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Breast Cancer Awareness MONTH

Possible early warning signs of cancer

Cancer affects people from all walks of life, and health care experts anticipate a notable spike in cancer cases over the next decade. According to the World Health Organization’s “Global status report on cancer 2026,” new cancer diagnoses are projected to reach 35 million by 2050, which would mark an increase of 15.5 million new cases compared to 2024.

While the WHO estimates represent a significant increase in cancer cases over the next quarter century, the public is not helpless against the disease. Education, including increased awareness of early warning signs of cancer, can increase the chances a person will survive a diagnosis. In fact, the Cancer Research Institute™ notes the earlier a cancer is caught, the better a patient’s outcome is likely to be. Early detection can be lifesaving, and these are some potential early warning signs that should be taken seriously.

- **Unexplained weight loss:** Johns Hopkins Medicine notes that a loss of 10 pounds or more may be nothing to worry about. However, unexplained weight loss sometimes is the first sign of cancer. The Dana-Farber Cancer Institute advises that weight loss when you aren’t trying to lose weight increases the risk of a cancer diagnosis within the coming year. Such weight loss has been linked to a significantly increased risk for cancers of the upper gastrointestinal tract, hematological cancers, colorectal cancer, and lung cancer.
- **Extreme fatigue:** Johns Hopkins notes that cancer uses nutrients in the body to grow and advance. When that occurs, the nutrients cannot help to replenish the body, and the result is feelings of extreme fatigue. This fatigue will be different from the tiredness a person feels at the end of a long workday or a day marked by extra physical activity.
- **Fever:** Fever is most often associated with cold and flu, so like the aforementioned potential warning signs, a fever is not necessarily an indicator of cancer. But Cancer Research UK notes that some cancers, including non-Hodgkin lymphoma, Hodgkin lymphoma, leukemia, and kidney cancer, can cause fevers. Fevers associated with lymphoma may cause night sweats that come and go with no clear cause. Fevers that are linked to cancer typically occur at night.
- **Pain:** John Hopkins notes that persistent pain may hint at an underlying disease like cancer. This pain might occur when a cancerous mass or tumor pushes on areas of the body or the cancer releases a chemical that causes discomfort. The Mayo Clinic notes bone pain, nerve pain, and pain in the soft tissues are common types of cancer-related pain.
- **Changes in the skin:** Skin is the largest organ in the body, so it’s no surprise cancer can cause changes in the skin. Johns Hopkins notes changes in moles may be a cause for concern. A mole that is asymmetrical or has jagged edges; a mole with irregular borders; a mole that changes colors or darkens; or a mole that is large or growing should be brought to the attention of a health care professional.

Early detection of cancer can greatly improve a patient’s outcome. Keeping these potential early warning signs in mind and taking them seriously should they appear is a great first step toward combatting the disease.

Hospitals are not just for medical emergencies

Hospitals play an important role in keeping people healthy. While hospitals remain the place to go when experiencing a medical emergency, these vital facilities offer much more than emergency care. The scope of services available in many hospitals is vast and can benefit people confronting medical emergencies as well as individuals hoping to live as healthy as possible. The following rundown of offerings can shed light on how beneficial it can be to

look to hospitals as part of a health care regimen.

- **Vaccination:** Many people get vaccinated during wellness checkups or at local pharmacies. But some patients are forced to wait months before they can book an appointment with their primary care physicians, while others may not live close to pharmacies. In such instances, people can visit their local hospitals to determine if they provide vaccinations. Many hospitals do, and that can help circumvent months-
- long waiting lists at primary care offices and issues related to pharmacies.
- **Notary services:** Advance directives and power-of-attorney arrangements are important components of estate planning. When setting such directives, it’s customary if not mandatory to have such wishes notarized so there is no legal gray area upon a person’s death. Many hospitals include notary services as part of their concierge care (some might include
- notary services under packages with different names). These are vital guest assistance services and can be particularly useful if patients encounter a medical emergency and are unsure if they have formalized their intentions regarding their estate.
- **Financial assistance:** Health care costs can be substantial, particularly for people who

see **HOSPITALS,**
back page

Kentucky Proud® launches merchandise licensing program

FRANKFORT, Ky. — Kentucky Proud® is expanding the ways Kentucky businesses can showcase their connection to the Commonwealth with the launch of a new merchandise licensing program through the Kentucky Department of Agriculture.

As the official agricultural marketing brand for the state, Kentucky Proud represents Kentucky-grown, raised, and produced products while helping Kentucky businesses develop sustainable markets for their products. The brand has built statewide consumer recognition of more than 87 percent since its creation in 2002.

The new co-licensing program gives eligible businesses an opportunity to apply for a license to use the Kentucky Proud® brand on approved merchandise, creating new ways for consumers to wear, use, and show their Kentucky pride.

Merchandise eligible for consideration may include apparel, drinkware, home goods, accessories, décor, promotional items, and other products that align with the Kentucky Proud® brand and its mission.

“For more than two decades, Kentucky Proud has been the standard for the best products our Commonwealth has to offer,” Kentucky

Agriculture Commissioner Jonathan Shell said. “This new program builds on that legacy by giving businesses another tool to tell the story of Kentucky ag and the people who make it successful.”

Unlike an open-use logo program, Kentucky Proud® merchandise licensing is designed to protect the integrity of the brand while creating opportunities for quality Kentucky businesses. Each proposed merchandise item is reviewed individually, and final artwork must receive written approval from Kentucky Proud® before a licensed product may be manufactured, advertised or sold using Kentucky Proud®

intellectual property.

“We’re excited to create another way for businesses to tell the Kentucky story and for consumers to show their Kentucky pride,” said Alexis Smith, Director of Promotion & Development for Kentucky Proud®. “This program allows us to expand the reach of the Kentucky Proud® brand while being thoughtful about the quality and integrity of the products that carry it.”

Businesses interested in applying for a Kentucky Proud® merchandise license can review program requirements and access the application at kyproud.com/programs/merchandise-licensing.

UK’s annual Pre-Vet Experience Day returns in February

By Bailey Vandiver
bailey.vandiver@uky.edu

LEXINGTON—
The annual University of Kentucky Pre-Veterinary Experience Day returns Feb. 13, 2027, in the new Martin-Gatton Agricultural Sciences building on the University of Kentucky campus. Organized by the UK Pre-Veterinary Mentoring Program within the Martin-Gatton College of Agriculture, Food and Environment, in collaboration with the Kentucky Horse Council, the daylong event is designed for college school students interested in a career in veterinary medicine.

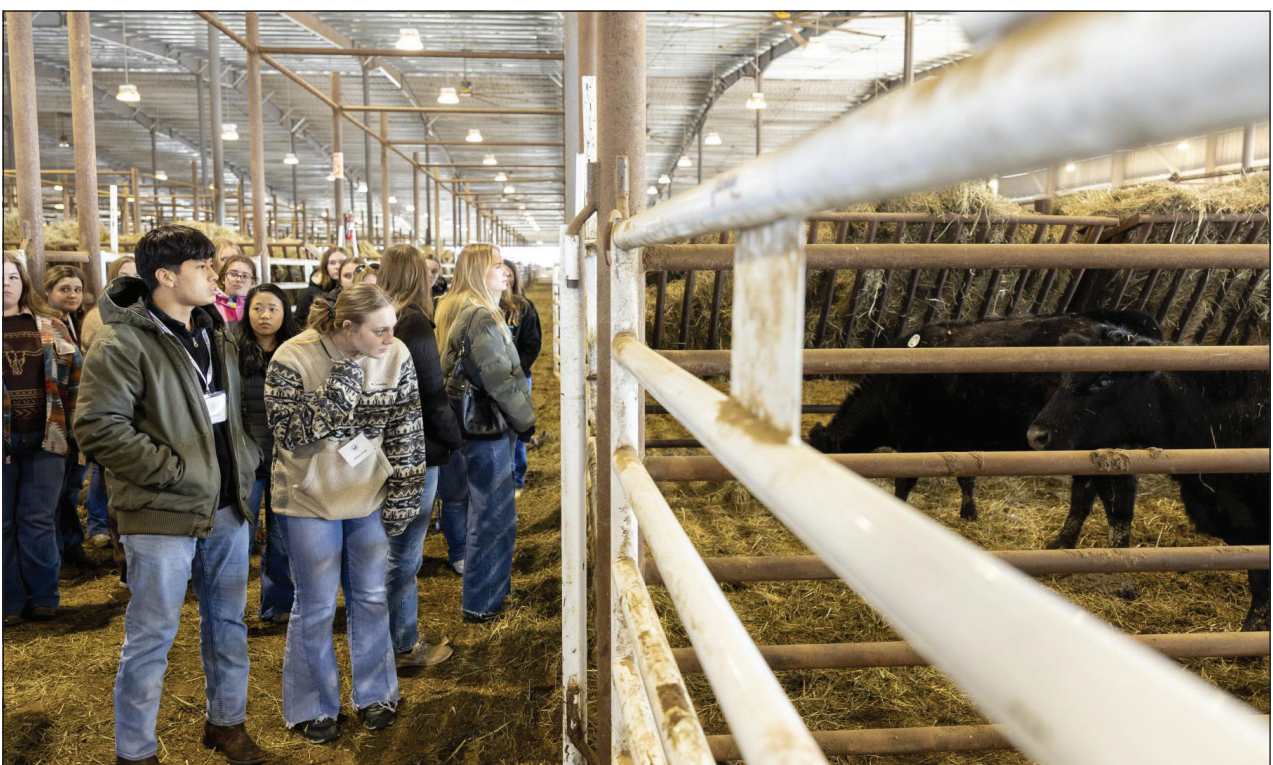
“This event offers a unique and valuable opportunity for students interested in veterinary medicine to connect with veterinarians, advisors and industry partners from a variety of career paths, all eager to share their experience and expertise,” said Amber McNamara, event co-organizer and head of UK’s pre-veterinary advising program. “Following the positive feedback from last year’s event, we are excited to host it again and welcome even more students eager to explore the

profession of veterinary medicine.”

During the morning session, attendees will choose between informational sessions based on their level of knowledge and preparation for veterinary school. Students early in the pre-veterinary pathway may select sessions focused on an introduction to pre-veterinary medicine an overview of veterinary schools and their accreditation, program formats and programs, as well as assessing veterinary schools and comparing educational formats. Those students further along in their pre-veterinary process can opt into sessions providing insight into the Veterinary Medical College Application Service process, interviews, timing, essays and changing requirements.

Additional morning sessions for all attendees will include information about diverse veterinary career possibilities, tips for better applications to veterinary school and a practicing veterinarian led insight panel that will address challenges and adaptations in veterinary medicine.

Following a networking lunch, students



Participants learn about veterinary practices in large animals at Bluegrass Stock Yards during the previous Pre-Vet Experience Day for college students. Photo courtesy UK Martin-Gatton College of Agriculture, Food & Environment.

will participate in one of four focused veterinary career path explorations with options including large animal, equine, small animal and a focus on toxicology, pharmacology and regulatory aspects. Site locations include Bluegrass Stockyards, Park Equine Hospital, MedVet Lexington and the UK Veterinary Diagnostic Laboratory.

Registration opens Oct. 5 and is expected to fill quickly. The registration fee of \$30 will cover a light breakfast, lunch and snacks, along with entry into morning and after-

noon sessions for one student. Interested students must be enrolled in any national college. The upcoming event is not designed for high school students.

UK’s Pre-Vet Experience Day is held annually on the Saturday before Presidents’ Day and rotates each year

between a program designed for college and high school students. The 2028 event on Feb. 12 will be designed for high school students.

Event partners and collaborators include the UK Department of Animal and Food Sciences, UK Ag Equine Programs and the Ken-

tucky Horse Council.

More information about Pre-Vet Experience Day 2026, speakers and topics can be found online at afs.mgcafe.uky.edu/undergraduate/pre-veterinary-mentoring/pre-vet-experience-day.

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The home includes two bedrooms and two full bathrooms, with crown molding, wood trim, ceiling fans, and a combination of hard-surface flooring and carpet throughout. Outside, the property features an inviting covered front porch, spacious lawn, established landscaping, and a detached garage with an attached covered carport, providing plenty of room for vehicles, storage, hobbies, or workshop use.

An adjoining 0.56± acre lot will be offered separately as Tract 2, providing buyers with an opportunity to purchase additional land alongside the residence or acquire the lot independently.

TRACT 1 – 1.631± ACRES

Includes the 2-bedroom, 2-bath home, detached garage with attached carport, covered front porch, landscaping and surrounding yard.

TRACT 2 – 0.56± ACRE LOT

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More than 8,700 children in need of foster families in Kentucky

By TOM LATEK
Kentucky Today

LOUISVILLE, Ky. (KT) – As the nation recognizes National Foster Youth Voice Month, more than 8,700 children across Kentucky are waiting for the safety and stability of a home that only dedicated foster parents can provide.

In October, StepStone Family & Youth Services is calling attention to Kentucky’s urgent need for more foster families.

National Foster Youth Voice Month shines a spotlight on the experiences, perspectives, and resilience of young people in foster care. It also serves as a reminder



of the critical role foster families play in helping children and teens navigate some of the most formative years of their lives. For youth ages 12 and 18, a consistent support system and trusted adult mentor can have a lasting impact on their long-term well-being and future success.

“Every child deserves a safe environment where they feel supported and empowered to reach their full potential,” said Kelsey Davis, National Recruitment Director of StepStone Family & Youth Services. “This month reminds us to listen to and learn from the young people we serve, but also to respond to their needs by recruiting more foster families who are willing to open their hearts and homes.”

Despite the significant need, Kentucky currently has only 4,600 licensed foster homes available statewide. The shortage is particularly critical for caregivers experienced in supporting foster children with higher levels of need, and families willing to welcome teenagers and sibling groups.

As part of the national StepStone network, the organization equips Kentucky’s caregivers with resources to create safe, nurturing environments where children and youth can heal and grow.

Nationally in 2025, the organization served 3,162 foster care clients, helped facilitate 219 family reunifications, supported 225 relative placements, and assisted with 197 adoptions.

StepStone achieved 100 percent completion rate for client safety and face-to-face home visits. Children placed in StepStone foster homes were 15 percent more likely to receive timely medical care than the state average, reinforcing their commitment to support every child served.

Kentucky has seven StepStone locations in Benton, Bowling Green, Florence, Louisville, Prestonsburg, Richmond and Salt Lick.

Voter ID card available at driver’s licensing regional offices

By TOM LATEK
Kentucky Today

FRANKFORT, Ky. (KT) – Gov. Andy Beshear is reminding

Kentuckians who are eligible registered voters but don’t currently have an accepted form of identification, that they can get a Voter ID card at no cost at any of the 35 Driver Licensing Regional Offices statewide.

Voter ID cards are available year-round and can help eligible Kentuckians to meet voting ID requirements at the polls if they do not have another accepted form of ID, such as a driver’s license, Military

ID, College ID or local government ID with the voter’s photo. You can find out more by going to this link at the State Board of Elections website accepted form of ID.

During a Wednesday press conference, Beshear said to qualify for the voter ID card, “You’ll need to bring proof of identity, like your birth certificate, proof of your social security number, proof of your Kentucky residency, and you’ll have to complete a form when applying.”

You will also have to be already registered to vote, as the deadline to register in order to vote in the November General Election has already passed.

While the Drivers License Regional Offices are open from 8 a.m. until 4 p.m., Monday through Friday, Beshear also noted, “To make it a little easier, all 35 Driver Licensing Regional Offices, are going to be open this Saturday, October 10, from 8 a.m. until 11:30. We are adding an extra Saturday on October 24. I encourage every Kentuckian to make sure you have an acceptable form of ID to vote.”

Through Election Day itself, Nov. 3, office staff will prioritize Voter ID card requests to minimize barriers and help ensure eligible Kentuckians have the opportunity to exercise their right to vote.

For regional office and popup locations, required documents and additional information, you can go to drive.ky.gov

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*No purchase necessary. US/DC, 18+ See rules at [playatmcd.com](#) and [playatmcd.com/amoe](#) to play without purchase by 11/1/2. Chance Card Game ends 11/1/8; game ends 11/2/26. MONOPOLY TM, © & © 2026 Hasbro.

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*Must opt-in to Rewards & register for game first.

Plus, Go for Bonus Plays

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*Must opt-in to Rewards & register for game first.

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UK Tree Week 2026 invites community to celebrate the value of trees

By Jennifer Elwel
jennifer.elwel@uky.edu

LEXINGTON, Ky.— From climbing into the canopy of a campus white oak to planting trees for future generations, the University of Kentucky community will celebrate the many ways trees strengthen people, places and ecosystems during Tree Week 2026, Oct. 9-18.

Started by the UK Urban Forest Initiative (UFI) at the Martin-Gatton College of Agriculture, Food and Environment in 2018, Tree Week is Kentucky’s

annual celebration of urban and community forestry. Each October, communities across the state come together to honor trees and explore their essential contributions to healthy, vibrant communities. Through several events, Tree Week connects Kentuckians with nature and highlights the many benefits trees provide, such as cooler neighborhoods, improved air quality and reduced stormwater runoff. “Tree Week celebrates all things trees and is a reminder to

embrace their importance to human and global well-being,” said Lynne Rieske-Kinney, Ph.D., co-founder and co-lead of UFI. “What began with the Urban Forest Initiative on the UK campus and in Lexington, Tree Week has spread across the state, with dozens of tree-centric events in communities from Pikeville to Paducah.” On the UK campus, the statewide celebration will take shape through UK TreeFest, this year’s signature Tree Week event. Scheduled from noon

to 3 p.m. Wednesday, Oct. 14, near the Kirwan-Blanding complex and Ingels Hall, the event will bring together UFI, UK Sustainability, Canopy Cats, Campus Recreation and UK Grounds for tree climbing, tree planting and sustainability outreach. Participants can learn about the equipment and techniques used to climb trees safely with Canopy Cats and Campus Recreation, then experience climbing a rope into the large white oak. Students may also help UK Grounds’ arboriculture team plant six native trees in campus locations approved by Campus Planning and UK Grounds. Sustainability-focused student organizations will share information and opportunities throughout the afternoon. The UK Student Sustainability Council funds the tree planting. “We want students to begin thinking about how they can be good campus and environmental stewards,” said Carlie Laughlin, sustainability program coordinator with UK Sustainability. “We’re hopeful that this opportunity to engage directly in creating and caring for the campus landscape will inspire a deeper sense of con-

nection to these spaces and a greater sense of responsibility for the environment.” The celebration continues at The Arboretum, State Botanical Garden of Kentucky, where Arbor Day, held Oct. 17, anchors a week of opportunities to learn from and care for trees. Activities include guided tree walks, a seed propagation workshop, tree plantings, tree giveaways while supplies last, and an introduction to using the free iNaturalist app as a conservation tool. The Arbor Day programs, presented by Louisville Gas & Electric and Kentucky Utilities Foundation, invite visitors to explore Kentucky’s trees while gaining ideas and skills they can use in their own communities. “From the simple relaxation induced by a walk through the woods to the immeasurably important ecosystem services they provide, trees are well worth celebrating as a community on Arbor Day at The Arboretum,” said Michael Wall, director of The Arboretum. “Every year we are proud to give away trees on Arbor Day, allowing visitors to extend the celebration and stewardship into their own neighborhoods and communities all year

long.” Event details, registration information and The Arboretum’s complete schedule are available at arboretum.mgcafe.uky.edu. Other events on or near campus offer additional ways to participate, beginning with a Tree Week kickoff program on the eve of the official celebration. UK professor emeritus Dan Potter will present “Bee Banquets in the Sky,” a program about pollinator conservation, at 6 p.m. Thursday, Oct. 8, in the Davis Marksbury Hardymon Theatre. Tree Week Trivia begins at 6 p.m. Tuesday, Oct. 13, at Blue Stallion Brewing, and “Forest Bugs and Brews” will bring a live insect zoo, displays and children’s activities to Mirror Twin Brewing at 6 p.m. Thursday, Oct. 15. UK students, faculty and staff may attend a screening of Princess Mononoke at 4 p.m. Saturday, Oct. 17, in Room 106 of the White Hall Classroom Building. A UK ID is required. UK Libraries will also offer a virtual book club exploring 150 years of literature, poetry and material art centered on the elm tree. Registration is required. For the full Tree Week calendar across Kentucky, visit Tree-WeekKentucky.org.

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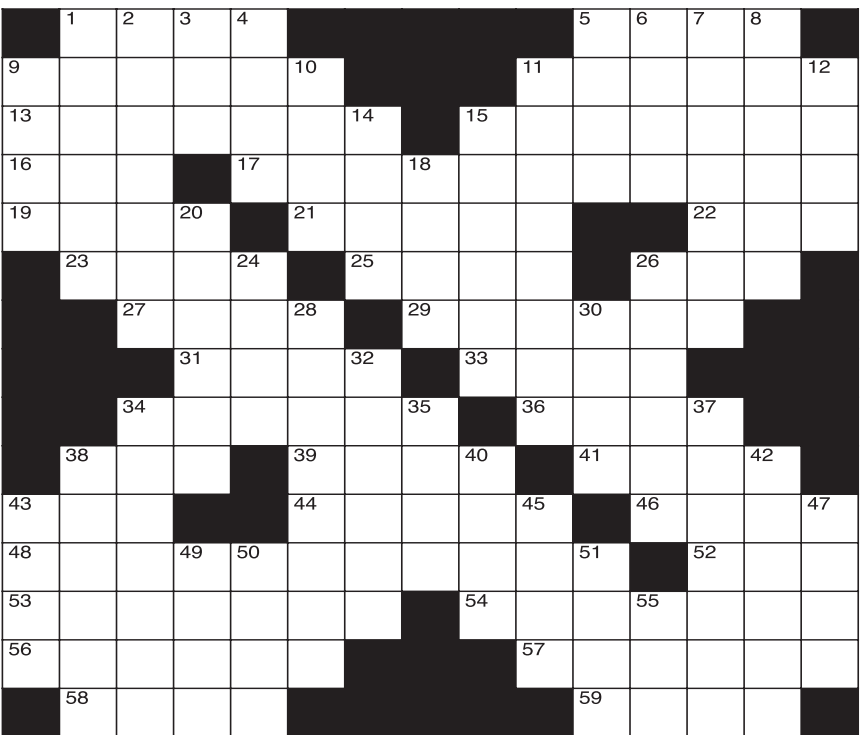


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Crossword Puzzle



CLUES ACROSS

1. Difficult

5. Coarsely ground corn

9. A group of similar things ordered one after another

11. Loved Romeo

13. Something to solve

15. Pelvic areas

16. Informal debt instrument

17. Ineffective

19. A device attached to a workbench

21. Related to the mother’s side

22. “Fresh Prince of __ Air”

23. Astronomer Sagan

25. C. Utah city

26. Turkey

27. Informal terms for money

29. Awakens

31. Those who favored Prohibition
33. Blabbed

34. Looked through

36. Rhode Island rebellion

38. A type of “cast”

39. One’s duty

41. Where golfers begin

43. Make a mistake

44. Semitic Sun god

46. Ancient Greek City

48. Removed someone's head

52. A place to stay

53. Unwise

54. Most unnatural

56. “Dennis” is a notable one

57. Ointments

58. Examination

59. Leaked fluid

Puzzle Solutions on B14

CLUES DOWN

1. Brave

2. A state of excitement

3. Jest at

4. Sandwich store

5. Chapter of the Koran

6. Dismounted from a horse

7. Small vehicle

8. Irked

9. A disreputable man

10. Monetary unit of Samoa

11. A list of woes

12. Weight unit

14. Alone, single

15. Broadway legend Bernadette

18. Monetary unit of Serbia

20. Worn by exposure to the weather

24. A body of traditions

26. Students seek one
28. Hydrophilic amino acid

30. Nasal mucus

32. Branch of U.S. Congress

34. Swinish

35. Russian assembly

37. Grant an exemption to

38. Set up in advance

40. Satisfy

42. Felt

43. Mild yellow Dutch cheese made in balls

45. Witnesses

47. Strong insects

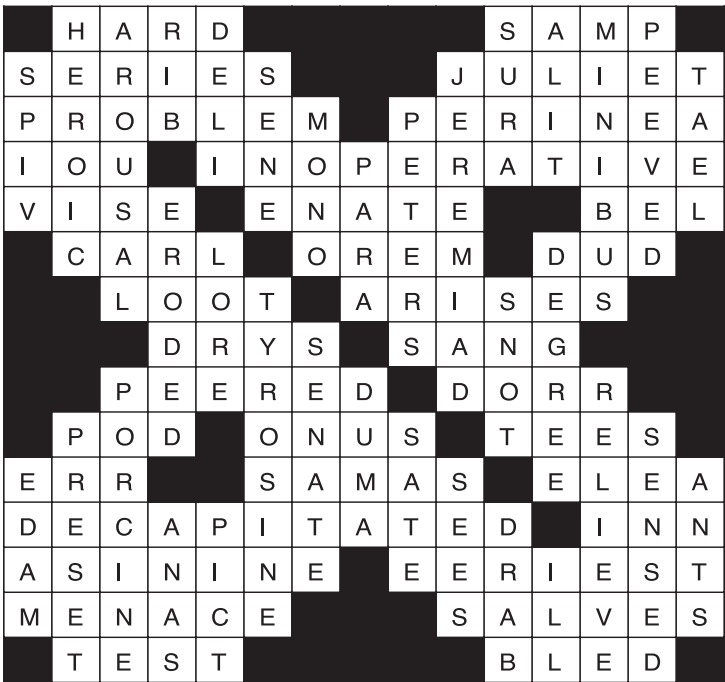
49. Gasteyer and de Armas are two

50. One of an ancient people inhabiting Scotland

51. Cheerless

55. Unhealthy

PUZZLE SOLUTION

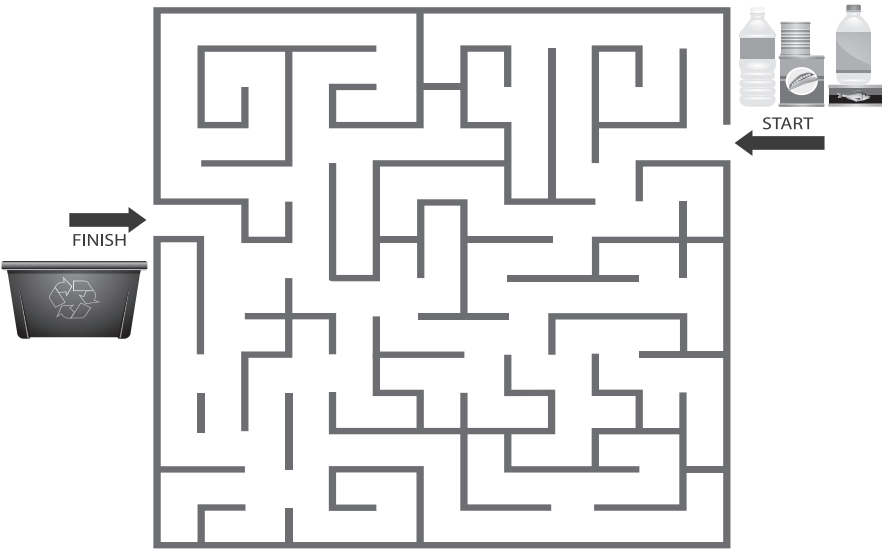


Maze Craze



MAZE FUN

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Find the words hidden vertically, horizontally, diagonally, and backwards.

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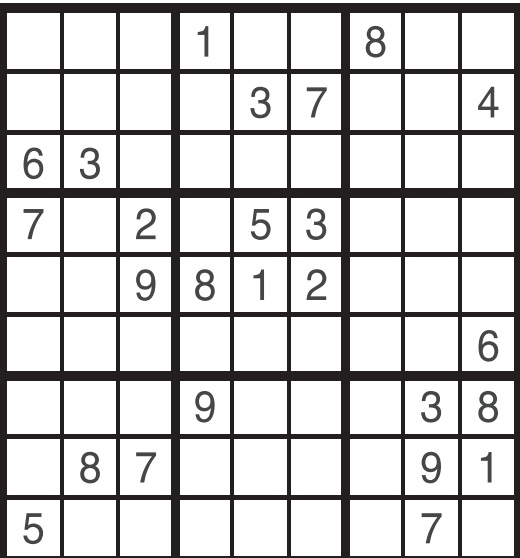
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DAILY
DIAMETER
DIOPTER
DISINFECTANT
DRYNESS
EXTENDED
HYDRATION
HYDROGEL
HYPOXIA
MULTIFOCAL
PERMEABILITY
PRESBYOPIA
RIGID
SALINE
SCLERAL
SOLUTION
TORIC
WETTABILITY

Sudoku Puzzle

How it Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle! Good Luck!

ANSWERS IN THE B SECTION



Word Scramble

Rearrange the letters to spell something pertaining to contacts.

ELCNA



Answer: Clean

Guess Who?

GUESS WHO?

I am a television producer, executive and talent manager born in England on October 7, 1959. My father got me a job in the mail room at his music publishing company. I left to start signing talent. Later, I became a talent judge on various singing and entertainment competition programs.

Answer: Simon Cowell

IF IT MATTERS TO YOU, IT MATTERS TO US. THANKS FOR READING!

Crypto Fun



Solve the code to discover words related to contact lenses. Each number corresponds to a letter. (Hint: 25 = S)

A. 25 10 4 15 11 9 10 2
Clue: Cleaning liquid

B. 26 24 25 14
Clue: Container

C. 14 6 14 25
Clue: Sight organs

D. 26 10 2 11 24 26 11 25
Clue: Fixes vision

Answers: A. solution B. case C. eyes D. contacts

Coloring Fun

Color the picture in your favorite colors.



FIRE PREVENTION DAY
OCTOBER 9TH

Times, TV slots set for UK men’s basketball contests

By KEITH TAYLOR - Kentucky Today

LEXINGTON, Ky. (KT) — The University of Kentucky men’s basketball team released tipoff times and television designations for its 2026-27 schedule on Wednesday.

The Wildcats will play three exhibition games this season. Two of the three games — Arkansas Little Rock (Oct. 16) and Texas Tech (Oct. 23) will begin at 7 p.m. and shown on SEC Network Plus. The final exhibition will against Central Florida on Oct. 28 set for 6 p.m., will be on the SEC Network.

The season opener against Manhattan, set for 7 p.m. on Nov. 3, will be on SECN-plus. Overall, six of Kentucky’s first 12 games will be shown on SECN-plus. The Kentucky-Kansas encounter in the State Farm Champions Classic will be at 9:30 p.m. on Nov. 10 on ESPN.

Following the Kansas encounter, back-to-back games against Northern Arizona (Nov. 13) and Grambling State (Nov. 16) will tip off at 7 p.m. and available on SECN-plus.

Kentucky will play Indiana at Lucas Oil Stadium on Nov. 20 at 8 p.m. on CBS. A home game against Wichita State on Nov. 27 will be at 9 p.m. on ESP2.

A total of four games, two in the Southeastern Conference — at Ole Miss on Feb. 2 and Vanderbilt on Feb. 23 will tip off at 9 p.m. or later.

The contest against former coach John Calipari and Arkansas will be at 6 or 6:30 on Feb. 20 on ESPN.

In other noteworthy games, Kentucky’s game against North Carolina in the CBS Sports Classic in New York on Dec. 19 will be at 2:30 p.m., and the in-state showdown against Louisville will be at 4 p.m. on Dec. 12 on ABC.

2026-27 KENTUCKY MEN'S BASKETBALL SCHEDULE				
OCT 16		LITTLE ROCK (EXH)	7 P.M.	SECN+
OCT 23		TEXAS TECH (EXH)	7 P.M.	SECN+
OCT 28		UCF (EXH)	6 P.M.	SECN
NOV 3		MANHATTAN	7 P.M.	SECN+
NOV 6		JAMES MADISON	7 P.M.	SECN
NOV 10		vs. Kansas ¹	9:30 P.M.	ESPN
NOV 13		NORTHERN ARIZONA	7 P.M.	SECN+
NOV 16		GRAMBLING STATE	7 P.M.	SECN+
NOV 20		vs. Indiana ²	8 P.M.	CBS
NOV 27		WICHITA STATE	9 P.M.	ESPN2
DEC 2		at Virginia ³	7:15 P.M.	ESPN
DEC 5		APPALACHIAN STATE	1 P.M.	SECN+
DEC 8		BRYANT	7:30 P.M.	ESPN2
DEC 12		LOUISVILLE	4 P.M.	ABC
DEC 19		vs. North Carolina ⁴	2:30 P.M.	CBS
DEC 22		SACRED HEART	1 P.M.	SECN
DEC 28		GARDNER-WEBB	7 P.M.	SECN
JAN 2		at Oklahoma*	12 P.M.	ESPN/2
JAN 5		OLE MISS*	7 P.M.	ESPN/2
JAN 9		at Missouri*	4 P.M.	ESPN2
JAN 13		LSU*	7 P.M.	SECN
JAN 16		VANDERBILT*	4 P.M.	ESPN/2
JAN 20		at Mississippi State*	8:30 P.M.	SECN
JAN 23		TENNESSEE*	2 P.M.	ESPN/2/U
JAN 30		at Texas*	12 P.M.	ESPN/2
FEB 2		at Ole Miss*	9 P.M.	ESPN/2
FEB 6		ALABAMA*	2 P.M.	ESPN/2
FEB 10		SOUTH CAROLINA*	8 P.M.	SECN
FEB 13		at Tennessee*	4 P.M.	ESPN
FEB 16		at Georgia*	7 P.M.	ESPN/2
FEB 20		ARKANSAS*	6/6:30 P.M.	ESPN
FEB 23		at Vanderbilt*	9 P.M.	ESPN/2
FEB 27		AUBURN*	4/4:30 P.M.	ESPN/2
MAR 3		TEXAS A&M*	7 P.M.	ESPN2/U
MAR 6		at Florida*	4/4:30 P.M.	ESPN
MAR 10-14		SEC Tournament ⁵		
ALL DATES ARE SUBJECT TO CHANGE. ALL TIMES EASTERN. 1-Champions Classic (United Center, Chicago); 2-Lucas Oil Stadium, Indianapolis; 3-SEC/ACC Challenge, Charlottesville, Va.; 4-CBS Sports Classic (Madison Square Garden, New York); 5-SEC Tournament (Bridgestone Arena, Nashville, Tenn.)				
*INDICATES SEC GAME				

Beshear Allows Dyed Diesel Use on Kentucky Roads During Harvest

Staff Report

FRANKFORT, Ky. — Kentucky farmers and truckers will be allowed to use untaxed, dyed diesel fuel on public roads under a state of emergency declared by Gov. Andy Beshear.

The order took effect Thursday after receiving approval from Attorney General Russell Coleman. The move is intended to provide relief from rising fuel costs tied to the ongoing war in Iran.

The order follows a directive from President Donald Trump that temporarily loosens federal restrictions on the use of tax-exempt dyed diesel on public roads. Beshear’s order will remain in effect until the war ends or the

presidential order expires Dec. 31, 2026, whichever occurs first.

Kentucky Agriculture Commissioner Jonathan Shell welcomed the decision, calling it good news for farmers. Shell had urged the governor last week to temporarily allow agricultural vehicles to use dyed diesel while transporting farm products

during the fall harvest season.

Beshear said rising costs have placed additional pressure on Kentucky families and farmers and pointed to several actions his administration has taken to reduce fuel expenses.

In May, Beshear signed an emergency regulation freezing Kentucky’s gas tax at

26.4 cents per gallon instead of allowing it to increase to 27 cents. The freeze was projected to save Kentuckians approximately \$1.7 million per month.

The governor also previously issued an emergency order reducing the gas tax by 10 cents per gallon, an action expected to save motorists \$26.8 million

over one month.

The dyed-diesel order provides farmers

with another measure

of relief as Kentucky’s fall harvest continues.

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5H Enterprises d/b/a Higgins Meats and Eats, located at 736 U.S. 62 E., Grand Rivers, Kentucky 42045, hereby declares its intention to apply for the following alcoholic beverage licenses: **Quota Retail Drink License, NQ4 Retail Malt Beverage Drink License, NQ Retail Malt Beverage Package License and Special Sunday Retail Drink License** no later than September 8th, The business to be license will be located at 736 US-62, Grand Rivers, KY 42045 doing business as Higgins Meats and Eats. The owner Laura Higgins of 1648 Iuka Rd., Grand Rivers, Ky 42045.

Any person, association, corporation, or body of politic may **protest the granting of the license(s) by writing the Dept. of Alcoholic Beverage Control,within 30 days of the date of this legal publication.**

9/11/26_LL_4X

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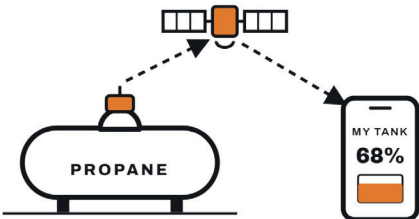


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UK field day helps Kentucky farmers explore practical tools and technology



By Briana Fortunato
briana.fortunato@uky.edu

LEXINGTON, Ky.— The University of Kentucky Horticulture Research Farm, part of the Martin-Gatton College of Agriculture, Food and Environment, welcomed 127 growers and agricultural professionals on Aug. 25 for the Appropriate Tools and Technologies Field Day.

Hosted by UK’s Center for Crop Diversification (CCD), the Organic Association of Kentucky (OAK) and the Kentucky Horticulture Council (KHC), the event featured educational sessions, field demonstrations and a trade show focused on practical equipment and

technologies for crop production.

The field day inspiration grew from a 2024 trip to Purdue University, where Alexis Sheffield, UK horticulture Extension specialist and CCD co-director; Sarah Guerink, Organic Production Specialist with OAK; and 12 Kentucky crop farmers attended the Midwest Mechanical Weed Control Field Day.

“One thing we heard clearly from our group was the need for more equipment and technologies designed with the small to mid-sized farmers in mind,” Sheffield said.

That feedback led CCD and OAK to host Kentucky’s first Mechanical Weed Control Field Day in

2025. Grower feedback from that event identified propagation and transplanting as areas where farmers wanted to improve efficiency, reduce bottlenecks and increase success.

Those needs shaped this year’s field day, which featured equipment for seeding, transplanting and irrigation, along with sessions on topics including high tunnel soil steaming and solarization, growing media, grafting, seeding challenging crops and greenhouse conditions. Sixteen vendors participated, giving growers opportunities to see equipment in operation and consider how different technologies might fit their farms.

“A technology that

looks great on paper isn’t necessarily the right fit once you consider the realities of a small farm such as available labor, field conditions, crop mix, acreage, cost, and how often the equipment will actually be used,” Sheffield said.

Cameron Hill, director of North America at Global Ag Company, demonstrated Checchi and Magli’s Trium no-till transplanter and Wolf Pro plastic transplanter.

“Customers were highly engaged, asked great questions, and showed strong interest in the technology,” Hill said. “Overall, it was great to connect with growers, and the event was very successful.”

Educational sessions

also addressed challenges earlier in the growing process. Shari Dutton, agriculture Extension associate in the UK Department of Horticulture, shared techniques for successfully starting plants from very small seeds, including proper growing conditions, watering, sanitation and seed-sowing methods.

“Many beginning and experienced growers alike find starting and growing plants from very small seeds a challenge,” Dutton said. “My hope is that the tips I shared would remove some common barriers to success when it comes to growing transplants.”

The event also included exhibitors from organizations and UK

programs supporting Kentucky agriculture, including Community Farm Alliance, KCARD, Grow Appalachia and UK Plant Pathology. Lunch featured local food from UK’s Food Connection. Forty-three volunteers and UK Horticulture Research Farm staff helped prepare demonstration areas and lead sessions.

For Sheffield, the event was as much about conversation as equipment.

“Most importantly, we wanted the day to be a conversation,” she said. “The best ideas for future programming often come directly from farmers telling us where the pinch points are in their operations.”

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Comer launches new website to better serve Kentuckians

WASHINGTON—Today, Congressman James Comer (R-Ky.) announced the launch of his new congressional website, [comer.house.gov](#), which makes it easier for Kentuckians to contact his office, request help with a federal agency, and access other constituent services. “My top priority has always been to ensure the people of Kentucky’s 1st Congressional District receive the help they need. My new website makes it easier for Kentuckians to contact my office, seek assistance with a federal agency, and get information about the many services we

provide. Whether you are a veteran having trouble receiving your benefits, someone who needs help with Social Security or Medicare, or a family planning a trip to our nation’s capital, my staff and I are here to help you,” said Congressman Comer. To date, Congressman Comer’s office has assisted more than 6,000 Kentuckians through casework, responded to more than 160,000 letters, emails, and calls, and helped return more than \$6.5 million dollars to constituents. Congressman Comer’s office can assist constituents of Kentucky’s 1st Congressional



District who are experiencing difficulties involving veterans’ benefits, Social Security, Medicare, passports, immigration matters, the Internal Revenue

Service, and other federal programs. In addition, Congressman Comer’s website provides information about grant assistance, flag

requests, tours of select D.C. sites and the U.S. Capitol, internships, service academy nominations, community office hours, and other

services available through Congressman Comer’s office. Congressman Comer’s website [comer.house.gov](#).

HOSPITALS,
from page 1

experience a medical emergency and find themselves facing hefty bills related to their care. Hospitals typically have trained financial assistance professionals on staff who can help

patients and their families navigate the potential assistance available to them. Options can include direct assistance in finding government support, charity care, billing support, and more. Financial assistance staff may help patients and their families

determine out-of-pocket costs, which is often a significant concern for people confronting a medical emergency. • Wellness services: Hospitals also offer services to people who are not confronting medical emergencies. Some facilities provide

wellness services that emphasize preventive care like nutrition advice, dietary counseling and weight management support. Such offerings also may include lifestyle education that can showcase strategies people can look to each day to get healthy and stay healthy. • Language interpretation: Patients whose native tongue differs from that spoken at the hospital

may be hesitant or intimidated when discussing their health and care with hospital officials. But many hospitals provide language interpretation and translation services that can ease those concerns and ensure there is no disconnect between patients and their health care providers. These services also can be utilized by people seeking advice on preventive care and healthy lifestyle choices.

• Peer support services: Many hospitals also offer peer support services to patients as well as family members. These services may include routine support groups for survivors, caregivers, and others affected by a personal or family medical issue. Hospitals are more than just places to go when feeling unwell. The range of services available at many hospitals goes well beyond patient care.

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Seat-belt enforcement campaign Oct. 9-12

By TOM LATEK
Kentucky Today

FRANKFORT, Ky. (KT) – To encourage seat belt use, save lives and prevent serious injuries from traffic crashes, state highway safety officials will join with law enforcement from across Kentucky and several other states for Operation Crash Reduction – a seat belt enforcement campaign running from Oct. 9-12.

“In a crash, wearing a seat belt can be the difference between walking away or suffering serious injuries,” said Kentucky Transportation Secretary Rebecca Goodman. “We all have a responsibility

to make safe choices on the road. Buckle up, put your phone down and help us keep Kentucky’s roads safer for everyone.

The Transportation Cabinet’s Kentucky Office of Highway Safety (KOHS), state and local law enforcement, and the National Highway Traffic Safety Administration (NHTSA) Region 3 are teaming up to support Operation Crash Reduction again this October. Region 3 includes Delaware, the District of Columbia, Kentucky, Maryland, North Carolina, Virginia and West Virginia.

“The Kentucky State Police is proud to take part in Operation



Crash Reduction,” said KSP Major Todd Kidd. “We are committed to preventing crashes, reducing injuries, and making Kentucky’s roadways safer for everyone.

Every driver has a role to play - by slowing down, staying focused, wearing a seat belt, and making responsible decisions behind the wheel, we can help prevent tragedies

and ensure everyone makes it home safely.”

October consistently ranks among the months with the highest number of fatal crashes nationwide. In 2024, 3,369 fatal

crashes were reported across the United States, according to NHTSA’s Fatality Analysis Reporting System (FARS).

In Kentucky, a total of 1,021 fatal crashes have occurred during the month of October since 2011. Last year, there were 386 injuries and 12 deaths on Kentucky roads during the Oct. 10-14 Columbus Day holiday weekend.

According to NHTSA, when worn correctly, seat belts reduce the risk of fatalities by 45 percent for front-seat vehicle occupants and by 60 percent for pickup truck, SUV and minivan occupants.



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FK2110
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FK2109
2006 Caterpillar D6N dozer



FK4139
2002 Morbark PT737 trommel screen



FK4143
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Purchase District Health Department Selected to Lead Local Efforts for New Program Supporting Healthier Rural Communities

Staff Report

Paducah, KY (October 7, 2026) – Purchase District Health Department (PDHD) has been selected to lead the Rural Community Hub for the Purchase region as part of the Rural Community Hubs for Chronic Care Innovation Program. The statewide Rural Community Hubs program is part of Kentucky’s Rural Health Transformation (KY RHT). The Rural Community Hubs program is designed to create a more coordinated approach to chronic disease prevention and management in rural communities across the Commonwealth. The initial focus is on diabetes and obesity, with an opportunity to expand into other chronic diseases over the course of the five-year opportunity. PDHD was selected as the Hub Lead Organization through a competitive application process. As the Hub Lead Organization for the Purchase region, PDHD will coordinate the activities of a Rural Community Hub serving Ballard, Calloway, Carlisle, Fulton, Graves, Hick-

man, Marshall, and McCracken counties. Together with partners across public and private sectors, PDHD will identify community needs and develop local strategies to address obesity and diabetes. KY RHT is a five-year federal investment that empowers states to strengthen rural communities by improving healthcare access, quality, and outcomes by transforming the healthcare delivery ecosystem. Throughout the grant period, the Purchase region will be eligible to receive up to \$10 million in federal funding for the Rural Community Hubs program to support community health initiatives and Hub operations. “The Purchase District Health Department is thrilled to have partnered with the Calloway County Health Department, the Graves County Health Department, and the Marshall County Health Department as a unified initiative of health departments to comprehensively address the obesity and diabetes needs of our commu-



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nities with amazing cross-sectional partners throughout our region,” said Kaitlyn Krolikowski, Public Health Director at PDHD. “This funding allows us the opportunity to implement innovative and transformational programs and initiatives that we have only been able to dream about in the past.” Kentucky Rural Health Transformation KY RHT is housed within the Kentucky Department of Public Health and is part of a five-year federal investment to re-shape health in rural Kentucky. Through five interconnected programs, KY RHT is tackling the challenges rural communities face in maternal and infant health, dental care, diabetes and chronic disease, behavioral health crisis response, and emergency services. KY RHT is working

to develop the health care workforce, improve care coordination, and expand access to care so every rural Kentuckian has the opportunity to live their healthiest life and every community can thrive. Rural Community Hubs The Rural Community Hub program will establish “Hubs” in all area development district regions, starting with a phased rollout in the Big Sandy, Lake Cumberland, and Purchase regions. KY RHT and the Foundation for a Healthy Kentucky will support the Hubs throughout their work. The Rural Community Hubs will bring together providers, schools, employers, faith communities, government agencies, and more to unite around a common agenda. There will be shared goals, shared measurements, and

a coordinated plan for addressing things like access to healthy food, stable housing, and safe places for people to move and gather. The Hubs will also use innovative digital tools and data to reduce duplication and keep community health efforts connected over time. Diabetes and Obesity in Kentucky Diabetes and obesity are costly chronic diseases. According to the 2025 Kentucky Diabetes Report, diabetes cost our state an estimated \$6.1 billion in 2023, and our diabetes mortality rate was 30% greater than the national average. Chronic disease is hard to address when resources are organizations are working in isolation. Rural Community Hubs transform fragmented care into organized support, helping Kentuckians stay healthier throughout their lives.

Organizations in the Purchase region interested in joining these efforts should contact PDHD at 270-444-9625 x 180 or email Kaitlyn Krolikowski at kkrolikowski@purchasehealth.org or Christine Thompson at cthompson@purchasehealth.org. This project is 100% funded by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) for a total of \$212.9 million in budget year 1 with 100% by CMS/HHS. The Rural Health Transformation (RHT) grant spans five budget periods aligned with federal fiscal years (FY2026–FY2030). Funding is disbursed annually by CMS based on achievement of performance metrics. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government. View the Notice of Funding Opportunity at <https://grants.gov/search-results-detail/360442>.

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UK improving fruits and vegetables

By TOM LATEK
Kentucky Today

LEXINGTON, Ky. (KT) – A lab at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment (CAFE) is at the forefront of breeding and genetics of fruits and vegetables.

The Sapkota Horticultural Breeding and Genetics Lab, located on campus and at the Horticultural Research Farm (South Farm), is led by Manoj Sapkota, assistant professor in horticultural crop breeding

for nutrition in the Department of Horticulture. The lab’s mission is to enhance crop productivity, increase disease resistance and improve nutritional quality to meet the needs of growers, producers and consumers in Kentucky and beyond.

“We are trying to find genes and genetics that make fruits and vegetables more nutritious, increase the quality, enhance the shelf life, make fruit size bigger or smaller and disease resistant,” Sapkota said. “The big goal of

the lab is developing new varieties, so growers here in Kentucky have different options that are well suited to Kentucky conditions and have all the best qualities.”

Sapkota works with a team of lab members — research staff, undergraduate and graduate students, and volunteers — on several research projects that include field-based tomato breeding and strawberry disease-resistance screening to seed morphology, herbicide resistance and computer vision-assisted

phenotyping.

The student researchers who work in the lab have a range of UK majors, including agricultural and medical biotechnology, biology, computer science, data science, health sciences, horticulture and neuroscience.

Sapkota said using the students’ different academic backgrounds is helping the lab create new breeding tools, and he is mentoring future leaders in this dynamic field.

“We are training the next generation

of scientists, and I’m grateful that mentors and collaborators, both within the university and beyond, have supported me throughout my career,” Sapkota said. “Integrated science is very important right now and every student brings something new to the table. They are helping us build toolkits and develop new crop varieties down the line.”

One of the lab’s current projects is working toward what Sapkota calls “super tomato,” a tomato that is delicious and

healthy for consumers, offering agricultural advantages for both growers and producers. The goal is to develop tomatoes that are well adapted to Kentucky conditions and are flavorful and nutritious, while also producing strong yields and resisting diseases. Sapkota and his student researchers are growing over 250 different tomato varieties, breeding lines and other genetic materials, searching for the right combination of tomato traits.

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CALDWELL

Clarence Anthony Wynn, age 77, of Princeton, passed away on Monday, October 5, 2026, at his home in Princeton, Kentucky. Visitation will be held from 11:00 A.M. until 1:00 P.M. on Sunday, October 11, 2026, at Morgan’s Funeral Home. Funeral services will be held at 1:00 P.M. on Sunday, October 11, 2026, at Morgan’s Funeral Home, with Bro. Robert Allen officiating. Burial will follow in Meeks Cemetery in Caldwell County with Military honors.

Iris Mae Cravens Brandon, age 92, of Princeton, passed on Sunday, October 4, 2026, at Caldwell Medical Center in Princeton, Kentucky. Funeral services were held at 2:00 P.M. on Thursday, October 8, 2026 at Morgan’s Funeral Home with Bro. Duane Burden officiating. Burial followed in Cedar Hill Cemetery.

William Bennette “Ben” Griffin, age 52, of Dycusburg, passed away October 1, 2026 at his home. A memorial graveside service will be held at Dycusburg Cemetery at 2:30 pm Saturday, October 10, 2026.

Bradley Douglas Newcomb, 72, of Paducah, passed away on Wednesday, September 30, 2026, at his home. A memorial visitation will be held from 12:00 pm until 12:45 pm Saturday, October 10, 2026 at Morgan’s Funeral Home. A memorial graveside service will be held Saturday, October 10, 2026 at 1:00 pm at Cedar Hill Cemetery.

George “Freddy” Richardville, 74, of Princeton, passed on Wednesday, September 30, 2026, at his daughter’s residence in Springfield, Tennessee. Funeral services were held at 1:00 P.M. on Sunday, October 4, 2026, at Morgan’s Funeral Home, with Bro. Danny Sherrill officiating. Burial followed in Cedar Hill Cemetery in Princeton with military honors.

Desi Arnaz Martin, 73, of Cadiz, passed away Wednesday, September 30, 2026, at his niece’s home. A memorial service was held at 10:00 a.m. on Thursday, October 8, 2026, at Harrison Street Baptist Church in Princeton. Interment was held at 1:00 p.m. on Thursday, October 8, 2026, in Kentucky Veterans Cemetery West with military honors. After the graveside service, a small repass was held at Harrison Street Baptist Church in Princeton.

CALLOWAY

Claude Boyd Fair, 79, of Murray, died Sunday, October 4, 2026 at his home. No services are planned. Cremation arrangements entrusted to Imes Funeral Home & Crematory, downtown Murray.

Jo Ann Sliger-Thorn, 79, of Murray, passed away on Sunday, October 4, 2026 at Ascension Saint Thomas Hospital in Nashville. Arrangements are currently incomplete at Imes Funeral Home & Crematory.

Charles Allen Jeffrey, 78, of Murray, passed away on Saturday, October 3, 2026 at his home. A private burial with military honors will be held at South Pleasant Grove Cemetery. Imes Funeral Home is entrusted with caring for his family.

Alyce “Diane” Underwood, 80, of Eddyville, KY, formerly of Murray, passed away on Thursday, October 1, 2026 at Mills Health and Rehab in Mayfield. Her family welcomes visitors from 1-3 PM on Sunday, October 11, 2026 at Imes Funeral Home, 311 North 4th Street, Murray, KY 42071.

Gary Gene Johnson, 75, of Murray, passed away on Wednesday, September 30, 2026 at Baptist Health in Paducah. Mr. Johnson will have a private interment at Murray Memorial Gardens. Imes Funeral Home is entrusted with caring for his family.

Patricia Purdom Miller of Murray, age 81, daughter of the late Issac Wells and Alice Belote Purdom passed away at home surrounded by family on Saturday, October 3, 2026. Visitation was held from 4:30 till 7:30 p.m., Thursday, October 8, 2026, at the J.H. Churchill Funeral Home & Cremation Services. A family memorial service will be held at a later date.

Sharon Ann Jackson, age 79, of Murray, Kentucky, passed away Monday, October 5, 2026, at her home. A funeral service will be held on Friday, October 9, 2026, at 1:00 p.m. at the J.H. Churchill Funeral Home and Cremation Services. Rev. Kerry Lambert and her grandson, William Church will officiate, with burial to follow in the Spring Creek Baptist Church Cemetery. Visitation will be held prior to the funeral service on Friday, October 9, 2026, from 11:00 a.m. – 1:00 p.m. at the J.H. Churchill Funeral Home and Cremation Services.

CHRISTIAN

Helen Faye Moores, age 85, of Hopkinsville, passed away of natural causes on Saturday, October 3, 2026, at her home. Funeral Services were at 2:00 PM on Wednesday, October 7, 2026, at Maddux-Fuqua-Hinton Funeral Home with Rev. Anthony Haley officiating and burial followed in Ancestral Haven Memorial Gardens.

Priscilla Ann Colston, age 82, of Hopkinsville, passed away of natural causes on Friday, October 2, 2026, at Christian Health Center. Funeral Services were at 1:00 PM on Tuesday, October 6, 2026, at Second Baptist Church with Pastor David Tucker officiating and burial to follow in Ancestral Haven Memorial Gardens.

John L. “Johnny” Ellis, age 86, of Hopkinsville, passed away of natural causes on Wednesday, September 30, 2026, at Baptist Health Deaconess in Madisonville. Funeral Services were at 1:00 PM on Friday, October 2, 2026, at Maddux-Fuqua-Hinton Funeral Home with Brother David Harrison and brother Mike Stokes officiating and burial to follow in Riverside Cemetery.

Margaret Alena Broersma-Howard, age 80, of Hopkinsville, passed away of natural causes on Wednesday, September 30, 2026, at her home. Graveside Services will be at 10:00 AM on Friday, October 9, 2026, at Kentucky Veteran’s Cemetery-West with Pastor Ken Hendrix officiating and burial to follow.

Doug Bashor, 75, North Main Street, Hopkinsville, KY, passed away on Friday, October 2, 2026 at Jennie Stuart Medical Center, Hopkinsville, KY of natural causes. Graveside services were held at 12:00 p.m. Thursday, October 8, 2026 at Kentucky Veterans Cemetery West with full military honors.

Thomas Edward Meriwether, born April 27, 1948, passed away on October 4, 2026, leaving behind a life marked by faith, service, family devotion, and steady commitment to his community. Visitation will be held on October 13, 2026, from 11:00 a.m. until 12:30 p.m. at Mt. Vernon Baptist Church, Mount Vernon Church Road, Hopkinsville, Kentucky 42240. The funeral service will follow at 12:30 p.m. at Mt. Vernon Baptist Church. Burial will take place at 2:00 p.m. at Kentucky Veterans Cemetery West, 5817 Fort Campbell Blvd, Hopkinsville, Kentucky 42240.

Shirley D. Delaney, 77, of Crofton, KY died at 6:19 p.m. Friday, October 2, 2026 at Deaconess Midtown Hospital in Evansville, IN. Funeral services were at 1:00 p.m. Monday, October 5, 2026 at Dogwood Funerals & Cremations of Crofton with Bro. Kim Combs officiating. Burial followed in Macedonia Church Cemetery.

CRITTENDEN

Shirley S. Small, 90, of Marion, KY passed away peacefully at the Ray and Kay Eckstein Hospice Center in Paducah, KY on October 2, 2026. Services were held at 1 PM Tuesday October 6, 2026 at Gilbert Funeral Home in Marion, KY with entombment in Mapleview Cemetery.

GRAVES

Wanda Sue Nance, age 81, of Wingo passed away on Saturday, October 3, 2026 at her residence. Funeral services for Ms. Wanda Sue Nance were at 11:00 a.m. on Thursday, October 8, 2026 at Byrn Funeral Home in Mayfield, KY. Rev. Ronnie Stinson, Jr. will officiate. Interment followed at Trace Creek Cemetery.

HICKMAN

Jody Yonts, age 52, of the Brownsville community passed away Tuesday morning at his residence. Funeral arrangements are incomplete at this time and will be announced by the Hornbeak Funeral Chapel in Hickman.

FUNERAL NOTICES continued



FUNERAL NOTICES continued

Michael Aurthur Cornell, age 64, of Fulton, KY, passed away Thursday, October 1, 2026, at Jackson Purchase Medical Center in Mayfield, KY. There will be no services held at the funeral home.

Lonnie Neil Jackson, age 75, of Clinton, KY, passed away Wednesday, September 30, 2026, due to injuries sustained in an automobile accident. Funeral services for Mr. Lonnie Jackson were held at 1 PM Saturday, October 3, 2026, in our funeral chapel with burial to follow in the Obion County Memorial Gardens.

LIVINGSTON

Mary Aleda (Pearcy) Denton, daughter of Nina (Miller) and Aubra Cline Percy, passed away Saturday, October 3, 2026 in Memphis, TN. Funeral services will be Friday, October 9, 2026, at 12 Noon, in the chapel of Boyd Funeral Directors, 212 East Main Street, Salem, KY. Burial will follow in Cedar Grove Cemetery. Friends may visit with the family on Friday, from 11AM until the funeral hour.

Loretta Millikan, 86, passed away Wednesday, September 30, 2026, at Baptist Health Paducah. Funeral services were held at 2:00 PM, Sunday, October 4, 2026, in the chapel of Boyd Funeral Directors and Cremation Services, with Bro. Gary DeRossett officiating. Burial followed at Salem Cemetery.

MARSHALL

Mark Allen Futrell, 68, of Benton, Kentucky, passed away at his home on Thursday, October 1, 2026. Private family services will be held at a later date. To share a memory or leave a message for the family, please visit Mark’s Tribute Wall at www.filbeckandcann.com.

Sandra Ellen Trimble O’Neal, age 88, of Gilbertsville, KY, passed away Thursday, October 1, 2026, at her residence. Private services will be held.

Sheila Baker, 79 of Symsonia, KY passed away at her home, Sunday, October 4th. A private graveside service will be held at Benton Cemetery. Arrangements are being provided by Collier Funeral Home in Benton.

Ruth Copeland, age 88 of Benton, Kentucky passed away on Saturday, October 3, 2026 at Lake Way Nursing & Rehabilitation in Benton, Kentucky. No services are scheduled at this time. Collier Funeral Home & Cremation Services of Benton is handling arrangements.

Lisa Jo Stone, age 68, passed away on October 2, 2026, surrounded by a lifetime of love and memories that will forever live on in the hearts of those who knew her. A funeral service was held on Tuesday, October 6, 2026 at 1 PM at Collier Funeral Home, Bro. Joel Frizzell officiating. Burial followed in Cole Cemetery.

William E. Hamilton, 87 of Calvert City, Kentucky passed away on Thursday, October 1, 2026, at Ray and Kay Eckstein Hospice Care Center in Paducah, Kentucky. A funeral service was held on Monday, October 5, 2026 at 1:00 PM at Calvert City Church of Christ with Lance Cordle officiating. Burial followed at Fooks Cemetery.

Linda Austin Smith, 72, of Calvert City, Kentucky, passed away Thursday, October 1, 2026, at Baptist Health Hospital in Paducah. Arrangements are being handled by Collier Funeral Home in Benton, Kentucky. The family welcomes friends and loved ones for visitation from 1:00 p.m. to 3:00 p.m. on Sunday, October 25th at Crossroads Methodist Church. A Celebration of Life service will follow at 3:00 p.m. at the church. Reverend Chris Lewis will officiate.

Jennifer Diane Rogers, 31, of Benton passed away on September 29, 2026, at Tristar-Skyline Medical Center in Nashville, Tennessee. A visitation will be held from 11:00 AM until 2:00 PM on Saturday, October 10th, 2026, at Collier Funeral Home. A funeral service will be held at 2:00 PM on Saturday, October 10th, 2026, at Collier Funeral Home. Burial will follow at Benton Cemetery.

McCRACKEN

Edwin “Ed” Menaugh, age 83, of Paducah, Kentucky, passed away on Monday, October 5, 2026, at Lourdes Hospital in Paducah, Kentucky. There will be no services. Milner & Orr Funeral Home and Cremation Services of Paducah is in charge of arrangements.

Cynthia “Cindy” Keller Dillon, age 68, of Paducah, passed away on October 5, 2026, at Baptist Health of Paducah. A graveside service will be held on Friday, October 9, 2026, at 12:00 p.m. at Maplelawn Park Cemetery with Pastor Mickey Brown officiating. Milner & Orr Funeral Home of Paducah is in charge of arrangements.

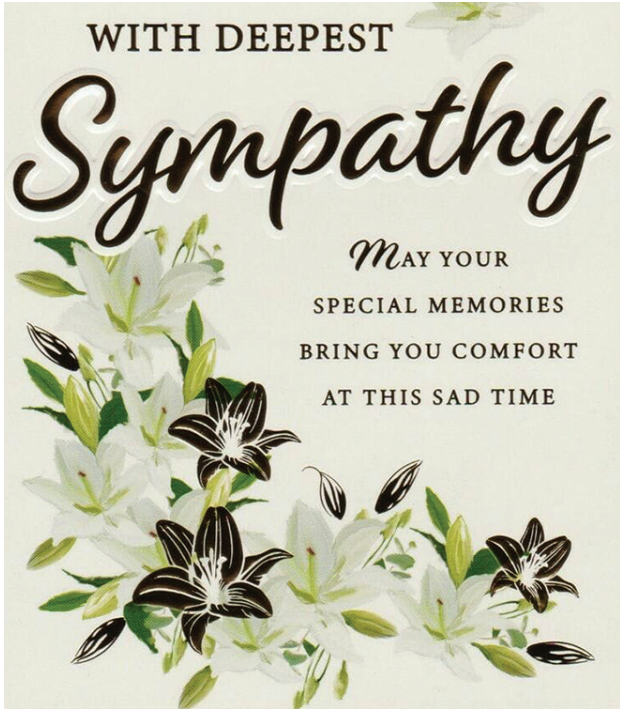
Phillip Allan Yates, 71, passed away on Saturday, October 3, 2026. He was born on September 10, 1955. A memorial visitation will be held from 1:00 PM until 3:00 PM on Sunday, October 11, 2026, at Milner & Orr Funeral Home and Cremation Services of Paducah.

Gary Scott Daugherty, 59, of Paducah, Kentucky, passed away on Sunday, October 4, 2026, after a long battle with kidney disease. Milner & Orr Funeral Home and Cremation Services of Paducah is in charge of arrangements. There will be no formal service.

Charles W. Sweatt, 85, of Paducah, Kentucky, passed away peacefully on October 1st, 2026, at the Ray and Kay Eckstein Hospice Care Center, just three days shy of his 86th birthday. Visitation will be held on Saturday, October 10, 2026, beginning at 11:00 a.m., with the funeral service following at 1:00 p.m. at Milner & Orr Funeral Home, 120 Memorial Drive, Paducah. Burial will follow at Woodlawn Memorial Gardens.

Rebecca Rhea, 76, of Paducah, Kentucky, passed away peacefully on Thursday, October 1, 2026, at the Ray & Kay Eckstein Hospice Care Center in Paducah, surrounded by the love and comfort of her family. A funeral service was held at 3:00 p.m. on Sunday, October 4, 2026, at Milner & Orr Funeral Home of Paducah, with Brother Encil Edmonds, Brother Michael Hunt, and Brother Danny McDonald officiating.

Anita Gayle Hayden, age 75, of Paducah, Kentucky, passed away on September 30, 2026. Graveside services were held on Saturday, October 3, 2026, at 1:00 p.m. at Marshall County Memory Gardens with Pastor David Appold officiating.



Anna Marie Gossett, 76, of Paducah, passed away on Saturday, October 3, 2026, at Baptist Health Paducah. A private family memorial service will be held at a later date. Lindsey Funeral Home is honored to serve the Gossett Family.

Richard Chandler Lynn of Tolu, KY left this world on Wednesday, September 30, 2026. Heaven has gained a new mechanic, avid gulf fisherman and dern good shot with any weapon. At the request of Richard, there will be no memorial services held; the family only asks for prayers during this difficult time.

Angela Paige Barber, “La” to her sisters and “WaLa” or “Granny” to the youngin’s, went home peacefully in her sleep on Wednesday September 30th, 2026. A family planned celebration of life is set for April 10th 2027, where Angela will be laid to rest with her family at Jamesville Community Cemetery in North Carolina. Details will be announced at a later date. Lindsey Funeral Home is proud to serve the Barber family.

LaGretta Denise Hunt, age 60 of Paducah, transitioned peacefully on Saturday, September 26, 2026 at Parkview Nursing and Rehabilitation Center of Paducah. Funeral services have been scheduled for Friday, October 16, 2026 11:00 a.m. at Mt. Zion Missionary Baptist Church with Reverend Michael Wade officiating. Family will receive friends Friday at the church from 10:00 a.m. until the funeral hour. More details forthcoming.

Beverly Brooks, 82, of Paducah, passed away on Monday, October 5, 2026, at her residence. A graveside service was held at 1:00 pm on Wednesday, October 7, 2026, at Oakland Cemetery in Marshall County, KY, with Tim Threatt officiating.

The well lived life of **Barbara Jane Bichon**, age 74, ended on Wednesday, September 30, 2026. A graveside service was held at 12:00 pm on Monday, October 5, 2026, at Maplelawn Park Cemetery in Paducah with Pastor Jeff Gibson officiating.

TRIGG

William White - October 6, 2026 - Funeral arrangements are incomplete for 79 year old William White of Guthrie. He passed away Tuesday, October 6, 2026 at his home. Please check back later for complete service details.

Teri Lynn Gann - December 2, 1958 - October 3, 2026 - A Private Celebration of Life for 67 year old Teri Lynn Gann of Hopkinsville, KY will be held at a later date. King’s Funeral Home is in charge of the arrangements.

Marlene Marie Fleming Boren, 77, of Hopkinsville, Kentucky, formerly of Cadiz, passed away on Saturday, October 3, 2026, at Tri-Star Skyline Medical Center in Nashville, Tennessee. Arrangements are being handled by Goodwin Funeral Home, 138 Main Street in Cadiz, where the family will receive friends from 1 PM until 2 PM on Sunday, October 11, 2026. Funeral services will be at 2 PM, with Marlene’s grandson, Austin Norrid, Ph.D., officiating. Burial will follow in East End Cemetery.

Martha Doom Maxfield, age 98, formerly of Cadiz, Kentucky, passed away peacefully on Saturday, October 3, 2026, at the home of her daughter and son-in-law in Franklin, Tennessee. Visitation was held Tuesday, October 6, from 11:00 a.m. until the funeral hour at 1:00 p.m. at Goodwin Funeral Home, with Brother David Banister officiating. Burial followed at East End Cemetery, where Martha will be laid to rest beside her husband. Goodwin Funeral Home is in charge of arrangements.

To place a full obituary, including a photo, call 270-442-7389 for details and pricing. Obituaries and funeral notices should be received by 9 a.m. Wednesday for inclusion in that week’s paper.

West KY Sports



Kentucky High School Football Media Poll

CLASS 6A RANKINGS

School	Record	Pts
1. Trinity (16)	6-1	160
2. Frederick Douglass	6-0	144
3. Manual	5-1	125
4. Madison Central	6-0	107
5. South Warren	5-2	96
6. St. Xavier	2-4	71
7. Male	3-3	40
8. Eastern	5-1	35
9. George Rogers Clark	5-2	27
10. Bullitt East	4-2	23

Others receiving votes: McCracken Co. 19, Bryan Station 16, Lafayette 12, North Hardin 5

CLASS 5A RANKINGS

School	Record	Pts
1. Pulaski County (15)	6-0	159
2. Scott County (1)	6-1	140
3. Woodford County	5-1	119
4. Owensboro	5-2	115
5. Atherton	5-1	93
6. Cooper	5-2	69
7. West Jessamine	7-0	65
8. North Hopkins	6-1	43
9. Collins	5-2	33
10. Bowling Green	3-4	23

Others receiving votes: South Laurel 10, Fairdale 8, Muhlenberg Co. 2, North Laurel 1

CLASS 4A RANKINGS

School	Record	Pts
1. Highlands (13)	6-1	157
2. Boyle County	5-1	141
3. Pad Tilghman (3)	7-0	134
4. Ashland Blazer	7-0	105
T5. Corbin	4-2	90
T5. Covington Catholic	4-3	90
7. North Oldham	6-1	46
8. Logan County	5-2	32
T9. Johnson Central	2-5	21
T9. Spencer County	5-2	21

Others receiving votes: Nelson Co. 16, Boyd Co. 8, Elizabethtown 7, Warren East 7, Franklin Co. 4, Greenup Co. 1

CLASS 3A RANKINGS

School	Record	Pts
1. Christian Academy	7-0	160
2. Lexington Catholic	4-2	133
3. Murray	6-1	125
4. Glasgow	7-0	111
5. Rockcastle County	7-0	81
6. Lloyd Memorial	6-1	71
7. Lawrence County	4-1	66
8. LaRue County	7-0	42
9. Bourbon County	6-1	34
10. Bardstown	5-2	27

Others receiving votes: Central 14, Russell 8, Hart County 7, Estill County 1

CLASS 2A RANKINGS

School	Record	Pts
1. Beechwood (15)	6-0	159
2. Owensboro Catholic	6-1	141
3. Lexington Christian	4-2	122
4. Mayfield	6-1	105
5. Belfry	6-1	102
6. Danville	7-0	74
7. Somerset	6-1	70
8. Breathitt County	5-1	34
9. Caldwell County	6-1	26
10. Prestonsburg	5-1	25

Others receiving votes: WEB DuBois 18, Monroe Co. 2, Martin Co. 1, St. Henry 1

CLASS 1A RANKINGS

School	Record	Pts
1. Pikeville (16)	6-1	160
2. Sayre	6-0	136
3. Raceland	4-2	126
4. Middlesboro	6-0	100
5. Paintsville	7-0	88
6. Bethlehem	7-0	77
7. Louisville HC	5-1	75
8. KY Country Day	4-2	50
9. Dayton	6-0	25
10. Eminence	5-1	15

Others receiving votes: Covington Holy Cross 11, Williamsburg 10, Hazard 4, Nicholas County 2, Ludlow 1



Calloway County junior athlete Timmy Williams visited the Miami (Ohio) football program on Saturday, Oct. 3.
(Photo Courtesy of Calloway County High School Football)



McCracken County won the 2026 Region 1 6th Grade Volleyball Tournament Championship. The Mustangs compiled a 17-3 record in the 2026 volleyball season.
(Photo Courtesy of McCracken County Volleyball)

HIGH SCHOOL VOLLEYBALL

Ballard Memorial, McCracken County tied for first in KVCA Region 1 Top 5 Poll

Staff Report

LEXINGTON — Ballard Memorial and McCracken County are tied for first in the fourth KVCA Region 1 Top 5 Poll of the 2026 high school volleyball season.

The Kentucky Volleyball Coaches Association released the fourth KVCA Region 1 Top 5 Poll on Wednesday, Oct. 7.

The additional teams ranked in the fourth KVCA Region 1 Top 5 Poll are Graves County (T-3), Marshall County (T-3), Carlisle County

(T-5) and Murray (T-5).

Teams will enter the high school volleyball postseason later in the month.

The fourth KVCA Region 1 Top 5 Poll follows.

- KVCA Region 1 Top 5 Poll
- T-1. Ballard Memorial
 - T-1. McCracken County
 - T-3. Graves County
 - T-3. Marshall County
 - T-5. Carlisle County
 - T-5. Murray



With a score of 79 and tying for 18th, McCracken County golfer Harper Hunt advanced to the KHSAA Girls' Golf State Tournament at Bowling Green Country Club.
(Photo courtesy of McCracken County High School)



Row 1: Claire Tucker, Madelyn Boling, Camrynn McMinn, Sasha Black, Wells Hancock, Caroline Grumley, Chloe Jones. No pic: Sophia McMillan. Row 2: Brady Sanderson, Braxton Davis, Anderson Ballert, Chance McPike, Cameron Dempsey, Gray Edwards, Rex Gay, Emmett Morehead. (Photo Courtesy of Paducah Tilghman High School)

BOYS’ HIGH SCHOOL SOCCER

Blazers shut out Eagles

Staff Report

HOPKINSVILLE — University Heights shut out Graves County 3-0 in a non-district boys’ soccer match on Thursday, Oct. 1. With the win, University Heights improved to 10-5-2. Following the loss, Graves County fell to 2-11-1. Hugh Sisk, Calvin

Givens and Paxton Aldridge each scored one goal for the Blazers. Aiding University Heights offensively, Graham Conrad dished out one assist. Goalkeeper Hayden Fitzsimmons paced University Heights defensively, recording a shutout for the Blazers. Fitzsimmons logged three saves. In all, 15 players

logged minutes for the Blazers. Defensively for Graves County, goalkeeper Allan Garcia held University Heights to three goals. University Heights and Graves County, longtime rivals from bordering regions, met for the first time in the 2026 boys’ high school soccer season.

BluegrassPreps.com High School Football Rankings

Class 1A

- 1. Pikeville
- 2. Raceland
- 3. Sayre
- 4. Middlesboro
- 5. Bethlehem
- 6. Louisville Holy Cross
- 7. Kentucky Country Day
- 8. Paintsville
- 9. Eminence
- 10. Dayton

Class 2A

- 1. Beechwood
- 2. Owensboro Catholic
- 3. Lexington Christian Academy
- 4. Mayfield
- 5. Belfry
- 6. Somerset
- 7. Danville
- 8. Prestonsburg
- 9. Caldwell County
- 10. WEB Dubois

Class 3A

- 1. Christian Academy Louisville
- 2. Lexington Catholic
- 3. Murray
- 4. Glasgow
- 5. Lawrence County
- 6. Bourbon County
- 7. Lloyd
- 8. Rockcastle County
- 9. Central
- 10. LaRue County

Class 4A

- 1. Highlands
- 2. Boyle County
- 3. Paducah Tilghman
- 4. Covington Catholic
- 5. Corbin
- 6. Ashland
- 7. Logan County
- 8. Johnson Central
- 9. North Oldham
- 10. Spencer County

Class 5A

- 1. Pulaski County
- 2. Scott County
- 3. Woodford County
- 4. Owensboro
- 5. Atherton
- 6. West Jessamine
- 7. Collins
- 8. Bowling Green
- 9. Madisonville-North Hopkins
- 10. Cooper

Class 6A

- 1. Trinity
- 2. Frederick Douglass
- 3. Manual
- 4. Madison Central
- 5. Saint Xavier
- 6. South Warren
- 7. Male
- 8. George Rogers Clark
- 9. McCracken County
- 10. Bryan Station



The 2026 Paducah Tilghman boys’ soccer seniors are pictured: Anderson Ballert (7), Grey Edwards (3), Rex Gay (15), Jonathan Guerrero (2), Aaron Ladd (25), Matteo Piolanti (31), Silas Williams (11). (Photo Courtesy of Paducah Tilghman High School)

Abezetian named NCAA Softball Director of Training and Video Review

Staff Report

INDIANAPOLIS — Marty Abezetian has been named the director of training and video review for the NCAA Softball Umpire Program. Abezetian brings 17 seasons of collegiate softball umpiring experience, including working the Women’s College World Series in 2025 and 2026 and the 2016 NCAA Division II Softball Championship. He also was crew chief for video review for the 2022 and 2023 regionals and super regionals and Women’s College World Series, in addition to having multiple regional and super regional assignments across all three divisions. This is a return to the Softball Umpire Program for Abezetian. He previously served six years as the softball video services coordinator and transitioned into two years as the first director of training and video review for the program. As the director of training and video review, he will provide leadership in the areas of edu-

cation and training of softball umpires and will support the NCAA’s commitment to improving the overall quality and consistency of softball umpiring throughout collegiate softball. The position will assist in helping to promote better and more consistent information of NCAA softball rules, umpiring, interpretations and mechanics, in addition to the continued development and maintenance of the video review process. “Returning to the SUP in this capacity is an incredible honor. Softball is growing at an unprecedented pace, and our officiating infrastructure must evolve with it,” Abezetian said. “My focus will be on delivering a unified training philosophy for umpires across Divisions I, II and III, while continuing to build a transparent, leading-edge video review mechanism that ensures impartiality and enhances public trust. We owe it to the student-athletes, coaches and fans to ensure our on-field processes and video review proto-

cols are executed at the highest possible standard.” During his previous stint with the Softball Umpire Program, he was instrumental in advising the softball rules committee in the development of the video review rule, implementing the video review process and developing the communication philosophies relative to video review. “We are excited to welcome back Marty as the director of training and video review for NCAA softball,” said Steve McCown, NCAA national coordinator of softball umpires. “He brings a unique combination of extensive umpiring experience, institutional knowledge, video production and collaboration, and a strong background in technology and emerging officiating development.” Abezetian also is a replay official for the National Football League and previously served as a replay official for NCAA Football Championship Subdivision and Football Bowl Subdivision regular-season and post-season/bowl games.

Murray State Athletics receives anonymous \$1.25 Million gift

Staff Report

MURRAY — Murray State Athletics has received a transformational \$1.25 million anonymous gift from a generous family of longtime Racer supporters in Murray, providing another significant investment in the continued growth and future of the department.

The commitment will support the Vision For Excellence Fund as part of Murray State Athletics’ historic Leading The Pack campaign. The investment will provide resources to advance departmental

strategic initiatives, ongoing capital projects and revenue sharing while giving Racer Athletics additional flexibility to address emerging opportunities within the rapidly-evolving landscape of intercollegiate athletics.

“This extraordinary investment represents another powerful example of the belief Racer Nation has in the vision and future of Murray State Athletics,” Murray State University President Dr. Ron Patterson said. “We are incredibly grateful to this family for their generosity and commitment to

Murray State. As we continue to lead the pack, transformational support like this allows us to invest in opportunities that strengthen our University, enhance the student-athlete experience and position Racer Athletics for sustained success for generations to come.”

“We continue to experience unprecedented momentum throughout Murray State Athletics, and investments of this magnitude are essential to turning our ambitious vision into reality,” Vice President & Director of Athletics Nico Yantko said.

“This family believes deeply in where Racer Athletics is headed, and we are tremendously grateful that they have chosen to make such a meaningful investment in our student-athletes and our future. Their generosity gives us the ability to continue pursuing championship-level resources, transform our facilities and strategically invest in the areas that will allow Murray State to thrive in the modern era of college athletics.”

There is an incredible amount of progress happening across the athletics footprint, with more than \$60

million worth of capital projects having already been completed or that are currently ongoing. Most notably, the transformation of the CFSB Center is moving closer to completion as basketball season approaches.

The department also recently announced Racer Sports & Entertainment, LLC, a University-affiliated auxiliary enterprise that will allow Murray State to accelerate commercial growth, drive innovation, and support the long-term success of Racer Athletics while also serving as the lead driver of the previously

announced Racer Entertainment Village.

Murray State Athletics has raised \$54 million dollars in support of new facilities, initiatives and championship resources as part of the department’s bold, comprehensive \$100 million fundraising campaign, Leading The Pack, which was created to further position itself for the future by investing in student-athlete success, revenue share and competitive resources and world-class facilities.

Kentucky Fish and Wildlife provides recap of recently amended regulations

Staff Report

FRANKFORT — In accordance with KRS 150.025, the Kentucky Department of Fish and Wildlife Resources is providing updated information about proposed fish and wildlife-related regulation

amendments that have received final legislative approval and are now in effect.

The following summarizes provisions that relate to or affect Kentucky Fish and Wildlife and the services the agency provides

to hunters, anglers, boaters and the public at large. These include new or amended regulations to further define size, daily and possession limits for sport fish populations taken from Kentucky waters and provide ad-

ditional opportunities to control deer populations with new hunting opportunities.

Chapter 1 – Fish

301 KAR 1:201 – Taking of fish by traditional fishing methods

This administrative regulation was amended to increase daily limits on black bass on slot-limit lakes and streams across the state from six to 10 fish to allow for increased harvest of overabundant small fish. On Cave Run Lake, only five of the 10 fish can be largemouth bass over 12 inches. In addition, the black bass slot limit on Otter Creek was removed, daily limits were placed on shovelnose sturgeon and skipjack herring

to protect those populations, and two more lakes were added to the Fishing in Neighborhoods program – Owens’ Lake in Boone County and the Harry T. Clark Community Park Pond in Rowan County. This administrative regulation was also amended to conform with changes to KRS 150.170, resulting from Senate Bill 39 2026 Regular Session, which exempts bona fide landowners from creel, possession, size and method-of-take restrictions for owners of private lakes and ponds.

Effective Sept. 3, 2026.

Chapter 2 – Game

301 KAR 2:178 – Deer hunting on public prop-

erties

This administrative regulation was amended to conform with changes to KRS 150.390, resulting from House Bill 142 2026 Regular Session, to create provisions for additional antlerless deer seasons in overpopulated areas. Those additional seasons were instituted as zone-specific seasons in 301 KAR 2:172. The amendment is necessary as public deer hunting on government owned lands was previously prohibited unless open under statewide regulations. The amendment also includes specifications for additional types of government public lands administration not previously listed.

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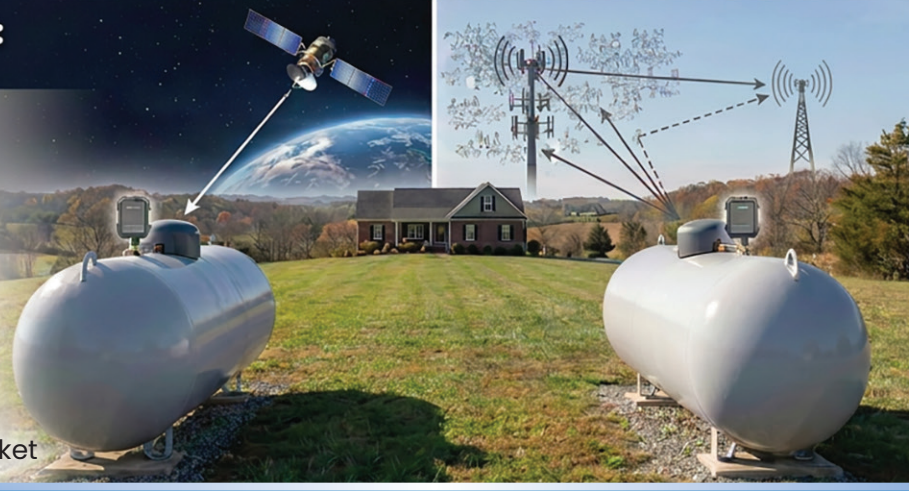
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BOYS' HIGH SCHOOL SOCCER

Mustangs upend Maroons

Staff Report

MADISONVILLE — McCracken County pulled away to defeat Madisonville-North Hopkins 5-1 in a non-district boys' soccer match on Monday, Oct. 5.

The Mustangs set the tone early in the

match and forced the Maroons to play from behind.

William O'Neill (two goals), Tate Shoulta (one goal), Tyler Palazzolo (one goal), Kaden McKenzie (two assists), Johnny Mendoza (one assist) and Carson

Crane (one assist) each contributed offensively for the Mustangs.

In all, 21 players logged minutes for McCracken County during the match.

McCracken County won for the second time in three matches.

HIGH SCHOOL BASKETBALL

KHSAA adopts basketball shot clock guidelines

Staff Report

LEXINGTON — At its meeting on Wednesday, Sept. 16, the KHSAA Board of Control finalized the guidance for shot clocks for the 2027-28 basketball season. This guidance is posted online and includes both the necessary regulatory pieces (since this is a state association adoption by NFHS rules), and the NFHS Rules Book current guidance. The document is posted at <https://www.khsaa.org/basketball/regularseason/Shot%20Clock%20Parameters%20Final%20Compiled>.

pdf.

The missing pieces finalized at the meeting were two reset times: the defense kicking the ball or defensive fouls, each of which would reset the clock to 20 if they occurred with 20 seconds or less on the shot clock. These are obviously to prevent the defense from gaining an advantage with one of these acts while the clock is winding down and are standard among most states that have adopted the shot clock.

In addition, the Board of Control had previously approved a recommended 70% standard fee for schools or associations

that wish to use a licensed official as the shot clock operator. As a practical example, if a normal varsity fee for an official were \$70 (the \$65 base plus \$5 local policy board add-on), this recommended fee would be \$49. This aligns with the fee should a school choose to have an alternate official at their game for other reasons.

This regulatory language will be incorporated into the association's competition rules and will remain in effect unless further modified by the Board or a formal nationwide rule for the shot clock is adopted in a future year.

NCAA DI men's and women's basketball out-of-season activities proposals introduced

Staff Report

INDIANAPOLIS — The NCAA Division I Men's and Women's Basketball Oversight Committees on Monday, Oct. 5 each introduced a legislative package focused on out-of-season activities, including a new opportunity for limited domestic summer competition against four-year college teams.

The proposals may be amended by the oversight committees based on membership feedback before a vote by each oversight committee in December and then reviewed by the Division I Cabinet by January, leading to a potential effective date of April.

Under this permissive approach, the MBOC and WBOC have aligned in proposing up to three dates of competition either domestically or internationally (as part of a foreign tour) during the eight-week summer access period when college basketball teams are practicing and developing on campus. Schools would have the flexibility to determine the appropriate contest format — exhibition game, scrimmage, joint practice, 3x3 or 5x5 — and whether the contest is conducted in private or open to the public.

Domestic competitions could take place against any U.S. four-year school and provide an alternative competitive devel-

opmental opportunity to summer foreign tours. The proposal standardizes summer competitions to a maximum of three dates — either foreign or domestic — providing all Division I teams with flexible, efficient and equitable opportunities. For men's teams participating in a summer foreign tour, those competitions would be limited to any international club or team.

Women's teams participating in a summer foreign tour could play any international club or team, and one contest could take place against another Division I team, which is consistent with the current foreign tour legislation in women's basketball.

Contests, either domestic or foreign, would have to be completed 30 days prior to the first on-court practice date, and the proposal also would remove the rule allowing 10 days of practice before a foreign tour.

In Division I men's and women's basketball, summer access would be maintained at eight weeks during a school's summer vacation period. The WBOC supports maintaining up to eight hours of athletically related activities per week due to the recent addition of a transition period prior to the start of the regular season in which up to 12 hours of activities are permitted per week.

The MBOC supported a modest increase in the number of summer hours to 10 per week due to significant roster turnover each year and

more time needed for individual and team development.

Time spent competing during the three dates of competition would not count toward the weekly hourly limitations for summer access.

Student-athletes who are eligible to compete in the regular season would not be required to be enrolled in summer classes to compete during the summer. Student-athletes not eligible for the regular season would not have to be enrolled in summer courses to participate in skill instruction but could not compete during the three dates of competition.

After the conclusion of their respective national championship, men's and women's basketball student-athletes could participate in competition as a member of an outside team while not representing the school until the day prior to the start of official practice in September.

This concept protects the integrity of the playing season while allowing student-athletes the opportunity to participate on noncollegiate amateur teams similar to student-athletes in other sports. This outside competition may not occur during the eight-week summer access period. These proposals received support from both men's and women's basketball student-athlete engagement groups, as they provide meaningful developmental opportunities in the summer.

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Living...in a troubled world

CHOOSE THE PATH

By Teresa LeNeave
leneave2@comcast.net

It is hard to understand why some things happen in this world.

Why are there mass shootings? Why does God allow genocide and starvation? Why are children sexually or mentally abused while perpetrators sometimes escape justice? And why doesn't God simply destroy those who commit such terrible acts so they can no longer harm their victims? These are difficult questions. They are questions many people ask, especially when confronted with suffering and evil.

There is another question many people ask: "Why don't I feel like I'm saved?" We can't change the terrible things happening in the world, but we can know we're saved.

In Ephesians, the Apostle Paul writes that we were once in darkness, but now we are light in the Lord. He encourages believers to "walk



as children of light." The Apostle John also teaches about the difference between walking in darkness and walking in the light.

So, what exactly are "darkness" and "light"? In the simplest terms, darkness keeps you from seeing. Light allows you to see.

Perhaps some people don't "feel saved" because they don't act saved. They go on in

life as before, but that just doesn't work out very well. We've all heard it said, "If there has been no change, there was no change." When a person truly comes to Christ, something changes within.

That does not mean a Christian becomes perfect or never struggles with sin again. We are human, and we still face temptation and problems in our sinful nature. But there should be an

internal check that warns us when we are tempted to go against God's nature of goodness.

If you are walking in the light and intentionally want to cause someone harm, inflict pain or destroy another person's reputation, something inside you should tell you that it is wrong.

Walking in the light allows us to see. It opens our eyes. When we see clearly, we

have an advantage. You can recognize obstacles and understand where choices lead. Light helps us make better decisions because we are aware of the consequences of our actions.

There is a danger when walking in darkness, one of the most obvious problems is that we cannot see the dangers, obstacles or consequences ahead of us.

Darkness can

cause people to make decisions without understanding the future consequences of those choices: the mental, physical and emotional pain they may cause themselves and others. Darkness hides the long-lasting effects of our actions.

Being a Christ follower has many benefits. If you want the best outcome for your life, choose to live in the light of God. It's a faith walk. There is no better way to say it than, "believe with your heart and confess with your mouth" (Romans 10:9).

When you walk in Light, by faith, you know the blood of Jesus cleanses us from sin. We may not understand everything that happens in this world. We may never have satisfactory answers to all the disturbing question about suffering, evil and injustice, but we can choose the path we walk on. Darkness or Light which will it be?



By Gary Miller
Outdoortruths.org

I can remember the first time I decided to learn to hunt with a bow. I was about 30 years old. Yeah, I know this seems old to some of you but at that time I did more fishing than hunting. I can also remember my friend Tim easing my mind concerning my ability to use one. He was one of the owners of the store I frequented. To me, the complexity of this weapon seemed overwhelming. His calm admonition to me was that once he tuned my bow and adjusted the sights,

the principle would be the same as my gun. Put the sight on the target, hold steady, and slowly squeeze the trigger. Of course, he was right and the more I practiced the more I became comfortable with the whole process. Since that day, I have hunted with archery equipment more than any other way. And it all started with one thing: encouragement. It is perhaps the most powerful tool in existence. It has been the single greatest catalyst for more inventions, discoveries,

and accomplishments, than any other motivation. Much of the time it is the difference between success and failure and always between fatigue and perseverance. Encouragement is the offense on any team. It does not allow one to stand still but is ever motioning to gain ground. I remember the time my granddaughter came in from soccer practice. The only thing she mentioned was how the coach bragged on her. What do you think that caused her to do? Gain ground. Encouragement is the gift that keeps on giving. Are you an encourager? There is absolutely nothing you will ever do that will move your interests forward more than encourag-

ENCOURAGEMENT



ing those who work with you or for you. And while encouragement may even take monetary sacrifice, it will always return in multiplied and varied profits.

Is it any wonder the number one reason God wanted his people to come together each week was to be encouraged and to encourage others? It shames me

how we have twisted this original idea into a knock-off from the Old Testament law. We have placed everything else above this main purpose. Instead of worship, praise, giving, and preaching becoming the means for encouragement when we gather, we have made each of these an end in themselves. And many times we even

do it at the expense of encouragement. There is one thing for sure, when encouragement becomes absent so will the people who need it. Everything else they will be able to do at home. If you want your faith family to gain ground, encouragement will do the trick. You can do it!

Gary Miller has written Outdoor Truths articles for 24 years.

He has also written five books which include compilations of his articles and a father/son devotional. He also speaks at wild-game dinners and men's events for churches and associations. Stay updated on Outdoor Truths each week by subscribing at Outdoortruths.org

Who wants a lifestyle of spiritual awareness?

By William F Holland Jr.
billyhollandministries.com

Have you noticed that when we are bombarded with negativity and told that the world is falling apart at the seams, it drains our joy and hope? Of course, we are concerned about our nation, the world, and the future of our family, but may we look beyond the veil of doom and gloom and realize the world is also filled with good news, whether we want to accept it or not. Like you, I scan information from the newspaper, radio, television, internet, and even the religious voices, and mostly what I gather are those obligated to relay how bad everything is. Actually, we can make as much difference in the world as we choose. When someone relays a story, we should be aware they are relaying a view

of what they personally believe or what they’ve been told. For example, when someone declares that no one can be trusted and that society is evolving into a mass of mindless zombies, we should realize this is a “glass half-empty” view. In reality, many kind-hearted and loving individuals are demonstrating what Jesus is saying. Perspective is a key word to consider because we have an obligation to discern and think carefully about not only what we say, but what has been said. We were not created to be simple-minded souls who are gullible and easily deceived. Since God is all-wise and lives within His children, He wants us to manifest the highest intelligence and spiritual sensitivity as possible. First Corinthians 2:16: “For, who can know the Lord’s thoughts?

Who knows enough to teach him, but we understand these things, for we have the mind of Christ.” It’s important to realize that all human communication is presented through an individual’s personal way of thinking, whether it be positive or negative. This is why spiritual discernment is so important, so that we can filter out the personal bias from the facts. Listening to anyone speak about something (including what you are reading now) is a personal responsibility and a challenge when we comprehend this. Since we have the opportunity to express our free will to establish our own interpretations and opinions about everything, including our religious views, we are faced with the most serious point of our conversation. To what extent has the information

we have learned been demonstrated as obedience unto God? What good would it be if a person listened to Biblical sermons for 50 years, and never allowed God’s word to change them into a genuine disciple of Jesus Christ? It’s as if many churchgoers have convinced their conscience that simply believing there is a God qualifies them for eternal life. Change is a popular word when associated with personal transformation, but usually considered a necessity for others and not for ourselves. What we have decided to believe is indeed the hill we will die on, so to speak, which reminds us that we need to make sure our thoughts are correct. There is an old saying, “What is down in the well will come up in the bucket,” as our conversations are a direct extension of

our thoughts. As the glass being half-full or half-empty can describe our positive or negative attitudes, we seldom examine which type of personality we are. Much of who we are is based on the complex nature of how we process what we hear and learn. Within this system of cognition, it encompasses various mental activities such as reasoning, problem-solving, and decision-making. The truth is that not everything in our world is doom and gloom, and all is not lost. Each soul can choose to be the type of person they have a passion to be and make as much difference in the world as they want, good or bad. Some pray to be a light of truth, while it seems that others enjoy spreading fear and darkness. Just because we do not know these people or see

their good deeds does not mean they do not exist. It simply means that a pessimist bases their worldviews and judgments on their own opinions and what they have experienced. Many will ask, “What does personal spiritual transformation include?” Now that is a good question. We’ve already mentioned how the mind must be renewed, which, by the way, is a very important aspect of spiritual warfare, and as we will talk more in the coming weeks, it will come down to whether we really want to become totally committed to what Christ died for us to be. *Dr. Holland is an ordained minister, chaplain, and Christian author. Read more about the Christian life at billyhollandministries.com.*

SIN’S DEFENSE ATTORNEY

Bro. Brandon G. Bramlett
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His head and heart were at war—an empath in his soul, a psychopath in his mind. Fyodor Dostoevsky’s fictional character Raskolnikov, in Crime and Punishment, feels compassion for the impoverished and exploited of society, but contemplates brutally murdering an old money-grubbing woman he deems unworthy of life. He knows killing someone is wrong, but reasons that it is right because she was wrong. As a child, he witnessed a horse mercilessly beaten to death and wept at the malevolence of the act. Yet as an adult, he planned to swing an axe at another human being, lamenting that

it had not been done already! His conscience told him that homicide was heinous, but his heart excused it as a “necessary evil.” Raskolnikov is not so fictional after all. He represents the spiritual machinery operating within every fallen soul. Namely, the human heart often fabricates justifications for sins which the conscience knows are wrong. Sinners seldom sin because they do not know better—instead, the “desperately sick” heart rises as sin’s defense attorney (Jer. 17:9), arguing in favor of evil although the conscience knows that sin cannot be excused, defended, or rationalized. Sinners and saints

alike “suppress the truth” (Romans 1:18b), silencing the loud-and-clear voice of the God-given conscience when it tries to hinder what the heart sinfully desires. Like a defense counsel, the heart looks for loopholes and downplays the facts. Despite the Lord’s clear verdict against sin, supported by the corroborating witnesses of His word and the believer’s conscience, the heart will work overtime to find some “technicality” to make vices appear as virtuous. Like a smoke alarm sounding off at the smell of smoke, a Bible-informed conscience will ring when the fire of sin is threateningly close—and that is when the heart frantically

waves a towel beneath it to shut it up. Within every sinner’s heart are false weights and measurements that make sin lighter than God says it is (Prov. 11:1; 20:10). Caiaphas reasoned that it was better for Jesus to die than for all Israel to perish (John 11:47-50), and sinners often reason in a strangely similar manner: “I know gossip is sinful, but everyone needs to know what she did. I know I should forgive, but he hasn’t even apologized. I know I should speak the truth, but I don’t want to be offensive. I know I shouldn’t visit this website, but I can ask for forgiveness later.” Whenever the conscience says, “I know,”

the sinful heart will always come racing with a “but.” Do not allow your heart to speak louder than your Christ-cleansed conscience (Heb. 9:14; 10:22). God has rendered His righteous verdict against sin—do not let your heart ap-

peal His ruling. Never reason yourself into doing what the Lord has already told you is wrong. The heart may manufacture a thousand arguments for sin, but obedience only needs one: God has spoken.



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B - Believe Jesus Died for Your Sins
For God so loved the world that He gave His one and only son, that WHOEVER believes in Him shall not perish but have eternal life. - John 3:16

C - Confess Jesus is Lord
If you confess with your mouth “Jesus is Lord,” and believe in your heart that God raised Him from the dead you will be saved. - Romans 10:9

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Awesome beautiful 2 Large lots! Brand New Home built just across the street. Great area on Barkley Lake. Over 1 acre, year round view of Barkley Lake! 1 mile to BRR Marina!\$64,000.00 MLS # 121914. CALL Jennifer Palmer Realty at 270-519-9000. (tfn)

27 Paradise Point Road • Gilbertsville, Kentucky • \$369,000 – MLS # 122709. 3 beautiful lots, over 1/2 acre sitting up HIGH on a hill with a SPECTACULAR BREATHTAKING VIEW OF KY LAKE in Cambridge Shores Subdivision! Build your Dream

Home! Magnificent Stunning view of KY Lake! Enjoy all the amenities that Cambridge Shores has to offer. This quiet KY Lake neighborhood is the perfect place to call home! CALL Jennifer Palmer Realty at 270-519-9000

718 Marina Village Dr., Grand Rivers, Kentucky • \$599,900 – MLS # 130701. Beautiful Custom Built 3 bed 3 & 1/2 bath 2006, looks like a new Home sitting on 2 private lots in Prestigious Gated Marina Village Subdivision! Hardwood Floors,9 ft ceilings , many updates, large family room open to Kitchen! 2 Bedrooms on main level & one HUGE bedroom up. All bedrooms have a full bath. Kitchen has custom cabinetry! NEW HEAT/AIR UNITS IN 2023. Upstairs-2019. NEW DECK, 4 car garage heated & cooled, Storm Shelter, ALL FURNITURE, DECOR, TABLEWARE, BEDDING, LIGHTHOUSE PICTURES, Towels STAY PLUS NEW flooring that has not been installed. Take a golf cart ride to Grand Rivers, World Famous Patties Restaurant, antique shops & more! CALL Jennifer Palmer Realty at 270-519-9000

643 Whitney Dr., Paducah, Kentucky • \$415,000.00 - MLS # 137569. Unique 3 bedroom 3 full bath West End home located in the desirable Pines Subdivision loaded with captivating character! Impressive living room features gas log fireplace , very tall valuted ceiling & large stylish windows for plenty of light. Kitchen has plenty of cabinets, island, breakfast area, and pantry. Excellent primary bedroom with spacious bath, jacuzzi tub, double vanity, walk-in

closet, surround sound, balcony overlooking deck & backyard. Ample storage space throughout the home. New refrigerator & microwave in 2026. Massive deck perfect for entertaining! Beautiful yard, trees and landscaping. Well insulated home so utility bills are low. Convenient to the mall area, I-24 and downtown Paducah. Underground Dog fence. CALL Jennifer Palmer Realty 270-519-9000

1875 St Rt 384 Mayfield, Ky \$308,000.00. MLS#: 26019260. Beautiful Absolutely Private home on 2.5 impressive acres with 4 bedrooms and 3 full baths! Extremely well built ! Only 5 miles to I-69 and Mayfield. Large updated kitchen with gorgeous tile, corian countertops and abundant cabinetry. Quality bar stools stay plus all appliances. All 3 full baths are updated with extra nice tile and countertops. There are 2 large living areas. Kitchen open to Living room. Utility room. Primary bedroom and bath separate from other bedrooms ! NEW paint , blinds and appliances since 2019. NEW roof in 2020. 2 car attached carport and 2 car detached garage. Large metal barn 80 x 32 great for any animals, hay, equipment storage, RV and more! It does have a few stalls in it. Door is 11 FT 7 in tall. Land is rolling and lays pretty. Plenty of road frontage. Paved driveway. Geothermal HVAC. Appraisal done in March of 2026 available upon request. Seller is providing a one year home warranty at closing ~~ APHW.com Utility room or Guest bath would make great storm shelter! CALL Jennifer Palmer Realty 270-519-9000

606 Tortuga Dr. \$210,000 MLS # 26024150 CALL Jennifer Palmer Realty 270-519-9000

2836 James Sanders Blvd., Paducah, KY. MLS #134672. High

traffic location, Approximately 3+ acres off exit #4 I-24 on James Sander's BLVD between Texas Road House and Academy Sports. Great location for commercial development. Approximately 450 feet of road frontage, level, with all utilities. \$2,450,000, Carla Bridges @ REMAX at 270-559-8425

6330 Burchell, Paducah, KY. MLS #136950. Premier custom home in one of Paducah's most prestigious neighborhoods, The Grove, privately set on a cul-de-sac. Grand entry, open kitchen with butler's pantry, spacious living room with fireplace, office, craft room, and luxurious primary suite with his and hers baths and sitting area. Enjoy a large, covered porch with outdoor kitchen, screened porch and 3 car garage. Upstairs offers 3 bedrooms, 2 baths, playroom/bedroom and bonus room. The walkout basement includes 2 bedrooms, full kitchen, family room, patio, storage, mechanical room and concrete safe room. Elevator serves all floors. French country exterior, stone/brick/extensive landscaping and circle drive. \$1,595,000. Contact Carla Bridges @ REMAX at 270-559-8425

500 S 17th • Paducah, KY 42003 Commercial/Industrial - \$1,399,000 MLS Number • 125918 • 18,900 sq. ft. Outstanding professional office building in the heart of Paducah featuring approximately 15,600 sq. ft. of office space with 26 private offices, 4 bullpens, 2 conference rooms, kitchen/breakroom, 2 IT rooms, 3 laboratory rooms, multiple work areas, and storage closets along with 2300 sq. ft. warehouse area. Also has an approximately 1000 sq. ft. detached storage building. Contact Carla Bridges @ REMAX at 270-559-8425

1114 Broadway, Pa-

ducah, KY. MLS #132732. Excellent opportunity for a client in need of a nice office building in midtown Paducah, centrally located in the heart of Paducah's business district with high traffic location. Dual access from Broadway and Kentucky Avenue. Current tenants are expected to move by late fall. \$459,900. Contact Carla Bridges @ REMAX at 270-559-8425

For Sale By Owner! 20 acres in Calloway County, Ky 000 Hale Road, Murray, KY 42071. 5 miles northwest of Murray, Ky. 50 miles from Paducah, near Kentucky and Barkley Lakes. Minutes away from Murray State University. Easy access to hwy 80. All tillable, currently in crops. WKRECC Electric, Natural gas available. Call or Text 270-293-2064. Price \$350,000.00

House For Sale Ranch style, 3 bedroom, 2 full baths, Cedar siding. Sits on 6 acres. 116 Darnell Rd. Benton 42025. Call 270-404-6972 for appointment.

100 Acres sold all together. Livingston County, near Elementary school. store, fire department. Can be used for residential or commercial. 10 miles from Ky Lake 270-210-6697 (tfn)

4 Adjacent 1 acres lots in Peninsula Subdivision on Lake of Egypt. Great year round fishing with no carp, barges, or big boats. 50 minutes from Paducah. \$29,995 for all four. Might divide into 2 parcels. Call owner 314-239-6676.

Large Ky Lake lot Mature trees, utilities, restricted to new construction or double wide. \$24,900. 270-970-8000 (tfn)

Beautifully and totally renovated condo in exciting Lower Town, Paducah, KY. Stainless steel and granite kitchen, original wood floors, two master suites with

attached baths. Carport with storage. 2/3 -2,140 sq. ft. \$247,500. (972) 816-8766 (tfn)

401 E 12th St., Benton Charming and spacious 2,240 sq. ft. home. Immaculate property centrally located in Benton on a well landscaped corner lot. 3 Bedroom / 2 Bath. Expansive basement includes interior and exterior entrances. Workshop with additional outbuilding with concrete flooring for mower etc. \$269,900 Call Carla Bridges REMAX Realty Group at 270-559-8425

1.6 acres with hookups septic and well. 2357 State Rt 384 Mayfield Ky. \$20k FIRM 270-564-6774 (TFN)

5.75 Acres, Paradise Haven. I-77 & Hwy 52. Bland County VA. Hunting and surveyed, septic tank and well permits. Wooded and cleared building sites with roads. Taxes under \$200.00 per year. \$69,000.00 Ph. 270-226-2908 (tfn)

6,970 sq. ft. Commercial Retail lot with a 3,400 sq. ft. Building. 50' x 140' Lot Size. Built in 1983. 409 Court Street, Wickliffe, KY. MLS #: 26017434. \$149,000. The building was recently a pharmacy. Across for the courthouse one way, across from FCB Bank the other way. Great location! Shelving can stay or seller will remove. For more info call Betty Higdon Century 21 Service Realty at 279-519-6991 (TFN)

FARM FOR RENT

For rent pasture grazing for cattle in McCracken County, available now. 270-519-3567

CAMPERS FOR SALE

2021 JAYCO JayFlight SLX, 195 RB Travel Trailer (21-foot) Never been lived in. Bath tub - Shower combo. Closet, Queen size bed, Refrigerator, Microwave, 2-Burner Stove, Electric Awning, Radio & TV Hookup, Fold-Out stairs, Storage, 2-Water Tanks. KEVIL AREA. Asking \$18,000 Call 270-349-4962

For sale Pop camper 2001 Coleman Grand Tour Utah; \$3,000. 270-519-7849 TFN

BOATS FOR SALE

REDUCED 2008 20 ft. Crestliner 1950 SF series, easy load trailer,

175 HP Mercury motor, canopy, travel cover, 2 fish finders, radio FM/AM, much more, garage stored, valued at \$15K, sell for \$12,000. 270-665-0010 / leave a message.

14' Polar Craft Boat, Like new motor, electric start, trailer 1 fuel can, Minkota trolling motor, canopy, fish finder, battery. Benton Ky \$5,500.00. OBO 815-236-9455 (TFN)

AUTOS FOR SALE

For Sale. 2009 Mercury Milan 82000 miles. Bought August 2024 for commuting to work. No longer needed. Last Service June 2025 78,500 miles New Tires June 2025 78,800 miles. Price \$7500.00. Call 615-430-7544.

2015 Mercedes E-350 104,000 miles, Light grey Real nice vehicle, drives real nice. \$13,000 OBO call 270-493-2176

2007 Red Chevy Avalanche Truck, needs transmission and frame rusted. Selling truck for parts. \$3000. Please call 270-217-4980

2017 GMC Sierra Denali Crew Cab pickup, 99,000 miles, loaded, Beautiful truck, \$23,500. Please call... 270-519-3674 or 270-519-1254

1986 Chevrolet 4 x 4 Pickup, wrecked but a/c works \$2,000 cash or OBO. 327 Motor and 3 speed transmission out of 1980 Impala \$1,000 cash or OBO. Call 270-804-5399.

REDUCED 2010 Black Honda Fit Sport 4 door hatchback. Excellent mechanical condition minor cosmetic damage clear title \$4,500.00 OBO Cal 812-631-3921

GMC Yukon, 2 Wheel drive, 2010 ,has third row seating, 120,xxx miles, perfect condition, good tire tread. \$9,800. TEXT with serious inquiries only 270-519-3962 Text ONLY

1991 Chevyrolet Silverado 350 V8, 4 speed transmission, long wheel base, 2 door, garage kept, excellent shape, 206,000 miles. \$11,000.00 OBO call Margaret A. Moore 270-875-3126

AUTO MISC.

27 ft Car Hauler Cargo Trailer. Used once, 2-7,000 lb axels, 4,000 lb rear door ramp, Call

for extras 303-775-0310, \$11,300 (tfn)

For Sale: 2025 Diamond Trailer - 7' x 14', Enclosed, Fold Down Back Door, Side Walk-In Door, Tandom Axle, Electric Brakes, \$4,500. Call Don: 386-559-7004

Adult Trike W/ Electric Battery for sale \$450.00. 1 Year Old. Call 270-331-2527.

FARM & LAWN EQUIPMENT

1996 8570 MF Combine Big motor, 30' GH, SCH Knife & drive, Maurer bin ext, flotation rears, second owner. C-Tech maintained. Approx. 3,000 hrs \$50,000 OBO. 419-615-0950

REDUCED 1987 John Deere Combine 7720 Titan 2, 4 wd, long auger, 30.5 x 32 tires, always kept inside shed. \$11,000 OBO 270-254-0318 3.2 Prong Hay Fork \$150; B275 Diesel International project tractor \$1,250. Call 731-487-7062.

1953 Farmall Cub Woods Belly Mower. to ad for 1950 8n Ford Tractor \$1250.00. 270-832-1281

1950 8N Ford tractor \$1,250.00, Call 270-832-1281. W0.5x32

King Kutter Bushhog 48" w/ PTO Connector, Like New. \$900 OBO. Benton, KY. 815-236-9455 (TFN)

MISC. FOR SALE

For Sale: New and Used Christmas Toys and Tools. Rosanna's Place Salem Ky. Thurs -Fri. 8-4. Sat. 8-1

Goodman 4 ton central heat & air split unit, hardly used. Call thomas 270-247-7589. (tfn)

Roofing supplies left over a job. GAF shingles, under lay, edging, nails. Retail value \$700. Your cost for lot \$250 cash and carry. 270-559-8467

Hunting equipment, trophy deer heads, tools, household horse and Indian items, thousands of like new items priced to sell. Traders Mall Flee Market June 13th

Glass Top Coffee Table, 2 matching end tables, and sofa table, great condition. Trimmed with brass. \$150 Call 270 519-7604

Sudoku Answers									
2	4	9	1	8	7	3	6	5	
1	6	5	9	2	3	4	8	7	
8	3	7	5	4	6	9	2	1	
9	2	3	7	6	4	1	5	8	
5	7	4	2	1	8	6	9	3	
6	8	1	3	5	9	2	7	4	
4	1	6	8	7	2	5	3	9	
7	9	2	4	3	5	8	1	6	
3	5	8	6	9	1	7	4	2	

Word Search Answers									
1	V	R	A	D	N	E	S	B	A
V	G	A	M	V	H	I	S	X	L
C	N	B	O	I	H	A	N	S	T
O	F	T	O	D	O	D	E	S	
I	S	N	W	A	R	X	I	G	
L	T	I	N	S	I	O	V	H	
N	H	A	R	E	V	A			
W	O	D	T	H	E	X	M	S	
C	O	R	R	A	B	V			
A	L	I	A	S	S	A	N	A	
I	N	O	R	A	L	I	T	R	
N	O	N	O	M	E	S	I	O	
S	E	E	A	N	N	V	O	I	
N	C	T	I	W	H	O	J	S	

Frito is the Pet of the Week

Meet Frito, this week's Pet of the Week. Frito is a 6 year old lab mix. Frito came to the Humane Society due to the death of his owner. He is a super sweet fellow. He is neutered, microchipped and up to date on all of his vaccinations. He does qualify for our senior dog program, which makes his adoption fee only \$25 as well as a few other perks. Please contact us for full details. McCracken County Humane Society For more information please contact: McCracken County Humane Society 4000 Coleman Road, Paducah, KY 42001 - (270)443-5923



Former Sunday school teacher arrested on grooming charges

By MARK MAYNARD
Kentucky Today

PADUCAH, Ky. (KT) – A former Sunday school teacher at a Kentucky Baptist church was arrested on grooming charges Friday.

Jared Denney, who was a youth-age Sunday school teacher at Bellview Baptist Church, is accused of sending a 15-year-old girl sexually explicit text messages, according to the McCracken County



Jared Denney of Paducah was arrested on October 2. Sheriff's Office. court date Oct. 20. He was held on a \$10,000 cash bond at the McCracken County Jail. Denney, 37, has a

ABSOLUTE REAL ESTATE AUCTION
Thursday, October 15th, 2026 | 6:00 PM
2248 State Route 564, Mayfield, KY 42066

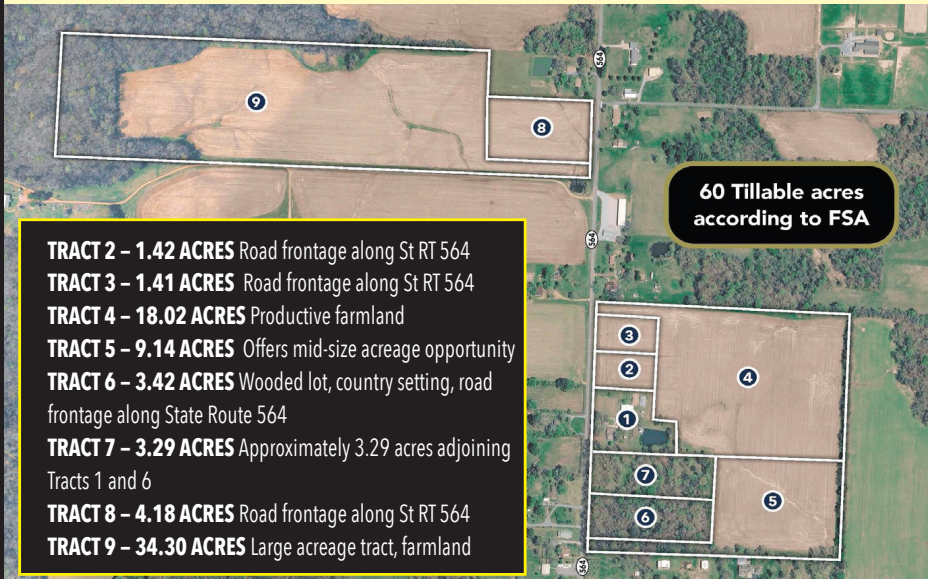


PREVIEW: Monday, October 12th, 2026 from 5:00-6:00 PM

HOME • BARNS • 80± ACRES • BUILDING SITES • SELLING IN 9 TRACTS!

An exceptional opportunity to purchase approximately 80 acres of Graves County real estate, featuring a brick home, barns/outbuildings, productive farmland, building sites, and a variety of tract sizes. The property has been divided into 9 tracts ranging from 1.41 acres to 34.30 acres, giving buyers the opportunity to purchase a homesite, acreage, farmland, improvements, or combinations of tracts to fit their needs. The auction layout shows approximately 80.02 total acres.

TRACT 1 contains approximately 2.86 acres and features the primary residence, detached garage, sheds, and a barn. The home has 3 bedrooms, 1 full bath, central air conditioning, a fireplace, and an attached 1-car garage. The home offers an established country residence with room to enjoy the outdoors while remaining on a manageable-sized tract.



- TRACT 2 – 1.42 ACRES Road frontage along St Rt 564
- TRACT 3 – 1.41 ACRES Road frontage along St Rt 564
- TRACT 4 – 18.02 ACRES Productive farmland
- TRACT 5 – 9.14 ACRES Offers mid-size acreage opportunity
- TRACT 6 – 3.42 ACRES Wooded lot, country setting, road frontage along State Route 564
- TRACT 7 – 3.29 ACRES Approximately 3.29 acres adjoining Tracts 1 and 6
- TRACT 8 – 4.18 ACRES Road frontage along St Rt 564
- TRACT 9 – 34.30 ACRES Large acreage tract, farmland

REAL ESTATE TERMS: The property will be offered 9 tracts and combinations. A 10% Buyer's Premium will be added to the final bid and included in the deed transaction sale price. 15% as down payment on the day of the auction with balance in cash at closing on or before 30 days. The down payment may be in the form of cashier's check, personal check, or corporate check. YOUR BIDDING IS NOT CONDITIONAL UPON FINANCING, SO BE SURE YOU HAVE ARRANGED FINANCING, IF NEEDED, AND ARE CAPABLE OF PAYING CASH AT CLOSING. Make Inspections Prior To Date Of Sale. Closing shall take place on or before 30 days from auction date. All 2026 ad valorem taxes will be prorated at closing. The property will be sold by a new survey. Buyer is responsible for 50%.

HARRIS

Real Estate & Auction

Phone: 270-247-3253 Toll Free: 800-380-4318

HOMES - FARMLAND
ESTATES - WATERFRONT

MICHAEL HARRIS

PRINCIPAL BROKER
PRINCIPAL AUCTIONEER
KL# 252972 | KY BROKER# 198374
harrisauctions.com

ABSOLUTE REAL ESTATE AUCTION
Tuesday, October 20th, 2026 | 10:00 AM
138 Boatwright Lane, Paducah, KY 42003



TWO TRACTS • 4.49± TOTAL ACRES • PADUCAH, KENTUCKY
INVESTMENT PROPERTY • MULTIPLE RESIDENCES • INCOME POTENTIAL

An excellent opportunity to purchase income-producing real estate in Paducah, Kentucky! This property offers 4.49± total acres across two tracts, including multiple residences, established rental income, separate water meters, and additional potential for an investor, landlord, or buyer looking to expand their real estate portfolio.

TRACT 1 – 4.20± ACRES
THREE RESIDENCES

138, 154 & 155 Boatwright Lane • Paducah, KY
Tract 1 features 4.20± acres with three residences, offering immediate rental income along with additional income potential.
138 BOATWRIGHT LANE - 2-bedroom, 1-bath home featuring a living room, kitchen, central forced-air natural gas heat, and window air conditioning. This residence is currently rented for \$700 per month.
154 BOATWRIGHT LANE - 2-bedroom, 1-bath mobile home featuring a living room, kitchen, and window air conditioning. This residence is also currently rented for \$700 per month.
155 BOATWRIGHT LANE - Older mobile home offering the potential for additional rental income or other future use.

Each residence has its own separate water meter, providing added convenience for a multi-unit rental property.

With 138 and 154 Boatwright Lane each renting for \$700 per month, these two residences alone provide \$1,400 in combined monthly rent – or \$16,800 in potential gross

annual rental income before expenses. And that's before any potential income from 155 Boatwright Lane.

For investors looking to add doors to their portfolio, buyers seeking multiple residences on one property, or those interested in acreage with existing improvements, Tract 1 deserves a closer look.

TRACT 2 – 0.29± ACRE LOT
150 Boatwright Lane • Paducah, KY

Tract 2 consists of a 0.29± acre lot on Boatwright Lane with its own water meter already in place. Offered separately from Tract 1, this tract provides buyers with an opportunity to purchase an additional piece of property with existing utility access and potential for future use.

Annual rental income calculation assumes 12 months of rent from the two residences currently renting for \$700 per month, before expenses. The calculation excludes any potential income from 155 Boatwright Lane. Property information is provided for marketing purposes and should be independently verified by prospective buyers.

REAL ESTATE TERMS: The property will be offered 2 tracts. A 10% Buyer's Premium will be added to the final bid and included in the deed transaction sale price. 15% as down payment on the day of the auction with balance in cash at closing on or before 30 days. The down payment may be in the form of cashier's check, personal check, or corporate check. YOUR BIDDING IS NOT CONDITIONAL UPON FINANCING, SO BE SURE YOU HAVE ARRANGED FINANCING, IF NEEDED, AND ARE CAPABLE OF PAYING CASH AT CLOSING. Make Inspections Prior To Date Of Sale. Closing shall take place on or before 30 days from auction date. All 2026 ad valorem taxes will be prorated at closing. The property will be sold by the existing deed.

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MICHAEL HARRIS

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Myrna Redfield Appointed to West Kentucky Community and Technical College Advisory Council

Press Release

PADUCAH, Ky. — Four Rivers Nuclear Partnership, LLC (FRNP) Chief Executive Officer, President and Program Manager Myrna Redfield has been appointed to the West Kentucky Community and Technical College (WKCTC) Advisory Council. Selected by Kentucky Community and Technical College System (KCTCS) President Dr. Ryan Quarles, Redfield will serve a four-year

term advising college leadership on regional workforce needs, academic programs, and community partnerships. The WKCTC Advisory Council plays an essential role in aligning higher education programs with local industry demands, ensuring students are well-prepared for high-demand careers. Redfield’s appointment reinforces FRNP’s longstanding commitment to workforce development,

technical education, and the cultivation of local talent for employment for the many future opportunities at the U.S. Department of Energy Paducah Site, supporting cleanup of legacy operations and reindustrialization. “One of the greatest strengths of West Kentucky Community and Technical College, and of the Kentucky Community and Technical College System, is our close connection to the communities we serve,” said Dr. Anton

Reece, Chancellor of WKCTC in a statement for Redfield’s appointment. “Our relationships with local employers, business and industry leaders, education partners, and community organizations help us understand the needs of our region and prepare students for the opportunities available right here at home. [Redfield’s] voice will be an important part of maintaining and strengthening those connections.”

As the cleanup contractor for the U.S. Department of Energy at the former Paducah Gaseous Diffusion Plant, FRNP actively collaborates with educators to build clear, sustainable pathways into developing the next generation workforce in science, technology, engineering and math and skilled trade professions. “I am honored by this selection and am eager to work alongside Dr. Reece, the college leadership, and

fellow council members,” said Redfield. “At FRNP, we believe that investing in higher education and technical training is vital to the long-term success of our mission and the vitality of our region. I look forward to serving as an ambassador for WKCTC, advocating for students in our area, and helping shape practical educational pathways that prepare our local workforce for high-quality careers in West Kentucky.”

GCPL'S 6TH ANNUAL
HAUNTED
HARVEST

SATURDAY, OCTOBER 10
4-7PM

• FOOD

• CRAFT TABLES

• GOODIE BAGS

(GIVEN AWAY TO THE FIRST 200 OF EACH AGE CATEGORY)

• BROOM RIDING OBSTACLE COURSE

• SCAVENGER HUNT

• FACE PAINTING

• YARD GAMES

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ABSOLUTE REAL ESTATE AUCTION

2500 Biggs Road • Kevil, KY 42053

SATURDAY, OCTOBER 24TH, 2026 at 10:00 AM



4,380± SQ. FT.
COUNTRY HOME
HORSE BARN
17.85 ACRES
OFFERED
IN 2 TRACTS



CUSTOM HOME • ACREAGE • PASTURE • WOODED LAND • HORSE BARN

Don't miss this opportunity to purchase an exceptional Western Kentucky country property. Situated on 17.85± acres, the property will be offered in two tracts: **Tract 1 - 9.57± acres with the home** and improvements, and **Tract 2 - 8.28± mostly wooded acres.**

The impressive **4,380± sq. ft. home** offers **3 bedrooms and 3.5 bathrooms**, featuring 10- and 12-foot ceilings, hardwood flooring, custom cabinetry and 16 solid mahogany doors. A French mantel with gas fireplace adds timeless character, while a spacious bonus room offers flexible additional living space.

Enjoy approximately **1,536± sq. ft. of covered porches** accented by **Bevolo gas lanterns**. Additional improvements include a horse barn and 500-gallon underground propane tank, surrounded by an attractive blend of open ground, pasture and wooded acreage.

HOME & PROPERTY HIGHLIGHTS

• 4,380± sq. ft. home

• 3 bedrooms • 3.5 bathrooms

• 10' & 12' ceilings • Hardwood flooring

• Custom cabinetry

• 16 solid mahogany doors

• French mantel & gas fireplace

• Large bonus/flex room

• 1,536± sq. ft. of covered porches

• Bevolo gas lanterns

• Horse barn • 500-gallon buried propane tank

• Open ground, pasture & wooded acreage

• Private Western Kentucky setting



REAL ESTATE TERMS: The property will be offered in 2 individual tracts, any combination of tracts, or as a whole property. The property will be sold in the manner resulting in the highest total sale price. A 10% Buyer's Premium will be added to the final bid and included in the deed transaction sale price. 15% as down payment on the day of the auction with balance in cash at closing on or before 30 days. The down payment may be in the form of cashier's check, personal check, or corporate check. YOUR BIDDING IS NOT CONDITIONAL UPON FINANCING, SO BE SURE YOU HAVE ARRANGED FINANCING, IF NEEDED, AND ARE CAPABLE OF PAYING CASH AT CLOSING. Make Inspections Prior To Date Of Sale. Closing shall take place on or before 30 days from auction date. All 2026 ad valorem taxes will be prorated at closing. The property will be sold by a new survey, buyer responsible for 50% of the survey costs.

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Saluting
our Men
and
Women in
Blue!

★ ★ Honoring Local Law Enforcement ★ ★



Mayfield Police Department, 2022

Through the hardest days, Graves County deputies stand together

By Laurna Pruett
Scene Writer

When the December 2021 tornado devastated Graves County, Sheriff Jon Hayden's team worked for weeks without a day off. No one complained, he said. They knew their community needed them.

For Hayden, the response remains one of the clearest examples of the teamwork and dedication he sees in the men and women who serve alongside him.

"They knew what had to be done for our community and the people that lived here," Hayden said.

Their responsibilities continued long after the initial search and rescue efforts ended. As residents faced the aftermath of the storm, deputies turned their attention to protecting neighborhoods from looters and scammers.

That sustained commitment reflects the qualities Hayden values most in his deputies: a willingness to serve honestly, fairly and compassionately.

As this year's Back the

see **TOGETHER**,
page 2



Graves County Sheriff
Jon Hayden

Serving with heart:

Honoring Mayfield's guardians behind the badge

By Laurna Pruett
Scene Writer

For Mayfield Police Chief Nathan Kent, one example of his officers' commitment to the community is the friendship between a school resource officer and a blind student.

"They have built a remarkable friendship, and I've seen the child's face light up when they

and the Officer speak in person," Kent said. "This is a true testament to our Officer's caring nature."

As the community honors law enforcement through this year's Back the Blue tribute, Kent's reflections offer a glimpse of the people behind the badges — officers whose work includes listening, building trust and helping residents feel safe.

Kent wants residents

to feel comfortable approaching the department about concerns involving their security, safety and quality of life.

"In particular, we want to know if they are experiencing problems in their neighborhood, so that we can send the appropriate resources to solve the issue," he said.

Those relationships extend beyond emergency

calls. Kent said officers regularly participate in community outreach, creating opportunities for residents to meet them, ask questions and get to know them personally.

At the time of his response, the department was preparing to host Coffee with a Cop at a local restaurant and

see **HEART**,
page 4

Behind the Badge:

Following the leads that help keep communities safe

By Laurna Pruett
Scene Writer

A call about a vehicle striking a telephone pole may seem like a routine police response. But for officers, the work does not always end when they arrive at the scene.

An Oct. 1 investigation in Clinton offers a look at the attention to detail, follow-through and

cooperation involved in protecting a community.

According to information released by the Hickman County Sheriff's Office, dispatch received a report at approximately 1:37 p.m. that a vehicle had struck a telephone pole in the 300 block of South Washington Street and left the scene.

Clinton Police

Department officers and Hickman County sheriff's deputies responded. Evidence at the scene and information from witnesses helped them identify the make and model of the vehicle. Investigators later located it under a carport on Waterfield Drive and found its occupants at a nearby residence.

What began as a

collision investigation soon led to questions about suspected stolen property.

Authorities reported finding an appliance in the vehicle's bed that was suspected of being stolen from Lowe's Home Improvement in Mayfield.

see **BADGE**,
page 8

Bluegrass

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LaCenter, KY

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PROUD TO SUPPORT.

Honoring our local law enforcement.





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TOGETHER,

from page 1

Blue tribute honors law enforcement, Hayden’s reflections recognize both the work residents see and the efforts that often happen outside public view.

“I would want the community to know that I see daily their dedication, and hard work, that many in the public may not,” he said.

The demands of the job also make support within the department essential. Difficult calls can weigh on those who respond, and Hayden said his team knows one another well enough to recognize when

someone needs a little extra attention.

“We know each other well enough to know when they need to be checked on,” he said. “That could mean a phone call, or a quick visit.”

Those gestures help deputies care for one another while continuing to serve others.

Whether responding to a disaster, investigating a crime or checking on a colleague after a difficult day, Hayden described a team that understands the importance of showing up.

He also wants crime victims to know they have the commitment of the entire sheriff’s office behind them.

“If you are the victim of a crime here, please know that our entire team will do everything within our power to identify and have prosecuted those responsible,” Hayden said.

For the sheriff, the pride he takes in his team rests in that daily commitment — to their community, to the people who need their help and to one another.



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BADGE,
from page 1

Mayfield police, who had an active investigation related to the incident, were notified and responded.

Following interviews with the occupants and the vehicle's owner, the sheriff's office obtained and executed three search warrants at

residences owned by the vehicle's owner. Additional appliances suspected of being stolen were recovered, according to the agency.

Authorities also reported discovering suspected narcotics, suspected fraudulent identification cards and equipment believed to be used to produce identification cards. Several individuals

were cited or arrested during the investigation.

The case brought together the Clinton Police Department, Hickman County Sheriff's Office, Mayfield Police Department, Hickman Police Department, Kentucky State Police and the Office of Homeland Security.

Behind those

developments were individual steps: examining evidence, listening to witnesses, locating a vehicle, conducting interviews, obtaining warrants and sharing information across jurisdictions. Each helped investigators determine what to pursue next.

For residents, much of that work happens beyond

public view. A patrol car at a scene is only one part of an investigation that can involve several departments and extend into other communities.

As local communities recognize the men and women who serve in law enforcement, this case offers a concrete example of the work behind

the badge—and the role citizens can play by providing information.

The investigation remains active, and authorities said additional charges are possible. All individuals accused are presumed innocent unless proven guilty in court.

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HEART,
from page 1

participate in First Responder Day at Lowe’s. These events give residents opportunities to talk with officers in a relaxed setting, with First Responder Day also offering a chance to explore a police cruiser.

Kent said all officers are trained in de-escalation and crisis intervention techniques. He credits that approach with consistently helping achieve successful outcomes for residents and the community.

The friendship between the school resource officer and the student is one of many positive encounters that have stayed with him. It also reflects the compassion Kent said makes him proud to lead the department.

“I’m proud that our Officers deliver professional police



Mayfield Police Chief Nathan Kent

services to our residents with a respectful decorum,” he said.

Kent also pointed to the staff’s training, broad capabilities and dedication to public service.

“Each of them works selflessly as guardians for our residents,” he said.

This Back the Blue tribute recognizes Chief Nathan Kent; Major Wes Kimbler; Detective Lieutenant Mark Watkins; Lieutenants Trevor Webb, Derek Vaughan and Brian Adams; Sergeants Justin Copeland, Tyler Simpson and Brandon Collins; School Resource

Sergeant Brent Farmer; Detective Sergeant Nathan Young; Detective Cody Rogers; and School Resource Officers Seth Crane and Alyssa Taylor.

Also recognized are Office Manager Kristi Malone; Deflection Specialist Crystal Nadeau; Officers Jerry Gore, Holden Burnham, JD Shultz, Victor Maldonado, David Harrison, Jose Roman, Jasper Mundy, Nick Workman, Alex Arellano, Marco Ortiz, Brant Shutt, Bryan Sullivan, Cody James Rogers, Joe Trout and Stephan McClellan; and Cadets JR Burnett and Cameron McDaniel.



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Standing Together:

The importance of supporting law enforcement

Law enforcement officers hold one of the most demanding responsibilities in any community. Every day, police officers, deputies, state troopers and other public safety professionals answer calls for help, respond to emergencies, investigate crimes, protect vulnerable people and work to keep neighborhoods safe. Much of this work happens quietly and without recognition, but its importance reaches every family, school, business and neighborhood.

Supporting law enforcement does not mean believing that every decision made by every officer is automatically correct. A strong community can expect professionalism, accountability and fairness from its officers while also recognizing the difficult and often dangerous work they perform. Healthy communities need both responsible law enforcement and citizens who are willing to work with public safety agencies to make their neighborhoods safer.

A Difficult Job

Law enforcement officers routinely face situations that most people hope they will never encounter. They may arrive first at traffic crashes, domestic disputes, fires, medical emergencies, missing-person calls or reports of criminal activity. Officers often have limited information when they arrive and must make decisions quickly, sometimes under tremendous pressure.

The job also requires officers to interact with people experiencing some of the most difficult moments of their lives. A person may



be frightened, angry, confused, injured or experiencing a personal crisis. Officers must attempt to maintain professionalism while assessing what is happening and determining how best to protect everyone involved.

The responsibilities extend well beyond making arrests. Officers conduct investigations, direct traffic, assist stranded motorists, provide security at community events, locate missing individuals, testify in court and work with schools and organizations on crime-prevention programs.

Building Trust

One of the most important ways communities can support law enforcement is by building trust.

Trust develops when officers and residents have opportunities to know one another outside of emergency situations.

Community events, school programs, neighborhood meetings and police-community outreach can help put faces with names and remind residents that law enforcement officers are members of the community, too.

For officers, positive relationships with residents can make their work more effective. People who trust their local law enforcement agency may be more comfortable reporting suspicious activity, providing information about crimes or asking for help when they need it.

For residents, knowing officers personally can make law enforcement feel less like a distant government institution and more like an important community resource.

Supporting Officers and Their Families

The pressures of law enforcement do not end when an officer's shift is

over. Officers and their families may carry the emotional weight of difficult calls, unpredictable schedules, long hours and the knowledge that the next call could be dangerous.

Simple expressions of appreciation can mean a great deal. A thank-you, a note from a child, a meal provided during a busy shift or recognition at a community event can remind officers that their service is noticed.

Families of officers also deserve recognition. Spouses, children, parents and other loved ones live with the realities of the profession. They may spend holidays, birthdays or evenings waiting for an officer to return home safely. Supporting law enforcement includes remembering those families and acknowledging the sacrifices they make.

Community Cooperation Matters

Law enforcement cannot keep a community safe by itself. Public safety is a shared responsibility.

Residents can help by reporting crimes and suspicious activity through appropriate channels, securing their homes and vehicles, following traffic laws and looking out for their neighbors. Business owners can cooperate with investigations and take reasonable steps to protect employees and customers.

Parents can teach children how to interact safely and respectfully with police officers. Young people should understand that officers are there to help protect the community and that following reasonable instructions during an emergency is important.

At the same time, residents should feel comfortable asking questions and raising concerns through appropriate channels. Constructive communication is

far more productive than allowing frustration or misunderstanding to grow.

Recognizing the Humanity Behind the Badge

It is easy to think of a police officer simply as a uniform, badge and authority figure. Behind that uniform, however, is a person with a family, responsibilities, hopes and fears.

Officers experience stress, fatigue and difficult emotions just as other workers do. The difference is that their jobs frequently place them in situations involving danger, conflict and tragedy.

Recognizing the humanity of officers does not excuse misconduct or eliminate the need for accountability. Instead, it encourages a more balanced understanding of the profession.

Communities should be willing to recognize good work while also expecting officers to follow the law, department policies and professional standards. Accountability and appreciation are not opposites. Both are necessary for a healthy relationship between law enforcement and the public.

Investing in Public Safety

Supporting law enforcement also means supporting the resources necessary for officers to do their jobs effectively.

Adequate staffing, training, equipment, technology and facilities can make a significant difference in public safety. Officers need appropriate training to handle everything from

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LAW,
from page 5

traffic enforcement and criminal investigations to crisis situations and emergency response. Communities and local governments have an important role in determining how public safety resources are allocated. Responsible investment can help agencies recruit and retain qualified personnel and provide officers with the tools they need to serve effectively. Supporting law enforcement should therefore include thoughtful conversations about what officers need

to perform their responsibilities safely and professionally.

Honoring Those Who Serve

Every community has stories of officers who have gone beyond the call of duty. Some have rescued people from dangerous situations. Others have spent countless hours investigating crimes, finding missing people or helping families during emergencies. Some officers have paid the ultimate price while serving their communities. Their families and fellow officers carry that loss long after the headlines

disappear. Remembering fallen officers is an important part of honoring the profession. Memorials, ceremonies and community observances provide opportunities to recognize their sacrifice and remind future generations of the responsibility carried by those who wear the badge.

A Shared Commitment

Supporting law enforcement ultimately means supporting the goal of a safe and healthy community. That support can take many forms: thanking an officer,

participating in community programs, teaching children about safety, reporting information responsibly, attending public meetings, supporting reasonable investments in public safety or simply treating officers with courtesy and respect. At the same time, law enforcement agencies have a responsibility to earn and maintain the public’s trust through professionalism, transparency, fairness and accountability. The relationship between law enforcement and the community

should never be one-sided. Officers need the cooperation and support of residents, while residents deserve law enforcement agencies that are committed to serving everyone fairly. When citizens and law enforcement work together, everyone benefits. Neighborhoods become safer, communication improves and problems can be addressed before they become larger threats. A badge represents authority, but it also represents responsibility and service. Behind every badge is someone who has chosen a difficult

profession with the goal of helping others. Our communities are stronger when we recognize that service, appreciate those who provide it and work together to create places where families can live, children can grow and neighbors can feel safe. Supporting law enforcement is not simply about supporting a profession. It is about supporting the people who answer the call when help is needed—and recognizing that public safety is something an entire community must build together.

From Ghent to Today:

The history and importance of K-9 units

For more than a century, specially trained dogs have worked alongside law enforcement officers, helping police departments track people, locate missing individuals, find evidence and detect certain substances. Today, K-9 units are a familiar part of law enforcement across the United States, but the partnership between officers and canine companions has a long and fascinating history. The organized use of police dogs is generally traced to Ghent, Belgium, in 1899. Police officials there experimented with trained dogs as a way to supplement nighttime patrols. The program proved successful, and the idea soon spread throughout Europe. By the early 1900s, police departments in several countries were incorporating dogs into patrol and tracking work. Britain also became an early leader in police-dog work. In 1907, the North Eastern Railway Police established a program after learning about the successful Belgian system. Four



Airedale Terriers began patrolling Hull Docks in 1908, making the dogs part of an organized effort to combat theft and protect the area. The concept eventually crossed the Atlantic. American police departments began experimenting with trained dogs during the early 20th century. One important early influence came from European police-dog programs, particularly those in Belgium and Germany. The German Shepherd eventually became one of the

best-known police breeds because of its intelligence, athletic ability, trainability and versatility. Belgian Malinois are also widely associated with modern working-dog programs. The use of dogs expanded dramatically during the world wars. During World War II, the United States formally established its military K-9 Corps on March 13, 1942, after the organization Dogs for Defense helped mobilize privately owned dogs for military service. Dogs received

specialized training for duties including sentry, scout, messenger and mine detection work. Although military working dogs and police dogs serve different purposes, wartime experience helped demonstrate the remarkable abilities of trained dogs and contributed to the continued development of canine programs.

The Growth of American Police K-9 Units

American police K-9 programs expanded significantly during

the 1950s. Baltimore provides one important example. In December 1956, the Baltimore Police Department began an experimental canine program. Fourteen dogs and fourteen volunteer officers were selected for training, and the teams began working the streets in early 1957. The experiment was considered successful, and the K-9 Corps became a permanent part of the department in April 1957. Baltimore’s program became particularly influential because of its approach to training and handling. The department developed what became known as the “Baltimore Method,” which emphasized socialization and allowed handlers to keep their canine partners at home. This helped strengthen the relationship between handler and dog and became an influential model for other agencies. The United States Park Police established its K-9 Unit in 1959, becoming the first police K-9 unit in the Washington,

D.C., area. Its early dogs were trained for patrol work, and the program later expanded into explosives and narcotics detection.

What Do K-9s Do Today?

Modern K-9 units can perform a variety of specialized jobs. Depending on the agency and the dog’s training, canine teams may assist with tracking, locating missing people, searching for evidence, detecting explosives or controlled substances, and assisting officers during searches. Some dogs are trained for a single specialty, while others receive multiple types of training. Wichita Police Department, for example, describes its current canine teams as dual-purpose dogs trained for both detection and patrol duties. Explosives-detection dogs have become especially valuable in protecting public gatherings, government

see **K-9**,
page 7

facilities,

K-9,
from page 6

transportation areas and other locations where security concerns exist. The United States Park Police added its first explosives-detection canines in 1974 and began training narcotics-detection teams in the mid-1970s.

The National Security Agency’s police K-9 program provides another example of specialized work. Its dogs are trained primarily to detect explosives and screen vehicles, cargo and mail entering NSA facilities.

**A Partnership,
Not Just a Tool**

One of the most important aspects of a K-9 unit is the relationship between the dog and its handler. Training requires patience, consistency and extensive practice.

The handler must understand the dog’s behavior and abilities while the dog learns to respond reliably to the handler.

This partnership can continue beyond the workday. In many departments, handlers care for their canine partners at home, making the dog both a working partner and a member of the handler’s household.

K-9s also become ambassadors for law enforcement. Demonstrations at schools, community events and public gatherings give residents an opportunity to see the dogs’ skills and learn more about how canine teams contribute to public safety.

**More Than a
Century of Service**

From the streets of Ghent in 1899 to modern police departments throughout the United States, K-9 programs have evolved

considerably. What began as an experiment in nighttime patrols has developed into highly specialized partnerships involving detection, tracking, search and rescue, public safety and community outreach.

The history of K-9

units demonstrates how much can be accomplished when human training and canine abilities are combined. Dogs possess extraordinary senses and a natural willingness to work with people, while their handlers provide the

knowledge, direction and care necessary to turn those abilities into useful skills.

Today, when a K-9 team walks into a school, patrols a community or assists officers during a search, it represents more than a century of development and

experience. The familiar sight of an officer and dog working side by side is a reminder of an enduring partnership—one built on training, trust, dedication and service.

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How to honor local police

Safe communities allow residents to thrive and live their lives to the fullest. Such communities are sought-after places to live, and maintaining a community-wide sense of safety and security is no small task.

Local police forces do much to keep their communities safe, so it's no great mystery why residents want to show how much they appreciate the people who ensure their towns and cities remain wonderful places to call home. With that in mind, community residents, small business owners and elected officials can consider the following ways to honor local police.

- Small business owners recognize the vital role local police play in keeping Main Street safe. A safe dining and shopping district is beneficial to business owners' bottom line, and that makes it worth their while to offer discounts to local law enforcement and their families.
- Showcase officers on social media. Local governments can get in on the act by highlighting a different officer each month on various social media platforms. Interview a new officer each month and highlight their backgrounds and careers. This can be a great way to showcase the talents of local officers and foster strong connections between community residents and the men and women in law enforcement who keep their towns and cities safe.
- Feature officers during public celebrations. Parades, holiday bazaars and local scholastic sporting events are some examples of events that bring community residents together. Such events provide great opportunities to thank local law enforcement and bring them into direct contact with residents.
- Support police during town council meetings. Attendance at town council meetings is a good way to remain informed about what's going on in a community, and it also serves as an opportunity to support measures aimed at benefitting local law enforcement personnel. Support efforts to increase salaries for local police officers and upgrade their resources so they can continue to do their jobs to the best of their abilities.

There's no shortage of ways for communities and residents to express their appreciation and support for the local law enforcement personnel who keep their towns and cities safe.



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I ask for STRENGTH.
Strength of body to protect
others and strength of spirt to lead others.

I ask for DEDICATION.
Dedication to my job, to do it well.
Dedication to my community to keep it safe.

Give me Lord, CONCERN for others who trust
me and COMPASSION for those who need me.

And please Lord, through it all,
BE AT MY SIDE.



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Thank you for your support. - *Craig Z. Clymer*

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How the role of police has evolved

There are 800,000 sworn law enforcement officers now serving in the United States, according to the National Law Enforcement Officers Memorial Fund. The Canadian Encyclopedia says that, as of 2025, there were approximately 69,500 police officers serving in Canada. Police are responsible for keeping citizens safe and enforcing the law. Through crime prevention, emergency response and investigation, law enforcement officials are integral members of the communities they serve.

While law enforcement officials are now vital components of every community, these figures have not existed since the beginning of civilization. In fact, police forces are a relatively modern invention, according to Gary Potter, a crime historian at Eastern Kentucky University. During early American colonization, policing was informal and part-time employment. Also, those who were tasked with keeping order were paid through a for-profit, privately funded system. Peace and order also was maintained by volunteers who

provided a “night watch” system that was not very efficient.

The common law and system of sheriffs, constables, watchmen, and stipendiary justice known in England was at the roots of early policing in the United States. Early Americans were weary of establishing standing police forces.

However, as America continued to grow through immigration, and rural communities evolved into urban cities, crime increased.

Citizens began to band together into “committees of vigilance” that took lawfulness into their own hands, not always with success.

By the mid-19th century, it became clear that earlier attempts at maintaining order were largely ineffectual. Middle-class frustration with the deterioration of cities and infrastructure led to the passage of laws that regulated public behavior and created new police forces and penitentiaries. The first police departments in the United States were in Boston and formed in 1838. New York City developed its own forces in 1844, and other cities quickly followed suit. By the 1880s, almost every

major city in the country had a police force. The primary roles of police departments were to prevent crime and keep order. It wasn’t until the 1850s that detective units began to appear.

A similar evolution took place in Canada. Early policing was predominantly a local concern with municipalities following French and English traditions of constabularies or watchmen systems. Just like it was in the United States, the early 19th century was a time of change for the Canadian police force. After the establishment of England’s Metropolitan Police in London, Canada developed its own law enforcement system as a public system that required the consent of fellow citizens. In addition, thanks to Canada’s vast frontier, Prime Minister John A MacDonald established the North-West Mounted Police in the mid-1800s to enforce laws in the region. That force was initially 150 members, and would later be renamed the Royal North- West Mounted Police.

The police have a storied past with responsibilities that have evolved considerably through the years.



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Many skilled professionals work in police departments

Each and every day, communities rely on law enforcement agencies to keep their cities and towns orderly and safe. Uniformed patrol officers may be the most visible employees of police departments, but there are many individuals who work in concert to keep communities safe and precincts running smoothly. The following are some of the essential personnel who serve in local police departments across the country.

- *Dispatcher/telecommunicator:* This may be the first person individuals speak with during an emergency situation. Dispatchers typically work on the phone in police departments or from remote call centers. They patch information through to law enforcement so that officers can respond to situations.
- *Civilian investigators:* Some departments employ civilian detectives to strengthen their investigative services. They work primarily from desks within the police department. These investigators will look into a wide range of low-level crimes like traffic incidents, burglaries and financial crimes. Sworn officers are able to devote their time elsewhere in the field as a result.
- *Police technician:* A technician is an entry-level position who assists sworn personnel in follow-up investigations. Technicians also may perform other tasks, including working on paperwork or filing incident reports.
- *Officer/detective:* The broadest rank in the police department belongs to those who are police officers, patrol officers and police detectives. These people respond to emergencies and non-emergency calls, patrol areas, obtain warrants, and perform many other duties, according to the U.S. Bureau of Labor Statistics.
- *Information technology specialists:* Those with IT experience can work in police departments with video surveillance, in-car mobile data terminals, wireless communications, and global mapping technology to assist with crime prevention. Some IT professionals enter cybercrime detective units to help solve crimes related to computers and the internet.
- *Victim advocates:* These people help victims of crime cope with trauma and may work in the services department of a police force. They typically inform victims of their legal rights, including their right to protection.
- *Sheriff:* According to Indeed, a sheriff is an elected official authorized by the state to enforce laws at a county level. They cover areas that are wider than those covered by local police departments. Sheriffs also may manage local jails and ensure security in these areas.
- *Evidence custodian:* This is the person who oversees evidence and is responsible for cataloging and

securing it safely in storage.

- *Crime scene technician:* The technician is a forensic expert who works with law enforcement to collect evidence found at crime scenes to help solve crimes.
- *Additional officials:* Police departments follow a hierarchy of rank advancement. Above officers one will find corporals, sergeants, lieutenants, captains, a deputy police chief, and a chief of police. Higher ranks may manage other officers, monitor budgets and programs, enforce policies, and serve as the public face of local police departments.



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Practices that can benefit seniors’ mental health

Making an effort to maintain and safeguard mental health is a key component of a healthy lifestyle, and that’s as true for seniors as it is for children, young adults and men and women in middle age. Seniors can embrace a number of practices and habits to safeguard their mental health well into their golden years.

• **Spend more time with family.** Spending time with family members can be especially beneficial for adults 70 and older. According to a 2023 study published in the Journals of Gerontology: Series B, adults without family ties had worse mental health and were less likely to engage socially than older adults who were close to their family. The researchers behind the study noted those benefits are not affected by distance, as even the older adults who lived far away from their family members but maintained strong social ties to their families enjoyed higher levels of mental health and social participation than seniors with no such connections.

• **Exercise regularly.** Routine exercise also can have a profound impact on seniors’ mental health. The Anxiety & Depression Association of America reports that evidence supports the notion that exercise can shift attitude, mindset and mood in a positive way. Another study found that adults who participated in a regular physical activity program

experienced reduced rates of long-term and acute depression.

• **Incorporate travel into your golden years.** Working professionals have long expressed an intention to travel more during retirement, and doing so may have an even bigger impact than seniors realize. According to a joint report from the Global Coalition on Aging and the Transamerica Institute® released in 2025, regular travel has been shown to lower Alzheimer’s risk by up to 47 percent, a benefit researchers link to culturally enriching activities like visiting museums and exploring historical landmarks. The same report also notes that travel helps to address loneliness and social isolation, which are mental health issues that the senior population is especially vulnerable to, particularly during retirement.

• **Volunteer.** The Mayo Clinic Health System notes that volunteering can boost mental health in a number of ways. Volunteering has been found to reduce stress and increase positive, relaxed feelings. The Mayo Clinic also notes that volunteering leads to lower rates of anxiety and depression, particularly among adults 65 and older.

Mental health is part of a healthy lifestyle. Seniors can look to various practices to protect their mental health and reduce their risk for conditions such as social isolation, loneliness and depression that affect a great number of older adults.



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Managing prescription medications

According to the National Institutes of Health, the average older adult takes approximately four prescription medications every day, with 40 percent of adults age 65 and older taking five daily medications. Managing medications can be complicated, particularly when they are prescribed by different medical professionals. Many doctors utilize electronic medical records and may have access to all of the prescription medications prescribed to each patient. This can be helpful as it removes the guessing game and self-reporting necessary to manage prescriptions. It also may help providers avoid giving a medication that can interact negatively with another prescription a patient is already taking.

Doctors may initiate conversations with patients about their prescriptions and review which are current and which are not. At this point, patients can go over any questions they may have about their medications. Medical offices also may utilize patient portal apps to facilitate communication and scheduling between patients and providers. Through these patient portals, people can message their health care teams and ask for more information about medical care and prescription medications, especially if questions come up after an office visit. Such portals are another tool patients can use to take a more active role in their own health care.



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How seniors can approach snacking

Snacking is a genuine phenomenon. In fact, it seems nearly every adult reaches for one or more snacks at one point in a typical day.

According to a 2023 review published in the journal *Nutrients*, more than 90 percent of adults in the United States report eating one or more snacks on any given day. A separate study published in the *Journal of the Academy of Nutrition and Dietetics* noted that snacking has been increasing in frequency and volume over the last several decades.

A trip to any grocery store would make consumers’ love for snacking readily apparent, as snack foods take up a significant amount of real estate in the average supermarket. While children and young adults may easily burn off extra calories from snacking, metabolism naturally slows down as a person ages. That decline is gradual, but researchers at Duke University note that a person in their 90s needs 26 percent fewer calories than



someone in midlife. Seniors who have grown accustomed to snacking over the last several decades may wonder how to approach between-meal eating now that their metabolisms are slowing down. These tips can help seniors navigate those waters in a healthy way.

• **Don’t look at snacks as the villain.** Despite the popularity of snacking, it’s not

uncommon for people to feel as though reaching for a snack is a guilty pleasure. But that’s not necessarily the case. The senior health and wellness resource SilverSneakers notes that healthy snacking can be a great way for seniors to ensure they get the recommended daily amounts of protein, fiber, vitamins, and minerals. Many seniors prefer smaller

portions during mealtime, so snacking can be a great means to meeting these nutritional requirements.

• **Avoid unhealthy snacks.** Choice of snacks is a notable variable that can make the difference between beneficial snacking and harmful snacking. A recent study published in the *European Journal of Nutrition* found

that people who consumed unhealthy snacks like potato chips and cookies had a higher body mass index; more visceral fat, which WebMD notes is the body fat stored deep within the abdominal cavity that wraps around vital organs like the liver and the intestines; and higher levels of triglycerides than people who consumed healthy snacks. Each of those byproducts

increase the risk for cardiovascular disease.

• **Choose healthy snacks.** Even seniors who eat nutritious, healthy meals for breakfast, lunch and dinner should reach for equally healthy snacks. That’s because unhealthy snacks can negate the effects of healthy meals. SilverSneakers urges seniors to look for snacks with little or no added sugar that contain 250 or fewer calories. In addition, choose items made with whole grains instead of refined grains. High-protein, low-sodium items also make for a healthy snack. Seniors may have dietary restrictions due to their own unique health histories, so they are encouraged to speak with their physicians about which snacks are right for them.

Snacking may have a bad reputation, but choosing healthy snacks can be a great way for seniors to meet nutritional requirements each day.

How to simplify medication discussions with your physician

Effective communication is vital in a good relationship, and that includes the dynamic between seniors and their physicians. According to Caring Senior Service, adults age 65 and older see seven different health care providers each year, and that figure is potentially even higher for the millions of seniors dealing with chronic health issues like diabetes and heart disease.

In addition to seeing multiple physicians in a typical year, seniors are taking a number of medications. According to a February 2026 report on WorldHealth.net, 42 percent of adults 65 and over are taking five or more

medications. With so many different doctor relationships to manage and pills to take, it can be easy for seniors to feel a little overwhelmed when the time comes to speak with their physicians. These strategies can help such discussions go smoothly.

• **Prepare a list of your medications and take it with you to each appointment.** It’s not uncommon for patients to feel rushed when visiting their doctors, even if they have a years-long and cordial relationship with those physicians. When patients feel rushed, it’s easy to overlook certain things about their health, including which medications

they’re taking. While some physicians have digital access to a patient’s medical history, including which medications a patient is taking, that’s not always the case. So seniors are urged to maintain an up-to-date list of their medications, which they can share with their physicians when an appointment begins. This can eliminate any

roadblocks to effective communication, including a language barrier or nervousness on the part of patients who feel rushed.

• **Keep a medication diary between doctor visits.** A medication diary can be a helpful asset for any senior who is concerned about overlooking a detail regarding their prescriptions and any side effects that appear while taking



them. Use the diary to document any adverse reactions; suspicions about a given medication, including any thoughts about interactions with other medicines; questions about dosage; and additional thoughts or questions about your prescriptions. Take the diary with you to each appointment, perusing it before every visit to remind yourself of any issues you think merit discussion with your doctor.

• **Take a spouse or family member along with you.** Having someone there with you to act on your behalf or to help bridge any communication barriers can be a helpful step. Many

adults experience hearing loss as they age, and a family member can ensure a doctor’s responses are heard loud and clear. This can be particularly important in relation to discussions regarding medication, as one unheard or misunderstood statement could jeopardize a patient’s overall health.

It’s not always easy to discuss medication with a physician, particularly for seniors taking multiple prescriptions at once. But various strategies can simplify such discussions and ensure seniors’ voices and medication-related concerns are heard and communicated clearly.

Emergency preparedness for seniors

One never knows when an emergency might strike, whether it's a natural disaster, home fire or flood, or the need to leave home quickly to visit a sick relative. Older adults may be facing health issues that are not necessarily affecting younger adults, and that reality makes it wise for seniors to emphasize emergency preparedness. A personalized plan can keep older adults safe during emergency situations.

as contacts when emergencies strike. These individuals can check in on seniors, provide assistance with evacuation, if necessary, and hold spare keys. The support network also can be involved in coming up with an emergency plan regarding what to do if there is an emergency at home.

A member of a support network can serve as a liaison between a local adult recreation center or home-based care providers, if the senior participates in such services.

Set up a support network

Seniors should reach out to at least two people, whether it's friends, neighbors or relatives who live nearby, and ask them to serve

Plan for power loss

Electricity fuels daily life, but power outages are becoming more common as the effects of climate change impact daily



life. It's important for seniors who rely on power-dependent medical devices like stair lifts, motorized beds, motorized wheelchairs, and CPAP machines to figure out a backup power plan, says the American Red Cross. This may include installing a home house generator or having back-up batteries that are routinely charged.

Build a supply kit

A supply kit or a grabbable "go bag" will be filled with all the necessities. Some seniors take five or more daily medications, so

mobility devices, a written list of pertinent health information, and ample water and non-perishable food for each person on hand.

Organize documents

The American Association for Geriatric Psychiatry suggests maintaining critical documents in a secure, dry and easily accessible waterproof container. These documents should include personal identification and health insurance cards, prescriptions, cash, and documentation for medical devices.

Having a plan in place should an emergency strike can help seniors stay safe.

it's important to maintain at least a 30-day supply of all prescriptions and keep copies of the prescriptions in case medication needs to be filled at a different pharmacy. The American Red Cross also advises keeping extra batteries for hearing aids or

Excercises to keep seniors fit

Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. Exercise improves flexibility, contributes to a healthy weight, reduces the risk for chronic illnesses, and may even help seniors maintain their independence well into their golden years.

The good news is that exercising regularly doesn't have to be high-impact or strenuous to make an impact. Plenty of exercises are geared toward seniors that feature gentle yet powerful movements, and address specific needs like strength, bone health, cardiovascular health, and balance. Although many fitness routines are safe, it is best to consult with a doctor or another health care professional prior to beginning

a new regimen so seniors learn which activities are appropriate for their individual needs and health conditions. As seniors prepare for those discussions, they can explore the following exercises many of their peers already enjoy.

Cardiovascular activities

It's important that seniors elevate their heart rates and improve or maintain their endurance.

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic exercise per week. These activities fit the bill for boosting the heart.

- Brisk walking: Walking is a simple activity that requires no equipment and can be done almost anywhere... even in front of a television. Walk at a brisk pace to raise your heart rate.
- Swimming: Swimming and water-based activities are enhanced by the buoyancy of water, which reduces stress on the joints.
- Cycling: Whether riding on a stationary bike or a traditional one, cycling is a low-impact way to boost cardiovascular health and strengthen leg muscles.
- Chair marching: Individuals with limited mobility can

march in place while seated, an activity that can still elevate the heart rate.

Strength training

The CDC advises engaging in strength training at least two days per week for older adults. This doesn't necessarily have to involve lifting weights. Body-weight exercises are quite effective, too.

- Stand up: From a seated position, standing up without using hands and sitting back down works the legs, hips and core.
- Wall push-ups: This modified push up builds upper body strength without putting strain on shoulders or wrists.
- Resistance bands: Using these bands in varying strengths can effectively work arm and leg muscles.

Balance

Seniors need to focus on exercises

that promote balance, which can help prevent dangerous falls.

- Single-leg stands: Standing on one leg while holding on to a chair or counter for support is a start, with a gradual build-up for longer lengths of time.
- Sobriety walk: Individuals can walk a straight line as if they are proving sobriety to a police officer, by placing the heel of one foot directly in front of the toes of another.
- Gentle hop: Hopping (or stepping) gently from one foot to another is another balance technique to master.

These are just some of the exercises that are ideal for seniors who are returning to exercise or new to daily fitness. People also can work with trainers who are experienced at helping seniors get fit.



Travel can facilitate health aging

The adage, “an apple a day keeps the doctor away,” may be true, but for seniors, enjoying that apple at a hotel or on a cruise may be even more healthy than having it at home.

Travel can be an important component of healthy aging. Travel provides many benefits across multiple areas of life. According to The Senior List, around 70 percent of seniors (adults age 50 and up) travel regularly. Seniors are a target demographic for the travel industry, accounting for roughly one-third of all travelers. Seniors spend almost one month each year traveling.

Here are a few of the many health-related rewards seniors can reap from travel.

- **Morale boost:** Booking a trip, making it to a destination and checking out new sights creates a strong sense of purpose that can elevate self-confidence.
- **Meet new people:** Travel offers lots of opportunities to meet fellow travelers and engage with locals at various destinations.
- **Get physical activity:** Exploring sights and landmarks engages the body. According to Clarendale Clayton Senior Residences, studies show that older adults who regularly vacation experience lower rates of high blood pressure, stroke and heart disease.
- **Reduces stress:**

Getting away from the daily grind and household routines or responsibilities can lower feelings of stress.

- **Improves cognitive health:** According to research by the Global Coalition on Aging, regular cultural travel can reduce Alzheimer’s risk by up to 47 percent.
- **Foster cultural understanding:** Travel takes people outside of their typical circles and can expose individuals to new cultures. Learning about these cultures and interacting with local populations can foster a greater sense of cultural understanding. Travel can be a key component of healthy living for seniors that boosts their physical and mental well-being.



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For five decades, Ham Fest has brought thousands of visitors to downtown Cadiz for a weekend filled with food, music, entertainment, vendors and hometown fun. The 2026 celebration promises to make the golden anniversary one to remember, with many longtime favorites returning alongside special attractions.

Festival-goers can browse more than 200 vendors and enjoy food booths, carnival rides, live entertainment and activities for all ages. Among the highlights are the Country Ham Show, car show, quilt show, canoe race, pedal tractor pulls, hog-calling contest, Beard and Mullet Contest, and Decades of Style Contest.

One of the festival’s most recognizable traditions will also return—the baking of Kentucky’s largest country ham and biscuit. Visitors can watch the massive creation come

together Saturday and purchase a portion to enjoy. The popular Ham and Biscuit Eating Contest will add another helping of fun to the celebration.

Music will fill downtown throughout the weekend, with Friday night featuring The Band Entice. Saturday’s entertainment includes Rewind and country music artist Bryan White. Carnival rides, a petting zoo, crafts, shopping and other family activities will keep visitors entertained throughout the celebration.

More than just a festival, Ham Fest represents the community spirit and traditions that have helped make Cadiz and Trigg County special for generations. Whether attending for the food, music, contests or simply the opportunity to enjoy a fall weekend with family and friends, the 50th Trigg County Country Ham Festival offers plenty of reasons to celebrate.

For longtime visitors and first-time guests alike, 2026 is the perfect year to experience “50 Years. One Big Celebration.”



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