

TURNING BACK THE CLOCK

10 YEARS AGO ... FEB. 25, 2016

- Williamstown High School junior Magdalene Walters has been selected to perform with the Kentucky All-State Mixed Chorus.

- Magistrates are concerned and frustrated over why the detention center is losing money. A \$36,158 water bill did not help the situation. Jail employees packed the fiscal court meeting, fearful they would not be paid.

25 YEARS AGO ... FEB. 29, 2001

- Birth announced this week: Jacob Hughes was born to Crystal Hughes on Nov. 4.

- Local Survivor star Rodger Bingham was recently invited to meet Gov. Paul Patton and be honored by the Kentucky House and Senate. Like everyone else, the state officials were unsuccessful in dragging from Bingham any details about his experience or how long he lasted on the show.

In the last episode he noted that he didn't really enjoy killing animals "but sometimes no one else wants to do it." The Crittenden farmer had slaughtered chickens that particular week.

- After a long conversation with Williamstown Superintendent Cliff Wallace, Grant County High School Principal Joyce Doyle reversed her position on halting athletic events between Grant County and Williamstown athletic teams.

- Darla Ashcraft Boettcher of Williamstown won a 2001 Camry at the Toyota Classic Basketball Tournament in Georgetown in January.

50 YEARS AGO ... FEB. 26, 1976

- Birth announced this week: Billie Jean Campbell was born to Corporal and Mrs. Charles Campbell on Jan. 6.

- The Williamstown Demonettes' seven-game winning streak game to an end with a crushing 81-46 drubbing at the hands of Henry County.

GRANT COUNTY SHERIFF'S OFFICE AND DETENTION CENTER REPORTS

Between Feb. 1 and Feb. 7, 2026, the Grant County Sheriff's Office:

- Served 64 summons and/or subpoenas
- Spent 18.5 hours serving court
- Served four Emergency Protective Orders
- Investigated one collision (in county residence)
- Executed three arrests/warrants executed (out of county residence)
- Drove 2,578 miles transporting prisoners

Arrest

2/9 – Deputy Dakota Combs arrested Jessie J. Strong, 36, of Corinth at 8:13 a.m. on Owenton Road, Corinth via warrant on offense or charge of failure to appear 2X. Strong was lodged in the Grant County Detention Center.

2/9 – Captain Mike Wright arrested Jeffrey S. Miracle, 59, of Williamstown at 2:26 p.m. on Barnes Road, Williamstown via warrant on offense or charge of probation violation. Miracle was lodged in the Grant County Detention Center.

Grant County Jail Report

Population analysis, Feb. 10, 2026
 Total Inmates: 297
 (Male: 253, Female: 44)
Inmates by County
 52 Grant
 30 Gallatin (Paying)
 0 Owen (Paying)
 15 Pendleton (Paying)
 0 Other (Arrested in Grant County on Warrants, awaiting pickup)
State Inmates
 100 SAP (Substance Abuse Program - Pays Extra)
 59 SOARI & 2 (Supporting Others in Active Recovery, Levels I & II, Pays Extra)
 41 Other (Regular Rate)

GRANT COUNTY CLERK'S OFFICE REPORT

Property transfers

- 2/13 – MidSouth Capital Partners LP to Jacob Douglas Hoss and Megan Mae Hoss, 0.639 Acre Kentucky 491 for \$18,000
- 2/13 – Judy K. Isaacs Trust to Mark J. McCracken, III, 15.24 Acres Layton Chapel Road for \$1.00
- 2/13 – Judy K. Isaacs Trust to

- Mark J. McCracken, III, 3 Parcels Layton Chapel Road for \$1.00
- 2/17 – Jason Rumble and Deborah L. Rumble to David A. Hensley and Laura G. Hensley, House & Lot Williamstown for \$153,000
- 2/17 – Guardian Homes, LLC to Katelyn N. Hammonds and Dylan Hammonds, Lot 98 Eagle Creek Subdivision Section 2 for

- \$293,550
- 2/18 – Nicholas P. Grammas and Katherine P. Grammas to Paul Comer Listerman and Elizabeth Ann Listerman, Lot 23 Harbour Pointe Subdivision for \$1,235,000
- 2/18 – Bertha Gail Marshall to Gary O. Cooper, Lot 224 Section 6 Harvesters Subdivision for \$207,000

Marriage Records

- 2/13 – Reagan Emma Gabbert to Jamie Joel Hornsby
- 2/17 – Christina Kathryne Gayle Rogers to David Scott Meyer
- 2/17 – Shelby Elizabeth Beckham to Zachary Kentall McNeil

Social media can be addictive even for adults, but there are ways to cut back

BY BARBARA ORTUTAY AND KAITLYN HUAMANI
 AP TECHNOLOGY WRITERS

Social media addiction has been compared to casinos, opioids and cigarettes.

While there's some debate among experts about the line between overuse and addiction, and whether social media can cause the latter, there is no doubt that many people feel like they can't escape the pull of Instagram, TikTok, Snapchat and other platforms.

The companies that designed your favorite apps have an incentive to keep you glued to them so they can serve up ads that make them billions of dollars in revenue. Resisting the pull of the endless scroll, the dopamine hits from short-form videos and the ego boost and validation that come from likes and positive interactions, can seem like an unfair fight. For some people, "rage-bait," gloomy news and arguing with internet strangers also have an irresistible draw.

Much of the concern around social media addiction has focused on children. But adults are also susceptible to using social media so much that it starts affecting their day-to-day lives.

RECOGNIZING SIGNS OF COMPULSIVE USE

Dr. Anna Lembke, a psychiatrist and the medical director of addiction medicine at Stanford University's School of Medicine, defines addiction as "the continued compulsive use of a substance or behavior despite harm to self or others."

During her testimony at a landmark social media harms trial in Los Angeles, Lembke said that what makes social media platforms so addictive is the "24/7, really limitless, frictionless access" people have to them.

Some researchers question whether addiction is the appropriate term to describe heavy use of social media, arguing that a person must be experiencing identifiable symptoms. These include strong, sometimes uncontrollable urges and withdrawal to qualify as addiction.

Social media addiction is not recognized as an official disorder in the Diagnostic and Statistical Manual of Mental Disorders, which is the standard reference psychiatrists and other mental health practitioners use to assess and treat patients. That's partly because there is no widespread consensus on what constitutes social media addiction and

whether underlying mental health issues contribute to problematic use.

But just because there is no official agreement on the issue doesn't mean excessive social media use can't be harmful, some experts say.

"For me, the biggest signpost is how does the person feel about the 'amount,' and how viewing it makes them feel," said Dr. Laurel Williams, professor of psychiatry and behavioral sciences at Baylor College of Medicine. "If what they discover is they view it so much that they are missing out on other things they may enjoy or things that they need to attend to, this is problematic use. Additionally, if you leave feeling overwhelmed, drained, sad, anxious, angry regularly, this use is not good for you."

In other words, is your use of social media affecting other parts of your life? Are you putting off chores, work, hobbies or time with friends and family? Have you tried to cut back your time but realized you were unable to? Do you feel bad about your social media use?

Ofir Turel, a professor of information systems management at the University of Melbourne who has studied social media use for years, said there was "no agreement" over the term social media addiction, and he doesn't "expect agreement soon."

"It's obvious that we have an issue," Turel said. "You don't have to call it an addiction, but there is an issue and we need, as a society, to start thinking about it."

NONINVASIVE TIPS TO REDUCE SOCIAL MEDIA USE

Before setting limits on scrolling, it's helpful to understand how social media feeds and advertising work to draw in users, Williams said.

"Think of social media as a company trying to get you to stay with them and buy something — have the mindset that this is information that I don't need to act on and may not be true," she added. "Get alternate sources of information. Always understand the more you see something, anyone can start to believe it is true."

Ian A. Anderson, a post-doctoral scholar at California Institute of Technology, suggests making small, meaningful changes to stop you from opening your social media app of choice. Moving the app's place on your phone or turning off notifications are "light touch interventions," but

more involved options, like not bringing your phone into the bedroom or other places where you tend to use it, could also help, Anderson said.

Tech tools can also help to cut back on tech overuse. Both iPhones and Android devices have onboard controls to help regulate screen time.

Apple's Screen Time controls are found in the iPhone's settings menu. Users can set overall Downtime, which shuts off all phone activity during a set period of their choice.

The controls also let users put a blanket restriction on certain categories of apps, such as social, games or entertainment or zero in on a specific app, by limiting the time that can be spent on it.

The downside is that the limits aren't hard to get around. It's more of a nudge than a red line that you can't cross. If you try to open an app with a limit, you'll get a screen menu offering one more minute, a reminder after 15 minutes, or to completely ignore it.

IF A LIGHT TOUCH DOESN'T WORK

If a light touch isn't working, more drastic steps might be necessary. Some users swear by turning their phones to gray-scale to make it less appealing to dopamine-seeking brains. On iPhones, adjust the color filter in your settings. For Android, turn on Bedtime Mode or tweak the color correction setting. Downgrading to a simpler phone, such as an old-school flip phone, could also help curb social media compulsions.



AP Photo/Jacquelyn Martin

United States' Mikaela Shiffrin celebrates winning the gold medal in an alpine ski, women's slalom race, at the 2026 Winter Olympics, in Cortina d'Ampezzo, Italy, on Feb. 18.

US wins its record 11th gold medal at Winter Olympics

BY EDDIE PELLIS
 AP NATIONAL WRITER

medals for the U.S.

LIVIGNO, Italy — The U.S. Olympic team won its record-breaking 11th gold medal of the Winter Games on Saturday, with at least one more good possibility when its men's hockey team wraps up the action on closing day with the title game against Canada.

The trio of Kaila Kuhn, Connor Curran and Chris Lillis gave the U.S. the record by capturing the American team's second straight title in mixed aerials.

The 11th gold breaks the country's mark set at the last Olympics on U.S. soil — in Salt Lake City in 2002, which has long stood out as a turning point for a winter sports program that had struggled over previous decades.

This could end up being another turning point, not so much for the sheer number of medals but the variety of places from which they came: Twelve of the 17 sports disciplines represented in the Winter Games produced

"Our focus and our strategy has always been about breadth," said Sarah Hirschland, the CEO of the U.S. Olympic and Paralympic Committee. "We want to win in everything. We want to make every sport better. Some could argue there are countries that go a mile deep in certain sports and really dominate. Our goal has been to improve Winter sport across the board."

The aerials medal, then a bronze in speedskating from Mia Manganello later in the day, lifted the U.S. to 31 overall for the Olympics with one day left.

That's second to Norway, which had a record 18 gold medals and 40 overall through Saturday evening. Seventy-two percent of the golds came in the endurance sports of cross country, biathlon and Nordic combined. The biggest gold-medal hauls for the U.S. came in four disciplines — two each (18%) in Alpine skiing, freestyle skiing, figure skating and speedskating.

POSTED NO TRESPASSING

**No Trespassing Persons are notified that the land and property belonging to the below listed persons are posted against hunting, fishing, trapping, 4-wheeling or dirt bike riding, walking, horseback riding, woodcutting, dumping or any other kind of trespassing. Owners are not responsible for any accidents.

Violators will be prosecuted to the fullest extent of the law.

POSTED PROPERTY LISTINGS ARE BELOW.

Property of Doering Family Ltd. Partnership on Dry Ridge Mt. Zion Rd., Dry Ridge.

PROPERTY LOCATED AT - 5340 Stewartsville Rd., Williamstown.

Dimitt Property 7120 Warsaw Rd Dry Ridge (Old Kelly Martin Farm).

DEGLOW, RICHARD & LINDA. Farm at 1495 Heekin Road, Williamstown, KY.

MCINTIRE PROPERTY located on Old Cynthiana Rd. and Oak Ridge Pike.

MARTIN PROPERTY - Lots on Sunny Hill Drive, Dry Ridge, KY.

West-Marsh Property located at 2975 Falmouth Rd., Williamstown, KY

Henry Family Farm at 1115 Smokey Rd., Williamstown, KY 41097

PICKETT Property located at 10490 Taft Hwy, Williamstown (Route 22 & White Chapel Road)

Janice & Jack Bowling property located on White Chapel Road.

Littrell Property located at 800 & 940 Ashbrook Rd. Williamstown, KY 41097 NO TRESPASSING & NO HUNTING

The Darlington Properties located at Lawrenceville Rd (East of Eagle Creek) Williamstown, Ky. and 10765 Taft Hwy., Williamstown, Ky.

Kathy and James Havens, 5843 Baton Rouge Rd.

REQUEST FOR LETTERS OF INTEREST AND STATEMENT OF QUALIFICATION FOR OLDER ADULT SERVICES

The Northern Kentucky Area Development District/Aging and Disability Services Division is seeking information for Older Adult and disabled individuals aged 18 and older services to be funded through the Federal Older Americans Act programs. The Request for Letters of Interest and Statements of Qualification process will be used to determine if a full Request for Proposal is required. A copy of these RFI's may be viewed at www.nkadd.org. A copy may also be obtained by calling 859-283-1885. Letters of Interest are due no later than 4:00 pm EDT, March 20, 2026.