



December 26th, 2025

The

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Legislators and Staffing Experts Lead Plant Managers Roundtable

By Kelsey Edwards
KPI Editor

Legislators offered managers a look ahead at the 2026 Kentucky State Legislative Session and employment professionals shared recommendations for the most effective way to manage contract employees at the Plant Managers Roundtable Breakfast hosted by Graves County Economic Development on Dec. 16 in Mayfield. Kentucky State Senator Jason Howell and Kentucky State Representative Kimberly Holloway both asked attendees for input. “Is there anything the legislature can do to address your workforce issues?” said Sen Howell. Rep. Holloway noted that she welcomes feedback from her constituents and distributed a survey for roundtable participants to complete and return ahead of

the session. “Most of the bills I filed last session were the direct result of issues raised by voters,” she said. Sen. Howell said the legislature would be focusing on more work-ready issues in the session in hopes of

with skilled trades experience for the compressor industry, especially machinists. “It’s a challenge to recruit kids into machining,” he explained. The manager said he is addressing the problem with an internal

legislature might be able to support those programs. Attendees also discussed potential for internships/externships with job training programs offered by regional jails. John Anderson, owner, Temps Plus, works

the new employee up to speed. “New employees quit the manager rather than the company,” Anderson said. Jake Milam, Express Employment Professionals, echoed the emphasis on building a good rela-

to do our job.” Anderson also warned attendees to be alert for fake resumes, fake employment inquiries, and resumes written by AI (artificial intelligence). These are becoming commonplace, with scammers seeking to establish access to a company by responding to employment postings. “We appreciate Senator Howell, Representative Holloway, John Anderson and Jake Milam speaking at the breakfast today and sharing their knowledge and experience with our plant managers,” said GCED President Jason Lemle. “These roundtables are a great way for these leaders to meet with a range of experts that can provide practical solutions to common issues and concerns.” The next GCED Plant Managers Roundtable Breakfast will be held in February 2026.



addressing Kentucky’s shortfall in workforce participation when compared to federal averages. Rep. Holloway said she would also be focused on bills relating to the agriculture industry. One attendee said Graves County lacks people

training program but noted that requires a significant investment with no promise of long-term return. There was discussion of the pros and cons of “second-chance” programs to help felons return to the workforce and how the

with several local businesses to supply contract employees. He told the managers that the first two weeks with a contract employee are the most important and encouraged personal engagement from the direct supervisor and getting

tionship with contract employees, just as you would with permanent hires. He also urged managers to facilitate a good relationship with the staffing agency. “We need more information on what’s not working earlier,” said Milam. “Trust us

Graves County Board of Education Highlights New Teacher Apprenticeship Program

By Kelsey Edwards
KPI Editor

During the Graves County Board of Education meeting on Thursday, December 18, a new Teacher Apprenticeship program was highlighted and plans were outlined to develop future educators from within the district beginning in August 2026. Amy Turner, Director of Personnel and Human Resources for Graves County Schools, said

the program builds on the district’s ongoing Grow Your Own initiatives, which aim to address teacher shortages by recruiting and training local students. Kem Cothran, K–12 placement liaison for Murray State University, said the Teacher Apprenticeship program is part of a larger regional partnership that will include Graves County Schools, Marshall County Schools and Christian County

Schools. The certification options for the program will include elementary education through fifth grade and special education. Cothran said the initiative is designed to connect local school districts with Murray State’s College of Education and Human Services, giving aspiring teachers the academic preparation, classroom experience and support needed for a smooth transition into the profes-

sion. She explained that apprentices will receive consistent instruction and mentorship from classroom teachers, pathway instructors, district leaders and Murray State faculty and staff. The coordinated approach, she said, is intended to give students both confidence and practical skills as they move toward certification. The program will combine Murray State’s Teaching and Learning dual-credit pathway

with additional dual-credit opportunities offered through high schools and community colleges. Through the program, high school students can earn up to 15 college credit hours toward elementary or special education degrees. Cothran did go on to note that teacher shortages remain especially acute in special education, math, science and early childhood development. She said the apprenticeship

model offers a practical solution by creating a clear, supported pipeline from high school to full teacher certification. According to Cothran, 13% of education vacancies in Kentucky went unfilled during the 2023–2024 school year, and the state experienced a 22.5% teacher turnover rate during that same period.

Mayfield Board of Education Hears State Testing Results

By Kelsey Edwards
KPI Editor

At its meeting Monday, December 17, 2025 the Mayfield Board of Education reviewed state testing data that informed the district’s mandatory Comprehensive District Improvement Plan (CDIP) for the 2025–26 school year. Heather Dublin, supervisor of instruction for Mayfield Independent Schools, presented the 2026 Kentucky Summative Assessment results for each school and outlined areas of growth across the district. The results are as follows, at Mayfield Elementary School, English learner progress rose significantly, with the indicator score increasing from 54.2 to 84.4 and the

school moving from a yellow rating to the top blue rating. Third-grade reading also improved, with proficient and distinguished scores increasing from 45.5% to 52.8%, placing the school above the state average in that category. Mayfield Middle School showed growth across multiple indicators. The school earned an overall green rating, improving from yellow, and its overall state score increased from 54 to 67.1. Reading and math scores rose from an indicator score of 59.1, previously rated orange, to 67.8, earning a green rating. The science, social studies and writing indicator increased from 52.6 to 69.4, moving from orange to blue. On-demand writing

scores also improved, with proficient and distinguished results increasing from 54.3% to 67.7%. Mayfield High School also improved its overall performance, earning a green rating after previously being rated yellow. The school’s overall state score increased from 63.4 to 72.7. Postsecondary readiness rose from 87.8 to 105.6, moving from green to blue, while the reading and math indicator increased from 53.7 to 71.4, shifting from yellow to green. Using the school-level data, each building developed its own CDIP, which Dublin then compiled into a districtwide plan. The plan identifies specific achievement gaps to address during the coming year. At

Mayfield Elementary School, the district aims to reduce the combined reading and math novice rate for African American students from 41% to 35%, and for students with Individualized Education Programs from 41% to 36%. At Mayfield Middle School, the goal is to decrease the percentage of African American students scoring novice in reading from 25% to 20% and in math from 31% to 26%. At Mayfield High School, the district plans to reduce the percentage of Hispanic students scoring novice in reading from 39% to 36% and in math from 32% to 30%. The CDIP also outlines state assessment goals for reading and math. At Mayfield Elementary School,

the district plans to increase reading proficiency for third- and fourth-grade students from 45.5% to 48% and math proficiency from 40.5% to 43%. At Mayfield Middle School, the target is to raise math proficiency from 47% to 49% and reading proficiency from 46% to 48%. At Mayfield High School, goals include reducing the percentage of students scoring novice in reading from 33% to 30% and in math from 23% to 20%. In science, social studies and writing, Mayfield Elementary School aims to increase fourth-grade science proficiency from 31.6% to 40.6%. Mayfield Middle School plans to raise science proficiency from 36% to 38%, while Mayfield

High School’s goal is to increase science proficiency from 20% to 23%. To support these academic goals, the district outlined several instructional strategies. These include refining Multi-Tiered Systems of Support guidelines for academics, behavior and socialemotional learning; providing ongoing support and feedback to teachers through instructional coaches; reviewing student data to monitor progress toward mastery of standards; and having directors of special education meet with teachers during Professional Learning Community sessions to review academic and behavioral data.

Baptist Health Paducah encourages community to get flu shot amid rising cases

Staff Report

[PADUCAH, KY] - As flu activity increases, Baptist Health Paducah encourages the community to protect themselves and their families by getting their yearly flu shot. According to the CDC, flu-related hospitalizations and illnesses are climbing, with over 1.1 million illnesses reported accounting for

11,000 hospitalizations
and 450 deaths so far
this flu season.

Epidemiologists and pathologists forecast how fast the flu will spread in the United States by observing flu activity in the southern hemisphere's winter. This year, Australia had its worst flu outbreak in its history. This year's dominant strain in the US.



Dr. Teri Stapleton
H3N2 includes a new

variant that spreads more easily, making vaccination especially important.

“Nobody wants the flu, especially not during the holidays,” said Dr. Teri Stapleton, Baptist Health Medical Group Primary Care. “To help reduce your chance of infection, be sure to wash your hands and get your flu vaccine.”

While the flu shot may not prevent every infection, it significantly reduces the risk of severe illness and hospitalization. Researchers at the U.K. Health Security Agency found this year's vaccine was 70–75% effective at preventing hospitalization from the flu in children and teens and 30–40% effective in adults.

With flu activity on the rise, Stapleton recommends getting a flu shot now for the best protection.

Baptist Health
Paducah offers convenient
flu shot appointments for all ages,
schedule your flu shot
by calling 270.575.1010.

Lions Club holds a Calvert City blood drive

Staff Report

Please be advised that the Calvert City Lions Club and the city of Calvert City are sponsoring an American Red Cross blood drive Monday, January 5, at the Calvert City Civic Center located at 991 5th Avenue in Calvert City.

The drive will begin at noon and continue until 6:00 p.m. Everyone is encouraged to donate blood at this time.

- We greatly appreciate the generosity of the public to help stock hospital shelves for patients in need.

Blood donation is

essential to ensuring the health of our communities. The need for blood is constant, and volunteer donors are the only source of blood for those in need.

- Every day patients rely on life-saving blood transfusions including those who need surgery, victims of

car accidents and other emergencies, or patients suffering from cancer.

- Right now, people are following public health guidance to keep their families safe—and that includes contributing to a readily available supply of blood for

hospitals.

- There is no evidence and there are no reported cases of the coronavirus—or any respiratory virus—being transmitted by a blood transfusion.

This is the time to take care of one another. If you are

healthy and feeling well, please make an appointment now to donate in the days and weeks ahead by using the Red Cross Blood Donor App, visiting RedCross-Blood.org or calling 1-800-RED CROSS (1-800-733-2767).

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Criminal Justice Executive Development Program Graduates 23 Kentucky Leaders



RICHMOND, Ky. - Gov. Andy Beshear and the Department of Criminal Justice Training (DOCJT) announced that 23 law enforcement officers from agencies across Kentucky graduated from Criminal Justice Executive Development Program (CJED) Class 32. CJED is an advanced leadership course designed for supervisors of small to medium-sized law enforcement agencies.

“Law enforcement leadership is one of the highest callings, and in graduating from this class, you have proven yourself capable of answering that call,” Gov. Beshear said. “Thank you for continuing to go above and beyond in protecting our communities and your commonwealth.”

CJED is a four-week, 168-hour program that focuses on identifying, analyzing and solving problems as well as leadership, personnel administration, operations, fiscal management,

and executive and community relationships.

The purpose of the course is to provide students with the academic background, leadership skills and management techniques required for the future. Each session enhances leadership abilities and encourages the development of visionary thinkers.

“I encourage you to carry the skills you’ve gained back to your agencies with confidence, knowing they will make a real difference in the lives of the people you serve,” DOCJT Commissioner Mike Bosse said. “I wish you continued success in your careers.”

To take part in CJED, potential students must be supervisors at the rank sergeant or above. They must apply for entrance into the program and be selected by a committee of CJED graduates from across the commonwealth.

CJED 32 graduates and their agencies are:

Prestonsburg Police Department
Patrick Brooks, Frankfort Police Department
Sean Campbell, University of Kentucky Police Department
Troy Clem, Scott County Sheriff’s Office
Jordan Crump, Edmonton/Metcalf County Dispatch Center
Adam Daniels, Ashland Police Department
Dwayne Durrett, Oldham County Police Department
Adam Harmon, Paris Police Department
William Hodges, Paducah Police Department
Jeffery Jackson, Lexington Police Department
Marc Kaiser, Bowling Green Police Department
Robert Matthews, Franklin Police Department
William McGohan, Campbell County Police Department
Joseph Moyer, Cincinnati/Northern Kentucky Airport Police Department

Nathaniel Muller, Lexington Police Department
Jonathan Mullins, Danville Police Department
Larry Patterson, Jr., Somerset Police Department
Richard Poole, Fulton Police Department
Michael Price, Mt. Sterling Police Department
Marc Spalding, Shively Police Department
Clayton Stocker, Richmond Police Department
Steven Thompson, Paducah Police Department
Christopher Wentz, Danville Police Department

DOCJT provides basic training for city and county police officers, sheriffs’ deputies, university police and airport police throughout the state, only excluding the

Louisville Metro Police Department, Lexington Police Department, Bowling Green Police Department, Owensboro Police Department and Kentucky State Police, each of which have independent academies.

The Beshear-Coleman administration’s top priority is the safety of all Kentuckians. The Governor’s public safety actions are creating safer communities and a better Kentucky.

Protecting the commonwealth’s schools are a top priority of Team Kentucky. In August, the Governor announced that 1,315 Kentucky public schools are following statutory safety requirements required by the School Safety and Resiliency Act and that the number of school resource officers protecting schools has increased more than 100% since he took office.

Since Gov. Beshear took office, fewer Kentuckians have returned to prison after their release. In February, it was announced that nearly 70% of those released from state custody have not returned.

The 2024 Crime in Kentucky report, released in June, shows that, from 2023 to 2024, there was an overall decrease of 7.66% in reports of serious crime.

For three straight years, overdose deaths have decreased in Kentucky. In 2024, the commonwealth saw 30.2% fewer overdose deaths than the year prior. Gov. Beshear continued this progress last month by scheduling 7-hydroxymitragynine (7-OH) as a Schedule I narcotic, making it illegal to sell, possess or distribute any isolated or concentrated forms of 7-OH in the state.

FNB makes \$1,000 Christmas donation to Family Service Society

(Mayfield, KY) During the month of December, FNB Bank made a \$1,000 Christmas donation to the Family Service Society of Paducah on behalf of their customers and community members.

“This Christmas season, we are giving back to those who generously serve and make a difference in our community,” stated Ike Nichols, FNB’s McCracken County

Market President.

“We believe in the mission of the Family Service Society and are confident that this donation will make a positive impact for those in need this Christmas.”

Family Service Society provides assistance to residents of Paducah/McCracken County who are in need by assisting with basic needs such as food, clothing, prescription

medications, emergency dental, utility assistance, personal hygiene items, household goods and Christmas food assistance. Family Service Society was founded in 1927 and is the second oldest non-profit organization in Paducah. For more information about the Family Service Society or to donate, please visit: <https://www.fsspaducah.com/>.

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COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

Applications are available for Livingston County's CAIP to assist farmers in making important farm improvements.

Extended Application Period:
Now through Jan. 30, 2026

No applications will be accepted after January 30, 2026

Application Availability:
Livingston County Extension Office
Monday – Thursday (8:00 a.m. – 4:30 p.m.)

For More Information:
Contact Vicki Boatright at (270) 556-6643 or email mccd@bellsouth.net or adam.barnes1@uky.edu

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.

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LEGAL NOTICE

A civil action has been filed in **Ballard Circuit Court**, **Civil Action No. 25-CI-00097**, by the Bitterroot Ravalli, Inc., against the Unknown Heirs, Devisees and Legatee of William Miles, Unknown Spouses of the Unknown Heirs, Devisees and Legatees of William Miles, the Unknown Spouse of William Miles, Kenyatta McNairy, the Unknown Spouse of Kenyatta McNairy, the Unknown Occupant, Tenant or Lessee of Bandana Road, Kevil, KY, M.E. Wood and the Commonwealth of Kentucky, County of Ballard. A full legal description of the aforementioned property may be obtained as a public record in the Ballard County Clerk’s Office, Deed Book 15, Page 415.

Any person claiming an interest in the property should contact attorney **Aaron C. Harper, 222 Walter Jetton Boulevard, Paducah, Kentucky 42003, (270) 442-9000.**

The failure to assert a claim in a timely fashion may result in its forfeiture.

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Carlisle County won the St. Mary Christmas Classic on Monday, Dec. 22. The Comets exited the St. Mary Christmas Classic with an 8-2 overall record.
(Photo courtesy of Carlisle County High School)



Girls' Bowling: Graves County won the girls' championship during the Mustang Invitational in Paducah on Saturday, Dec. 20.
(Photo courtesy of Graves County High School Bowling)

Carlisle County wins St. Mary Christmas Classic

PADUCAH — Carlisle County outlasted host St. Mary 53-51 in the St. Mary Christmas Classic on Monday, Dec. 22.

The win allowed Carlisle County to capture the St. Mary Christmas Classic Championship.

The Comets improved to 8-2 after registering the win.

Carlisle County shot 36.6 percent (15-of-41) from the field. The Comets connected on three of 19 three-point field goal attempts.

Carlisle County shot 71.4 percent (20-of-28) from the free throw line.

Wyatt Rickard recorded a double-double and led Carlisle County to the championship-clinching win. Rickard scored a game-high 27 points and cleared out 10 rebounds for the Comets.

In addition to Rickard, Brennan O'Neill (seven points), Kasen Perez (six points), Heath McBride (four points), Dax Garrett (four points), Hunter Chandler (three

points) and Jonah Bruer (two points) provided scoring for the Comets.

O'Neill paced Carlisle County inside, securing 12 rebounds.

Carlisle County and St. Mary, 1st Region rivals, aren't scheduled to meet again in the 2025-26 boys' high school basketball season.



Boys' Bowling: Graves County won the boys' championship during the Mustang Invitational in Paducah on Saturday, Dec. 20.
(Photo courtesy of Graves County High School Bowling)

COMMISSIONER'S SALE

THE COMMONWEALTH OF KENTUCKY, LIVINGSTON CIRCUIT COURT
CIVIL ACTION NO. 24-CI-00132

Truist Bank PLAINTIFF

VERSUS

Matthew C. Cornwell

Jessica P. Cornwell

United States of America, Secretary of Housing and Urban Development DEFENDANT(S)

NOTICE OF SALE

Pursuant to a Final Judgment and Order of Sale entered October 13, 2025, of the Livingston Circuit Court in the above styled Civil Action, the undersigned Master Commissioner shall proceed to offer for sale at the Courthouse door in the town of Smithland, Livingston County, Kentucky, to the highest and best bidder at public auction on Friday, January 9, 2026, at 3:00 o'clock p.m. or soon thereafter the following property located in Livingston County, Kentucky, and more particularly described as follows:

Property Address: 810 Irma Road, Salem, Kentucky 42078
Parcel #: 082-00-00-021.03

Said property is to be sold as a whole for the purpose of satisfying the judgment in the amount of together with accrued interest thereon at the statutory rate of 3.62500% per annum from April 1, 2024, until fully paid, plus any other charges which have accrued, plus Plaintiff's costs expended, plus Plaintiff's attorney fees pursuant to KRS 411.195. Plus, additional fees, costs and expenses, including advances in payment of ad valorem taxes, insurance premiums, assessments, weatherization, and preservation of the Real Property. Said property shall be sold subject to all existing restrictions, easements, and covenants of record affecting the same.

The property shall be sold for cash, or in the alternative, the Master Commissioner will take from the purchaser (10%) ten percent of the purchase price in cash together with a bond (for the remainder of the purchase price) with good and sufficient surety, bearing interest at the rate of 3.62500% per annum until paid, from the day of the sale and payable to the Master Commissioner within 30 days of the date of sale.

Any purchaser, other than Plaintiff, who does not pay cash in full, shall be required to execute a bond, with surety thereon acceptable to the Master Commissioner at least by noon, two business days before the sale date. The bond surety must be present at the sale and execute the Sale Bond and Affidavit of Surety. A lien shall be retained on the property as additional security.

All delinquent taxes shall be paid from the sale proceeds. Purchaser shall pay 2026 and subsequent ad valorem taxes. Subject property shall be sold free and clear of all liens of the plaintiff and defendants in the action. Bidders shall be prepared to comply with these terms.

/s/ Alyssa E. Peek /s/
ALYSSA E. PEEK
MASTER COMMISSIONER,
LIVINGSTON CIRCUIT COURT

HON. MICHAEL R. BRINKMAN
REISENFELD & ASSOCIATES LLC
ATTORNEY FOR PLAINTIFF



Christian Fellowship School senior guard Elijah Grigg broke the all-time CFS scoring record during a game at Heritage Christian in Hopkinsville on Monday, Dec. 22. Grigg has now scored a total of 2,630 points in his high school career. He is pictured with his parents, Bryan and Krista Grigg, and Christian Fellowship School Coach Kayl Kite.
(Photo courtesy of Christian Fellowship School)



McCracken County senior center Reagan Hill claimed her 500th rebound during a game versus Henderson County on Friday, Dec. 5. Hill is pictured with McCracken County Coach Scott Sivills.
(Photo courtesy of McCracken County High School)



Fulton County Football Head Coach James Bridges is the newest bus driver for Fulton County Schools.
(Photo courtesy of Fulton County Schools)

VICTORIOUS *Living* ...in a troubled world

One of God’s greatest gifts is rest

By Teresa LeNeave
leneave2@comcast.net

“Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going” (Eccl 9:10).

We all want rest. We need rest. I find it really hard to stop and rest. My parents (who were both great parents), seemed to have a bit of the same problem. They worked, and worked hard. But, when they played, they played hard. We didn’t sit around and watch TV at night and God knows we couldn’t watch it during the day! We went to church four times a week, every week. Unless, of course, if there was a revival then it was every night. We were busy. In the summers, we spent our days

helping out with the “farm”, or playing in the creeks, in the pond or even climbing trees. We read books. Especially, the Bible. Every night our parents read the Bible, out loud, to the entire family.

In the winter, we went to school and did our chores, but nights were for relaxing with family, books, and Bible reading. Unless, of course, we were in church, which in those days could last well into the night. We were taught, whatever your hand finds to do, do it, with all your might. We didn’t always do that and certainly was not always obedient, but still it was a good life.

Another verse I remember well was: The soul of the sluggard desires, and hath nothing but



the soul of the diligent shall be made fat” (Prov. 13:4). We stayed busy because our parents stayed busy, and I guess I’ve carried that with me throughout my life. Not always productive, but busy.

Although, I think that’s been a greater benefit than detriment, I’ve learned that both physical and spiritual work can be difficult. Sometimes the busyness of life can be demanding, but even then, I’ve found it

hard to “do nothing”. My grandmother used to say, “Idle hands are the devils workshop.” Growing up, I don’t think I ever knew what boredom was, so when my grandchildren say they are bored my first response is, “If you’re bored, I have a job

we’ll do together.” It works every time. (As you know, even secular psychology teaches when we do something for someone else, it dissipates boredom and loneliness).

When we’re too busy; or too lonely; or too tired; or too bored; there is always something we can find to do. As I’ve gotten older, I’m learning to not let busyness consume my life.

Psalms 34:3 says, “O magnify the Lord with me, and let us exalt his name altogether”. Magnify. The word means to make great or powerful. It’s about making God the most

important thing in our lives. Sometimes we make busyness the most important thing in our lives.

So, the message for today is, relax. Accept the Sunday’s God gives us to relax. God knew we could be workaholics so he said, “On the 7th day, rest”. Don’t take your time off, lightly. It’s one of his greatest gifts to you, and to your family. Everybody needs a breather and God so graciously, gave us one: “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27). Whatever day your Sabbath is, take advantage of it and rest.

Celebrating the Glorious Incarnation!

By William F Holland Jr.
billyhollandministries.com

Christ is called Emanuel, which means, “God is with us” and we are so grateful that Jesus came to save us! Yes, we enjoy the nativity, but He’s not a baby today. He lived a sinless life, was crucified, died, and rose again because He loved you more than anything in the world. Whatever you are going through this season, know that God wants you to place Him at the top of your priority list. He is El Shaddai, God Almighty, The All Sufficient One! Rejoice, and be encouraged as you listen to these seven attributes of our Creator that remind us why we celebrate the incarnation. He is our eternal hope as we worship and sing, “O Come Let Us Adore Him.”

1. God knows: God is Omniscient and is fully aware when we are going through difficult times, our worries and fears, and even what we are thinking. Actually, He is the only one who really knows how we feel, and we can always trust that He has the perfect plan to help us, read Jeremiah 29:11. There are three answers to our prayers; yes, no, and keep waiting, so whatever the situation we can know the King of Kings is carefully watching over us and always has our best interest in mind.

2. God loves: The love and grace of God is greater than all of our sin. Jesus suffered and shed His blood on the cross in order to save us from sin which are the wages of death. The good news today, is that whoever embraces this gospel about God’s

love and receives it into their lives by faith, can obtain His mercy and be redeemed and transformed into a child of our Heavenly Father. Read Romans 8:37-39.

3. God cares: He sees every tear and knows all about the struggles we are going through. God wants everyone to know that He cares about them and desires to be involved in their personal lives. His written word promises that his eye is watching every sparrow which allows us to realize how much more He cares for us. He is sensitive and compassionate about our circumstances and longs to have a close personal relationship with us. “Casting all your care upon him; for He cares for you” 1 Peter 5:7.

4. God provides: The Lord always supplies peace, comfort, joy, or whatever we need, whenever we need it. Jesus is a chain breaker and a miracle maker, and is always more than enough! We can place all of our trust in God and believe with all of our heart that He will do above and beyond all that we could ask or imagine. Philippians 4:19 promises, “But my God shall supply all your needs according to his riches in glory by Christ Jesus.”

5. God desires: What is God’s desire? For us to love Him and follow His voice. He wants us to succeed, to be an overcomer, and to live an abundant life. When we were born, He designed our personal blueprint and within this wonderful plan includes a destiny of victory and joy for those who believe! He created us to be filled with His Spirit

and intended for us to walk confidently in his love and faith. Deuteronomy 31:8 says, “It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed.”

6. God heals: Jesus is the great physician and has all power and authority in heaven and earth. He gives instruction, and wisdom to doctors; He creates medicines, and knows the solutions to every problem. God has the miracle power to take care of all of our needs including physical, mental, emotional, or spiritual. Whether in this life or in heaven, we can know that God will eventually heal His children perfectly and completely. In Exodus 15:26 God declares, “I am the Lord that heals you.”

7. God delivers: Whatever the bondage, oppression, temptation, crisis, or fear, the Lord of Lords can lift you out of your anxiety and set your feet upon THE solid rock. Embrace His promises and allow His infinite truth to set you free! Psalm 18:2-3 reminds us, “The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. I will call upon the Lord, who is worthy to be praised: so shall I be saved from my enemies.” Merry Christmas!

Dr. Holland is a Christian minister, author, and community outreach chaplain. Ask for a free download of his song, “Intentions of the Heart” at psalmz103@gmail.com

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Wishing Everyone a Great New Year

Celebrate Responsibly



How to celebrate sober this New Year's Eve

Revelry and New Year's Eve tend to go hand in hand. When the world-renowned ball drops in Times Square at the stroke of midnight on New Year's Eve, many a celebrant toasts the arrival of a New Year with a glass of champagne, a tradition that underscores the role alcohol plays on the final day of the year.

Though alcohol is readily available on New Year's Eve, there are still plenty of ways for individuals to celebrate sober. This New Year's Eve, individuals looking to avoid alcohol can consider these fun ways to ring in the new year.

- **Make it a marathon until midnight.**
Time zones feature prominently on New Year's Eve, but the excitement sci-fi fans feel come New Year's Eve has everything to do with a more unique zone. "The Twilight Zone" is a beloved fantasy science fiction horror anthology television series that ran for five seasons between 1959 and 1964. In years past, the SyFy channel in the United States has run a "Twilight Zone" marathon each New Year's Eve and
- **Host a sober party.**
Parties are popular on New Year's Eve, and there's nothing stopping sober celebrants from getting in on the fun. Host a party at home
- **Travel overseas.**
If you typically spend New Year's Eve in your home country, consider an overseas


and let guests know the party will be a sober affair. Prepare or cater a sit-down dinner for guests, who will have plenty of time before midnight to engage in conversation with their hosts and fellow celebrants. Arrange for games to be played throughout the night after dinner and be sure to have a television showing a broadcast of coverage from Times Square or another notable locale where people gather to ring in the new year.

trip to take in how people in another part of the world usher in the new year. There's no shortage of locales with memorable celebrations. Some spots to consider include Sydney, Australia, which hosts a breathtaking fireworks show each New Year's Eve, and Edinburgh, Scotland, where a three-day festival culminates with a fireworks display near Edinburgh Castle.

booked on New Year's Eve, when a mix of new and old musical acts take to the stage and typically play until the clock strikes 12, if not beyond. These shows tend to be memorable affairs and make for an ideal way to ring in the new year without alcohol.

Alcohol may seem like a must-have on New Year's Eve. But individuals aspiring to stay sober this December 31 have many options to celebrate without having a drink.

- **Take in some entertainment.** Many concert venues are



Even One Is
One Too Many.
**Please Don't Drink
and Drive.**

Don't let one bad decision ruin the rest of your life. Driving under the influence of alcohol or drugs impairs your judgment and reaction time and increases your risk of causing an accident.

**Union County Ky Jailer
Jason Newton**



**Think Before
You Drink.**
Plan ahead for a safe ride home.

One bad decision can cost a life. Protect yourself, your loved ones and everyone on the road by staying sober and focused behind the wheel this holiday season and all year.



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Have a great time and celebrate responsibly.**



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**Play It
Safe**

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**Administration Offices
will close at noon on
Dec. 31st and will be closed
Jan. 1st and 2nd**



**Fulton County Sheriff
Chad Parker**

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Signs a person is unsafe to drive

The end of a calendar year is a time of celebration. From Halloween to New Year’s Day, people attend an array of parties, dinners and other gatherings. Although alcohol is not a vital component of these occasions, quite frequently adult beverages are part of the equation. And when everyone is toasting for one reason or another, it can be easy for people to lose track of their alcohol consumption.

When everyone is laughing and reminiscing with drinks in hand, it can be challenging to determine if someone is impaired. However, it’s vital to recognize when someone is adversely affected by alcohol or other substances to the point that driving home would be

reckless. That is why it is always important to have someone remain sober to gauge the sobriety of others. Here are some signs that it is best to take away the keys.

- Slurred speech: Words starting to spill together is a classic sign that a person is intoxicated. While that person may not realize they are slurring, others who haven’t been drinking should be able to hear the difference between slurring and regular speech. This person is too drunk to drive.
- Poor coordination: Spilling drinks while pouring, tripping over one’s own feet or having trouble getting around also are signs a person has had too much to drink. When coordination is compromised, it is definitely harder to control a vehicle, and



possibly deadly.

- Fatigue or drowsiness: Alcohol is a central nervous system depressant, which means that it can make a person feel sluggish and tired over time. Certain prescription medications or

marijuana also may cause a person to feel fatigued and move in slow motion. This drowsiness is not good behind the wheel, as it may lead to slowed reaction times or even nodding off on the road.

- Memory and

recall issues: Those who are inebriated may struggle to remember things or even lose their train of thought. Again, the act of driving requires careful concentration and knowledge of where one is going and the rules of the road.

If memory issues have popped up, it’s time to collect the keys.

- A phone app says so: There are apps for all types of things these days, including ones that can determine if a person is intoxicated. Some apps monitor speech patterns while others may consider eye movements. In addition, driving simulator apps test if someone can handle being behind the wheel in his current state.

Of course, even if these signs aren’t present, a person can still be intoxicated past the legal limit for operating a motor vehicle. Rather than take a chance, if someone has had two drinks or more, it is safer to call a cab or grab a ride home from someone who hasn’t been drinking.

Tips to rebound after a fun New Year’s Eve

New Year’s Eve is a popular night to go out on the town. It’s customary to usher in a new year with friends and family members, and such gatherings tend to run late as celebrants anxiously await the stroke of midnight.

The later a New Year’s Eve celebration goes, the more likely revelers may have to battle a little fatigue on the first of January. With that in mind, celebrants can consider these ways to rebound after a fun New Year’s Eve.

- Make a concerted effort to rehydrate. Though it may be best to avoid or limit alcohol consumption, many people throw such caution to the

wind on New Year’s Eve. If you went a little overboard in your New Year’s Eve revelry, make a concerted and consistent effort to rehydrate upon waking up on January 1. The National Institute on Alcohol Abuse and Alcoholism notes that mild dehydration is one of the contributing factors to a hangover. The NIAAA notes that alcohol suppresses the release of a hormone called vasopressin, which sends signals to the kidneys causing them to retain fluid. When a person is drinking alcohol, they tend to urinate frequently and, as a result, experience an excess loss of fluids. Rehydrating the

following day can help the body begin to heal.

- Do not consume more alcohol. Most people have heard of the phrase “hair of the dog that bit you,” which refers to drinking more alcohol after waking up the morning after overindulging. Though the NIAAA notes that this can provide temporary hangover relief, it also may prolong the hangover, the symptoms of which will return once the “hair of the dog” wears off.
- Engage in some light exercise. Various sources advise against sweating out a hangover, an approach that typically calls for individuals to engage in high-intensity,

potentially lengthy exercise. Such exercise can exacerbate feelings of dehydration. A low-intensity workout can help, however. Such workouts, which may include light jogging, can still release endorphins, which an help to improve mood and increase oxygen flow to the brain.

- Take a nap. Alcohol consumption adversely affects sleep quality. According to the Sleep Foundation, though alcohol can have a sedative-like quality that induces sleepiness, excessive alcohol consumption has been linked to poor sleep quality and duration. In essence, the sleepiness associated with overconsumption

of alcohol can quickly wear off, interrupting sleep overnight. A New Year’s Day nap can have a restorative effect.

It’s unwise but not uncommon to overdo it when celebrating on

New Year’s Eve. Though it’s always best to avoid overconsumption of alcohol, regardless of the occasion, some simple strategies can help people feel better come New Year’s Day.





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9	2	2	8	6	7	1	8	9
2	9	1	7	8	6	9	2	8
7	8	8	9	2	9	6	2	1
6	9	2	8	2	1	8	7	9
1	8	8	2	7	2	9	9	6
2	2	9	6	9	8	1	7	
9	6	7	1	9	8	2	8	2

Word Search Answers

V	L	H	Z	O	R	H	E	O	I	C	I	N	E	T	E	O	I	L	N	
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c	9	V	L	J	N	H	A	S	B	X	Z	O	N	S	A	E	O	3	L	
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T	8	N	I	C	9	A	9	B	C	H	I	T	T	S	O	T	H	S	I	
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1.6 acres with hookups septic and well. 2357 State Rt 384 Mayfield Ky. \$20k FIRM 270-564-6774(TFN)

CAMPERS FOR SALE

2019 Shasta Oasis 30ft Camper One slide out. Good Condition. \$13,000.00. 270-827-9482. Or 270-827-8139

Camper For Sale. 2019 Heritage Glen 26.5 ft

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.

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

GOLF CART FOR SALE

REDUCED 2019 EZGO Golfcart 48V. Flame Red with Black seating. very good condition in Salem, Ky area 5,600.00. Call 812-483-1116 (tfn)

FARM 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

MISC. FOR SALE

Different band saws for sale. BEST offer 270-334-3278.

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

For Sale: Baldwin Upright Piano In Good Condition \$300.00 Call 270-331-9835

Fiddle/Violin (Karl Knilling), Hand-Made in Germany, 2 Bows & Hard Case. Very Good Condition. \$300, 270-328-8801 (tfn)

PUBLIC NOTICE

Peoples Finance Inc. of Paducah, KY is now accepting sealed bids on the following repossession:

(1) Express 10 x 20 Portable storage building Serial # P0112516-GM1020-89265-KYR3 Model # Portable Office Manufactured Nov 25, 2016 Built in KY

Sealed bids will be accepted until 10 A.M. January 2nd 2026 at Peoples Finance Inc. 1742 Kentucky Ave., Paducah, KY 42003.

Peoples Finance Inc. reserves the right to refuse all bids. For further information or where to view the building you may contact Peoples Finance Inc. at (270) 349-4616

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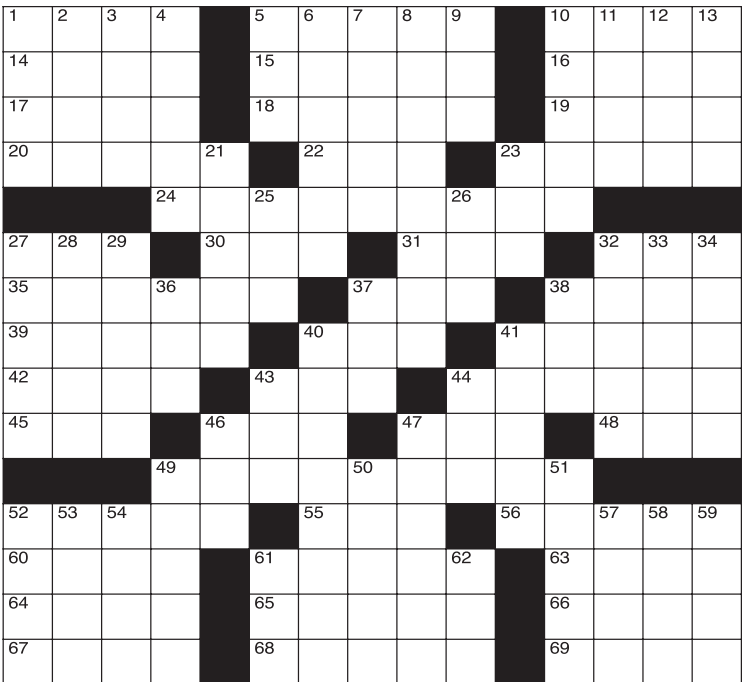
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Ask about **PAYGO**

Crossword Puzzle



CLUES ACROSS

1. Light cavalry

5. Coconut palms

10. Rounded knob

14. Central Japan city

15. Sandwiches

16. Shape produced by a curve

17. Ancient region in modern-day Syria

18. French modernist painter

19. Grandmother

20. Mammary gland of cattle

22. Rocky peak

23. Secret plan

24. Songs to one's lover

27. More (Spanish)

30. Father

31. Chinese principle underlying the universe

32. Ballplayer's accessory

35. Together

37. A person's brother or sister

38. Evil spirit

39. Monetary units
40. Partner to cheese

41. About Sun

42. Group of like-minded people

43. After B

44. Seaside room

45. Recipe measurement

46. Partly digested food

47. Flat-faced dog

48. People of southern Africa

49. Salts

52. Beard lichens

55. Sanders is one

56. Fencing sword

60. Ethnic group of Albania

61. Metric weight unit

63. Italian seaport

64. Longtime late night host

65. Extremely angry

66. Miami mascot

67. Mid-month day

68. Marked for omission

69. Body part

CLUES DOWN

1. Two-toed sloth

2. Fat from a pig's abdomen

3. Romanian city

4. Specifies

5. Rounded, glaciated valley

6. Spoke

7. Collection of sacred books

8. Extravagantly theatrical

9. Very fast airplane

10. Forearm bones

11. Ancient kingdom

12. Legitimate: ___ fide

13. Semitransparent gemstone

21. Counsels

23. Head honcho

25. Cool!

26. Touch lightly

27. Extract money via taxation

28. Dyes

29. Cloying sweetness

32. Sodas

33. Coastal village in Guam
34. Chemical ring

36. The bill in a restaurant

37. Car mechanics group

38. One-time presidential candidate

40. Health care for the aged

41. Wise persons

43. Passage with access at one end

44. Make a wound

46. America's spies

47. Roof of the mouth

49. Plants of the lily family

50. Pinkish-red color

51. Vaccine developer

52. Mottled citrus fruit

53. A place to store garden tools

54. Rare goose native to Hawaii

57. Popular Hollywood pig

58. Musician Clapton

59. A move exposing one to danger

61. Historic Spanish soldier

62. CNN's founder

Puzzle Solutions on A9

PUZZLE SOLUTION

U	L	A	N		C	O	C	O	S		U	M	B	O
N	A	R	A		W	R	A	P	S		L	O	O	P
A	R	A	M		M	A	N	E	T		N	A	N	A
U	D	D	E	R		T	O	R		C	A	B	A	L
				S	E	R	E	N	A	D	E	S		
M	A	S		D	A	D		T	A	O		C	A	P
U	N	I	T	E	D		S	I	B		B	O	G	Y
L	I	R	A	S		M	A	C		S	O	L	A	R
C	L	U	B		C	E	E		C	A	B	A	N	A
T	S	P		C	U	D		P	U	G		S	A	N
				S	I	L	I	C	A	T	E	S		
U	S	N	E	A		C	O	L		S	A	B	E	R
G	H	E	G		C	A	R	A	T		B	A	R	I
L	E	N	O		I	R	A	T	E		I	B	I	S
I	D	E	S		D	E	L	E	D		N	E	C	K

Word Search

COLD & FLU WORD SEARCH

E Z E E N S N B C A N F V G E Z M I B C
I C L P C B D F H I C N O I T Z V I R U S
E V S E Y O C N N U R V F T I O N B S G L S
N L E V O C O N G E S T I O N B S G L S
I S H L D S L L C B G Y G C I U B L Z
P Y C M S E U H C L A G R E V E F G N O Z
A C A U N U Z T N A G O R H V T G V M F
N P E Y O S S C I T O I B I T N A V V S
T Y H S I S S A L V Y H G S T N T O D Y
M Z Y T T I Y B C E P M I P L M F T V
B L T U N T N U E C S R I M M U N I T Y
H I L F F E Y C Y G A E A H H A T E M B
Y G P F V F A T I G V U E C N A A H H U R
D T Z Y E F H N Z V A C C I N E R C C R
R T I N R P N B H L H O D Z C U O A U L
A C S G P Z M U G L Z U S P N A D S F
T E O E Y S U U C R R S V H L R T A G C
I I F F R O M C O N T A G I O U S E A P
O I T D C C Y I L P N Z P R A L Z H C Z
N T I F E L E N I C I D E M R O Z M T A

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

ANSWERS ON CLASSIFIED PAGE

WORDS

- ACHES
- ANTIBIOTICS
- CHILLS
- CONGESTION
- CONTAGIOUS
- COUGH
- FATIGUE
- FEVER
- GERMS
- HEADACHE
- HYDRATION
- IMMUNITY
- INFECTION
- MEDICINE
- MUCUS
- PREVENTION
- REST
- RUNNY
- SNEEZE
- STUFFY
- THROAT
- TISSUES
- VACCINE
- VIRUS

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 ON CLASSIFIED PAGE**

				5	1	4	9	
						5		
	6		7				3	
		3	1	7				
			6					
8					4	1		7
		1			3			
	5					9	4	
	9	4				6		

Word Scramble

Rearrange the letters to spell something pertaining to cold and flu season.

RSVUI

Answer: Virus

Guess Who?

GUESS WHO?

I am an actor born on December 26, 1986 in London. I wanted to become a war correspondent as a child, but acting drew me in. I am best known for a very popular HBO series about battles over a particular chair. I also voiced a role in a 2014 animated film about dragons.

Answer: Kit Harington

COLORING FUN



Crypto Fun



Solve the code to discover words related to cold and flu season. Each number corresponds to a letter. (Hint: 11 = E)

A. 14 2 19 19 26 8 11

Clue: Helps prevent illness

B. 6 26 16 16 13 11 16

Clue: A must-have for runny nose

C. 19 1 13 23 17

Clue: Reflex to clear airways

D. 16 8 11 11 3 11

Clue: Sudden expulsion of air

Answers: A. vaccine B. tissues C. cough D. sneeze

Winter Jokes

What bites but doesn't have teeth?
Frost

What do snowmen win the Olympic games?
"Cold" medals

What's a snowman's favorite drink?
Iced tea

Graves Guardian Year in Review

January:

- Kentucky legalized medical marijuana; federal gun restrictions still apply.
- Mayfield welcomed a new Hampton Inn at I-69 Exit 25.
- Mayfield U.S. Post Office reopened with modern updates while retaining historic elements.
- Mayfield Lady Cardinals won their second consecutive All “A” Classic Regional basketball title.

February:

- Mayfield-Graves LTRG launched the DARCI disaster readiness app.
- City council approved a \$2 utility fee increase and passed resolutions supporting local initiatives.
- Graves County High School students excelled at DECA Region I Conference; some advanced to state competition.
- Plans approved for a new 39,000–40,000 sq. ft. multipurpose athletic facility at Graves County High School.
- New Hope Acres subdivision officially annexed into Mayfield.
- Wayfinding signs installed to guide visitors to key attractions.

March:

- Mayfield High School band director Darrin Abren received national performing arts recognition.
- Graves County students earned awards in STEM competitions, DECA, and Governor’s Scholars programs.
- City council approved annexation of New Hope Acres and explored citywide trash service options.
- Mayfield baseball

field renamed First Kentucky Field.

- Graves County Board of Education celebrated student and staff achievements, including athletics and literacy grants.

April:

- Graves County ASAP awarded \$212,568 in opioid-abatement funding.
- Mayfield Independent Schools appointed new administrators (Assistant Principal, CIO).
- First Christian Church rebuild progressed toward November reopening.
- Graves County FFA achieved strong results at state competitions.
- First Baptist Church celebrated Easter in rebuilt facility.
- City projects: new City Hall, police building, and bridge improvements moved forward.

May:

- Arlington City Council approved city bills, cemetery road assessments, and grants.
- Newton’s Supermarket closed in Bardwell.
- Fiscal Court continued road and park projects, approved water line installations and playground development.
- Carlisle County Comets won 5th consecutive First District baseball championship.

June:

- Groundbreaking for Kentucky’s first medical cannabis safety facility.
- Camp Graves near completion for temporary veteran housing.
- Lighthouse Women and Children’s Shelter renovations

began.

- Graves County Economic Development awarded \$15,000 grant for business programs.
- Mayfield firefighters attended Kentucky State Fire School for advanced training.
- Advisory board created for SkillRise 270 makerspace.
- FNB Bank hired Vic Swindler as Chief Credit Officer.
- Mayfield schools implemented summer meal program, Chromebook distribution, and field trip plans.

July:

- FNB Bank promotes Tyler Goodman (VP) and David Jeffress (SVP).
- First Kentucky Bank graduates Kim Blackwell and Sarah Crooks from General Banking School.
- Graves County partners with Christian County Jail for inmate housing.
- Mayfield announces new pickleball courts.
- Mayfield Police adds Officer Josiah Trout.
- LTRG reports ongoing disaster recovery for 2021 tornado, 2023 flood, and 2025 storms.
- Fancy Farm celebrates 4th of July with parade and community events.
- Fulton Fire Department unveils new fire truck.
- Jamie Trice becomes MES principal; Farmington Elementary earns Spotlight School recognition.
- Mayfield High implements moment of silence and cell phone policy.
- Stephen Tucker named Wingo Fire Chief.

August:

- Graves County Tractor Drive raises \$4,000+ for youth programs.
- New disc golf course approved at Tony Smith Park.
- Farm to Table Dinner raises \$1,550 for FFA.
- Lowe’s volunteers improve Camp Rendezvous for veterans.
- Mayfield City Council opens survey on potential citywide trash service.
- Kara Byrn Dowdy receives Kentucky Teacher Achievement Award.
- Mayfield Cardinals win Battle of the Birds football game.
- Graves County Sheriff’s Office welcomes Deputy Tanner Bazarnyj.
- Fulton Elementary awarded USDA Fresh Fruit & Vegetable Program grant.
- Construction begins on Commonwealth Court, 66-unit affordable housing complex.

September:

- Fire Chief David Warner injured in vehicle collision; recovering.
- Kentucky State Police recognizes 14 civilian employees for service.
- Hope Initiative dedicates 55th home for tornado survivors.
- Historic Graves County Courthouse painting acquired for public display.
- GC Trust, student-run bank, opens at Graves County High School.
- Mayfield High Marching Band wins 1A Class & Reserved Grand Champion honors.
- Plans discussed for local cybercrime forensic lab.
- Graves County and Hickman Police welcome new

officers.

- Mayfield-Graves County Chamber of Commerce hosts Annual Dinner & Awards.
- Schools implement Emergent 3 safety app.
- Camp Graves launches “Fostering Potential” for young adults aging out of foster care.

October:

- Mayor Kathy O’Nan elected 2nd VP of Kentucky League of Cities.
- FNB Bank announces new CEO (Paul Scott) and President (Lori Noel).
- Terry Bradley joins FNB as SVP/COO.
- Graves County & Mayfield Schools approve modest tax increases.
- Mayfield High hosts 5th Annual Hispanic Heritage Festival.
- Community celebrates Halloween and fall events, including Pumpkins in the Park.
- Kara Byrn Dowdy named 2026 Kentucky High School Teacher of the Year.
- \$4.5 million in state loans awarded to local farms.
- Mayfield Enrichment Center receives \$25,000 award from The Courage Project.
- LTRG enters final recovery phase, shifting focus to disaster preparedness.
- Construction begins on Commonwealth Court affordable housing project.

November;

- Graves County Central Elementary named 2025 National Blue Ribbon School.
- LifeWise Academy faith-based program approved by Graves County Board of Education.

- LTRG expands disaster support for house fire victims.
- MRCOOL opens \$5.35 million Graves County expansion, creating 40 new jobs.
- Veterans honored countywide for Veterans Day.
- Fulton firefighters attend “Water on the Fire” national training.
- Jackson Purchase Medical Center opens Genesis Medical Detox Unit.
- Graves County High participates in Paint the Flow program.
- Community supports Operation Christmas Child initiative.

December:

- LTRG reports recovery milestones: 1,860 households assisted, \$11.1M committed.
- Graves County Economic Development celebrates \$26M in investments and 132 new jobs.
- Central Elementary formally recognized as National Blue Ribbon School.
- Mayfield reflects on four years since 2021 tornado; Governor announces emergency radio system and regional airport designation.
- Fulton County bridges reopen; infrastructure improvements continue.
- Graves County cheerleader performs in Disney Christmas Parade.
- Williams, Williams & Lentz opens expanded downtown Mayfield office.
- Camp Graves hosts 2nd Annual Hidden Heroes Banquet.
- Mayfield Council votes against citywide trash service, considering alternatives.

Mayfield Board of Education Hears State Testing Results

By Kelsey Edwards
KPI Editor

At its meeting Monday, December 17, 2025 the Mayfield Board of Education reviewed state testing data that informed the district’s mandatory Comprehensive District Improvement Plan (CDIP) for the 2025–26 school year. Heather Dublin, supervisor of instruction for Mayfield Independent Schools, presented the 2026 Kentucky Summative Assessment results for each school and outlined areas of growth across the district. The results are as follows, at Mayfield Elementary School, English learner progress rose significantly, with the indicator score increasing from 54.2 to 84.4 and the school moving from a yellow rating to the

top blue rating. Third-grade reading also improved, with proficient and distinguished scores increasing from 45.5% to 52.8%, placing the school above the state average in that category. Mayfield Middle School showed growth across multiple indicators. The school earned an overall green rating, improving from yellow, and its overall state score increased from 54 to 67.1. Reading and math scores rose from an indicator score of 59.1, previously rated orange, to 67.8, earning a green rating. The science, social studies and writing indicator increased from 52.6 to 69.4, moving from orange to blue. On-demand writing scores also improved, with proficient and distinguished results increasing from 54.3%

to 67.7%. Mayfield High School also improved its overall performance, earning a green rating after previously being rated yellow. The school’s overall state score increased from 63.4 to 72.7. Postsecondary readiness rose from 87.8 to 105.6, moving from green to blue, while the reading and math indicator increased from 53.7 to 71.4, shifting from yellow to green. Using the school-level data, each building developed its own CDIP, which Dublin then compiled into a districtwide plan. The plan identifies specific achievement gaps to address during the coming year. At Mayfield Elementary School, the district aims to reduce the combined reading and math novice rate for African American stu-

dents from 41% to 35%, and for students with Individualized Education Programs from 41% to 36%. At Mayfield Middle School, the goal is to decrease the percentage of African American students scoring novice in reading from 25% to 20% and in math from 31% to 26%. At Mayfield High School, the district plans to reduce the percentage of Hispanic students scoring novice in reading from 39% to 36% and in math from 32% to 30%. The CDIP also outlines state assessment goals for reading and math. At Mayfield Elementary School, the district plans to increase reading proficiency for third- and fourth-grade students

from 45.5% to 48% and math proficiency from 40.5% to 43%. At Mayfield Middle School, the target is to raise math proficiency from 47% to 49% and reading proficiency from 46% to 48%. At Mayfield High School, goals include reducing the percentage of students scoring novice in reading from 33% to 30% and in math from 23% to 20%. In science, social studies and writing, Mayfield Elementary School aims to increase fourth-grade science proficiency from 31.6% to 40.6%. Mayfield Middle School plans to raise science proficiency from 36% to 38%, while Mayfield High School’s goal is to increase science

proficiency from 20% to 23%. To support these academic goals, the district outlined several instructional strategies. These include refining Multi-Tiered Systems of Support guidelines for academics, behavior and socialemotional learning; providing ongoing support and feedback to teachers through instructional coaches; reviewing student data to monitor progress toward mastery of standards; and having directors of special education meet with teachers during Professional Learning Community sessions to review academic and behavioral data.

MAYFIELD-GRAVES WEEK IN REVIEW

The Mayfield Enrichment Center’s Change the Narrative event could not be held this year, however, they still honor the youth nominated as Next Generation

Narrative Changers. These are students and young leaders who are breaking barriers, serving others, and shaping a stronger future for Mayfield and beyond. Those who

were honored include Khloe Brown, Khori Fox, Erik Ramirez, Maliyah Taylor, Addie Walker, and Alexis Velazquez.

MAYFIELD-GRAVES EVENTS UPCOMING EVENTS:

- Dec 29, Mayfield Trade Day, Mayfield-Graves Co Fairground, 5 am
- Dec 30, LEGO Creator Night, GCPL, 3 pm
- Dec 30, Bingo Night, GCPL, 5 pm
- Jan 2, Infant hour, GCPL, 10 am
- Jan 2, Trading Card Game Night, 4 pm



\$11M expansion brings 50 new jobs to Paducah's river industry

KPI Newspaper Group,
Staff Report

FRANKFORT, Ky. — Hines Furlong Line (HFL) has announced plans to expand its operations in McCracken County with a nearly \$11 million investment that will create 50 new jobs in Kentucky's maritime transportation and logistics sector.

The expansion includes construction of a new 15,000-square-foot building at the Paducah Operations Center to provide additional office space and support workforce growth. The project also involves renovating about 7,000 square feet of the existing facility to add a mariner training center and employee gym. Once completed, the expansion will more than triple the site's operational space, enhancing efficiency, workforce development, safety training and employee well-being. Construction is expected to be finished in fall 2026.

The Kentucky Economic Development Finance Authority has approved state incentives to support the project.



Founded in 2004, Hines Furlong Line is a family-owned company with roots spanning more than five generations in the inland river transportation industry. Headquartered in Nashville, Tennessee, the company provides marine transportation and logistics services throughout the U.S. inland river system and

maintains a strong operational presence in Paducah, which serves as a key hub for vessel management, logistics and maintenance.

HFL operates a modern fleet of towboats and tank barges and has recently announced plans to acquire Campbell Transportation Co.'s River Division, a move that

would expand its capabilities along the full length of the Ohio River.

State and local leaders said the investment strengthens Western Kentucky's river economy, supports workforce growth, and reinforces Paducah's role as a leader in inland waterway transportation.

*Season's Greetings
and Happy New Year!*



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AND ITS CONNECTING WATERWAYS*



CROUNSE CORPORATION

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606.564.6843



Thankful to the men and women who work in the river industry

Staff Report

Being on a river barge is a way of life for many people. Working and living on a boat is very hard work, especially in the winter. Not many can physically separate themselves from their workplace at the end of the day. Living on a boat isolates a mariner from their family and community for extended periods. This absence from family and community life makes them vulnerable to loneliness and broken relationships. Mariners may experience guilt, their children may feel abandoned, and spouses may get lonely and angry from coping with raising children alone.

Working on the water with heavy equipment is dangerous in any weather but imagine doing that job on ice. Deckhands work in severe weather conditions. Sleep deprivation is a way of life for them. Transporting on the river has no holidays or weekends.

We are thinking of the men and women who work in this industry and want to thank them for the hard work and sacrificed lives.

Seamen's Church Institute can help:

For almost 200 years, the Seamen's Church Institute's (SCI) chaplains have served seafarers in America's blue water ports. Since the 1990s, Ministry on the River (MOR) has served America's towboat mariners on their best days and their most tragic days. MOR offers pastoral counseling, support, and fellowship to thousands of professional mariners at work aboard towboats, harbor tugs, and dredges on the Mississippi River system and the Gulf Intracoastal Waterways. MOR provides the only such network of pastoral care available on American inland waterways, and it operates 24/7/365.

24 Hour Chaplaincy Emergency Line 800.708.1998 Email chaplain@seamenschurch.org

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Mile 23.1 Tennessee River



CAS angels help keep Mariners and Seafarers warm

Staff Report

The Seamen's Church Institute's Christmas at Sea (CAS) program is an inclusive, supportive community that represents the oldest and longest continuously-running charter knitting program in the U.S. CAS delivers the highest volume of knitted gifts to international seafarers of any non-profit, and wthey are the only chaplaincy delivering knit gifts to the

thousands of professional U.S. mariners at work aboard towboats, harbor tugs, and dredges on the Mississippi River system and the Gulf Intracoastal Waterways. With their limited staff, they are only able to accomplish these impressive numbers because of the active support of knitters, crocheters, seamstresses, packers, and donors.

see CAS,
page 5

Merry Christmas

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CAS,
from page 4

“The hallmark of our program is personalization. We never purchase knits from the store. Every gift is hand-made, and for international seafarers, most arrive in a hand-sewn ditty bag. Knitted gifts to U.S. mariners on boats are delivered in boxes containing handcrafted Christmas cards often created by school children.” — Joanne Bartosik, Christmas at Sea Manager

Although the gifts are delivered to ships and boats from the Tuesday before Thanksgiving through Epiphany in January, gathering and cataloging the knits occurs year-round. Collection for the new season begins the day after Epiphany. They try to mail the first shipment of gifts

to other chaplains in the south and midwest sometime in late summer for safe storage until delivery at the holiday season.

For the seafarers, knits are packaged by volunteers on annual Port Packing Days at the welcome center in Port Newark. Volunteers pack ditty bags with personal toiletries, a 2-piece knit

set, and individually-packaged candy or treats. Twelve ditty bags are then packed into a Santa Sack to be delivered to crews calling on Port Newark and Port Elizabeth during the holidays. Knits for U.S. mariners are mailed to SCI chaplains who along with SCI staff and volunteers will pack one box for each boat with a

knit gift for each mariner, along with other goodies. Chaplains also deliver ditty bags to harbor tugboat crews based in New York.

No matter their country of origin or occupation on the boat or ship, every mariner has a response similar to AB deckhand and cook Byron Druin upon receiving his CAS ditty bag:

“The needlework on this hat and scarf is beautiful. The idea that someone would take the time to make these wonderful gifts for other people that they don’t even know; it really means a lot. I can tell you that tugboaters are going to wear their knits to death. I’m glad that they are made of really strong yarn! I’m from Maine, so I’m no stranger to cold weather. I know how to dress to stay dry. But let me tell you: it gets stinging cold out there on the water at 03:00 in the morning! I will put these to good use.”



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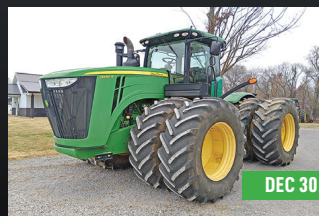
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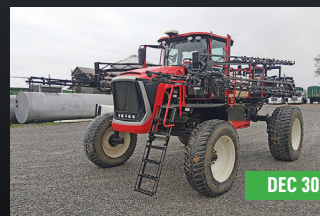
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Murray-Calloway County Hospital completes first cardiac MRI, expanding advanced heart diagnostics for the region

MURRAY, KY – A cardiac MRI is a highly advanced, noninvasive imaging study that provides detailed assessment of heart structure, blood flow, and function. It is a powerful tool for diagnosing complex conditions such as cardiomyopathy, congenital abnormalities, scarring from prior heart attacks, and heart failure.

“This is an exciting advancement in the services we can provide for our community,” said Dr. Ali Homayuni, Interventional Cardiologist at MCCH. “Cardiac MRI provides a deeper, more accurate understanding of heart function, allowing us to diagnose and

treat patients with even greater precision.”

Dr. William Lehmkuhler, Interventional Cardiologist, emphasized the benefits for patient care and access. “Adding cardiac MRI to our diagnostic capabilities enhances our ability to deliver comprehensive cardiovascular care right here in Murray. It’s a significant step forward for our program and for the patients we serve.”

The introduction of cardiac MRI aligns with MCCH’s long-term commitment to investing in advanced technology and strengthening its cardiovascular services. The achievement is the result of collaboration across

the imaging team, cardiology specialists, and hospital leadership.

“This milestone reflects our mission to continually expand access to innovative, high-quality healthcare close to home,” said Reba Celsor, CEO of MCCH. “We are incredibly proud of our

cardiology and imaging teams for bringing this important service to our community.”

Patients seeking more information about MCCH’s cardiac imaging services or wishing to schedule a consultation may call 270-762-1560 or visit murrayhospital.org.



Pictured above, left to right: Renee Duke, MRI Tech, Regina Ward, Lead MRI Tech, Heidi Hordyk, Director of Radiology Services, Devin Pittman, MRI/CT Tech, Dr. Homayuni, Dr. Lehmkuhler, Morghen Tyler, MRI/CT Tech, and Jenna McAlpin, Director of Cardiovascular Services.

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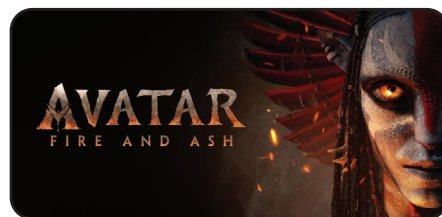


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Snowbird survival guide for seniors

There are many reasons to welcome the arrival of winter each year. The holiday season, recreational activities like skiing and snowboarding, and the undeniable beauty of snow-covered landscapes are just some of the reasons to look forward to winter.

Winter certainly has its positive attributes, but some may shudder at the thought of colder temperatures and shorter hours of daylight. In fact, some people dislike the cold so much they take to the road each winter and make for locales noted for their mild temperatures. Snowbird is a term used to refer to individuals who depart their homes around the beginning of winter so they can spend the ensuing months in warm climates. Snowbirds often are retirees, but the flexibility of remote working has enabled more and more working professionals to become snowbirds, too. Those considering a pivot to the snowbird lifestyle can consider these tips to make that transition successful.

• **Find the right locale.** Those new to the snowbird lifestyle might assume anywhere that isn't cold will fit the bill, but warm weather isn't the only variable to consider when choosing where to spend your winters. Many snowbirds spend several months at their winter destinations, so you will want somewhere that can accommodate the lifestyle you've grown accustomed to. First identify your priorities and then consider variables like the accessibility of nightlife, the availability of recreational activities and opportunities to socialize. A warm but especially remote location might appeal to some, but those who like to get out might do best spending their winters in a more vibrant locale.

• **Get a firm idea of the cost.** Though there's ways to save on the snowbird lifestyle, it can be costly. Whether you plan to rent a winter home or purchase a second home, there's notable costs that come with each

approach. The costs of renting might seem more straightforward, as renters may think a deposit and monthly rent is all the added expense. But snowbirds who plan to work during the winter will need to consider the tax implications if they will be living and working in a different state or province. Buying a second home also comes with its own tax implications, so it might be best for aspiring snowbirds to work with a certified financial professional who can help them navigate those costs. Certain locales may be tax-friendly for retirees, who also can work with a financial professional to identify locations where the financial implications of snowbirding might not be too significant.

• **Don't forget your pets.** Pets merit consideration when pondering the feasibility of the snowbird lifestyle. If you plan to rent lodgings for the winter, you must find a pet-friendly option, which can prove difficult depending on the type and size of your pet(s). Pets' comfort also merits consideration. If you have a dog, a winter residence with access to a yard or nearby dog park should be a priority. And some complexes that specialize in offering winter lodgings may restrict pets or charge hefty fees to allow them.

• **Don't forget your current home.** Snowbirds also need to arrange for the homes they live in most of the year to be looked after. If you plan to rent your primary home over the winter, that might come with hefty tax implications. If not, someone will need to look after the home while you're gone. Snow removal and security are two notable components of winter home care that will need to be arranged before you head for warmer locales.

The snowbird lifestyle is tailor-made for people who prefer year-round warm weather. But several variables merit consideration before adults can commit to the snowbird lifestyle.



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Tips to catch up on retirement savings

Financial firms and other organizations routinely conduct surveys in the hopes of gaining insight into adults' habits regarding retirement savings. Such surveys rarely paint a rosy picture and typically indicate many working adults are concerned that they aren't saving nearly enough to retire comfortably, if at all.

A recent survey from AARP is among the latest examples to indicate the fear some have regarding a potential savings shortfall during retirement. That survey, released in April 2024, found that 20 percent of adults age 50 and over have no retirement savings, while roughly three in five fear they will not have enough money to keep them afloat once they call it a career.

Saving for retirement is vital to long-term financial health and can ensure retired adults have enough money to meet both their needs and wants. Insufficient retirement savings can compromise retirees' ability to pay medical expenses and make it hard for them to realize dreams often associated with retirement,

such as travel and additional leisure activities. The good news about saving for retirement is there are many ways for those who have fallen behind to catch up.

- Find ways to cut back on spending. One of the more direct yet still challenging ways to begin catching up on retirement savings is to cut back on spending in other areas so funds can be redirected to retirement accounts and additional investments. Start by documenting daily, weekly and monthly expenses in a spending journal. After enough data on spending has been documented, examine your spending habits to identify areas where cutbacks can be made so funds can be redirected to retirement contributions. Dining out, entertainment, streaming subscriptions, and travel expenditures may stand out as superfluous luxuries that can be trimmed in the hopes of saving more for retirement.

- Take advantage of alternative income streams. Another direct way

see **SAVINGS**,
page 13



SAVINGS, from page 12

to begin saving more for retirement is to begin earning more. That's easier said than done, but it's not necessarily impossible to find a side hustle to generate sufficient funds for retirement. Earnings from a second job like a freelancing gig can be set aside exclusively for retirement contributions.

- Contribute the maximum to retirement investment vehicles. Retirement investment vehicles like an individual retirement account (IRA) have annual contribution limits, and those trying to catch up on retirement savings are urged to contribute the maximum allowable amount under the law. Certified financial planners can help adults navigate these waters, as some people may be eligible to contribute an extra \$1,000 per year. Adults also can increase their contributions to employer-sponsored retirement

plans like a 401(k). One of the notable benefits to increasing 401(k) contributions is the funds are withdrawn prior to taxes, meaning a 2 to 3 percent contribution increase won't have a dramatic effect on workers' take-home pay.

- Downsize and redirect funds into retirement investment vehicles. Downsizing a home can be a great way for empty nesters to save money, but there are additional ways to downsize. Adults paying for more streaming subscriptions than they can name can trim the fat by canceling little-used services and redirecting monthly fees into retirement investment vehicles. Adults can downsize their social lives, resolving to dine in more often and even host less frequently or shift toward styles of hosting like potluck affairs that encourage hosts and guests to share the costs of throwing a get-together.

These are just some of the unique ways working adults can catch up with their retirement savings.



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What seniors can do to maintain a healthy weight

Achieving and maintaining a healthy weight is a lifelong process. Children tend to be so physically active and grow at such a consistent pace that it's easier for them to consume a high-calorie diet without becoming overweight. That's generally not the case after adolescence, and it can be particularly difficult for seniors to avoid gaining weight.

In a recent interview with Tufts Medicine, Jillian Reece, a bariatric dietitian at Tufts Medical Center, noted that a person's basal metabolic rate slows down with aging. The basal metabolic rate indicates the rate at which the body uses energy while at rest. As that rate slows, body weight can increase. However, seniors should know

they aren't helpless against nature and Father Time. In fact, there is much aging adults can do to maintain a healthy weight throughout their golden years.

Limit portion sizes when eating. Controlling portion sizes is easier said than done, particularly for seniors who dine out frequently. When dining out, seniors can order off the appetizer menu instead of choosing an entrée, especially at establishments known for hefty portions. At home, it's important to pay attention to serving-size information on product labels. Measuring portions—especially for foods such as cereal—can help ensure the amount eaten matches the recommended serving size.



Eat breakfast each morning.

Seniors who skip breakfast—something that may become more common after retirement—could be doing their waistlines a disservice. A 2017 statement from the American Heart Association noted that several large, long-term prospective observational studies have found an association between breakfast consumption and a lower risk of obesity. While the less structured routine of retirement may tempt some seniors to skip breakfast, committing to a morning meal can help keep extra pounds at bay.

Commit to routine exercise.

Diet plays an important role in helping seniors maintain a healthy weight, but it's not the only factor. Regular physical activity helps seniors preserve muscle mass and remain mobile. Staying mobile is key, as a sedentary lifestyle is a significant risk factor for overweight and obesity. The National Institute on

Aging recommends that seniors aim for at least 150 minutes of moderate-intensity aerobic activity each week. Activities such as walking, jogging, swimming, and cycling raise the heart rate and help seniors break a sweat.

Stay hydrated throughout the day. The Cleveland Clinic notes that age-related changes in body composition make seniors particularly vulnerable to dehydration. Because aging bodies don't signal thirst as strongly as they once did, seniors may forget to drink enough water. Proper hydration is especially important for weight maintenance, as dehydration can mimic hunger. Seniors may reach for snacks when they feel hungry, when what their bodies actually need is a glass of water.

Maintaining a healthy weight can help seniors live life to the fullest, and a variety of practical strategies can make that goal achievable.

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