Four Rivers has agreements with most area schools that allow counselors to spend about a day a week in each school, seeing their young patients. It removes barriers like transportation and does away with some of the stigma of walking into a mental health facility. There are many private mental health physicians in the area as well, Roof said, and Four Rivers has mental health professionals on-call 24-hours a day to respond to emergency situations. They also have a 24/7 help line, 1-800-592-3980.

The problem, Roof said, is that mental health isn't talked about enough, especially when it comes to talking with kids.

"I think a lot of times folks come home, they're tired, it's enough just to get everybody out of the house in the morning and get dinner done and the house cleaned. And some parents aren't just working one job, they're working two," Roof said. "But I think sometimes it's a good idea to just unplug everything and have conversations. ... Of course at certain ages, kids want to not share things, but try to take advantage of those moments when they are willing to talk."

Roof said the best thing the community can do — parents, teachers, preachers, counselors and kids themselves — is to not be afraid to talk about things like depression or suicidal thoughts when you feel them or see them in others. "If you have or know a child who appears depressed, or is having some sort of significant change in their behavior, a change in appearance even ... be especially tuned-in to that child," Roof said. "Don't be afraid of saying, 'I'm concerned about you, what's going on?' and don't be afraid of asking, 'Have you thought about hurting yourself?'"

"People don't ask that sometimes because they're afraid that if they say it, they'll put ideas in their head, when research very much tells us that is not true. The best thing you can do is ask about that, because the vast majority of times, if you ask somebody they will be honest. They will tell you, and you are the intervention that has been waiting to happen for them."

**Glad they talked**

Peggy and Sophie are both so thankful they had all those conversations on their car rides, especially the one on New Year's Eve.

"I think I was just getting tired of having to put up with this," Sophie

said. "I was very relieved when we went to Christmas break, and by New Years Eve I was like, I don't want to go back. I want this to be over. I don't want to see them again. The only thing I can really think of to say is, get help. That's what made me better. Tell somebody. Talk to somebody. Don't just keep it quiet."

When it came time for Sophie and Peggy to share their story with The Paducah Sun the morning after Sophie's birthday, Sophie asked Anna to come along too. Gathered in one of their church's offices, the girls sat on a couch together, giggling and chatting quietly, while Peggy did much of the story sharing. Sophie would chime in to add something or answer a question.

When asked what finally helped her, what turned things around, Sophie sleepily smiled and leaned to her left to rest her head on Anna's shoulder as if to say, "Anna." Talking about her experiences, her pain and her thoughts — especially with Anna — has helped Sophie a great deal. It made Peggy smile to see her daughter happy and 14.

"Maybe we start with conversations like these," Peggy said. "Just hearing, *listening*. And maybe we need to keep putting it out there for people to see. Maybe that's where we start."

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