

# The Marshall Times

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## FNB makes \$2,000 Christmas donation to Laker Christmas and Tiger Christmas

December 10, 2025 (Mayfield, KY) During the month of December, FNB Bank made a \$2,000 Christmas donation to two worthy charities on behalf of their customers and community members in Murray-Calloway County. Both the Laker and Tiger Christmas assistance programs split the donation to fulfill their missions. “Giving back to our local charities is the best gift we can give during this holiday season,” stated Ashley Gibson, FNB Mortgage Loan Officer. “Giving back is a great reminder of what the holiday season is truly about and how blessed we are to live in such an amazing community with programs that help those in need.” In addition to the bank’s monetary donation to



Featured in the photo (L to R): Ashley Gibson, FNB Jan Wilson Melissa Durham Tabitha Myers Andrea Morris Sonya Windsor Sheila Scott Lisa Hays Danielle Schwettman Jessica Gardner Amy Futrell, FNB Daniel Haulk, FNB Michelle Hansen

Murray and Calloway County Schools, FNB employees also

donated money to the cause. Christmas tree tags from both schools

were also available at FNB’s Murray North and Murray South

Offices. The tags help to support local families in Murray-

Calloway County that need assistance during the holiday season. FNB Bank, founded in 1875, is one of the oldest banks in the state of Kentucky with assets exceeding \$700 million. FNB ranks among the highest in the nation in the area of safety and soundness and has earned three consecutive ‘Outstanding’ ratings for the Community Reinvestment Act (CRA) by the FDIC. FNB is a 2021-2024 ‘Best Places to Work in Kentucky’ Small Business Category Award Winner. The bank currently has ten locations located in Graves, McCracken, Calloway, Trigg, and Marshall County. FNB is Member FDIC and an Equal Housing Lender.

## New Safety Equipment for the Murray Police Department

By Kelsey Edwards  
Marshall Times Editor

The Murray Police Department has added new safety equipment designed to better protect officers from high-powered weapons, with a focus on preparedness in schools and other critical incidents. Sam Bierds, the Murray Police Chief said the department recently received ballistic rifle plates and ballistic helmets for all officers,

including school resource officers. The equipment was funded through a state grant program and did not require the use of City of Murray general funds. In addition to the protective gear, the department also received three ballistic shields intended for use in school settings. School resource officers have already completed training on how to properly deploy and use the shields during emergencies.

Bierds said the new equipment is intended to increase officer confidence and safety, particularly for officers assigned to school campuses who could face threats from armed individuals. He went on to emphasize that hesitation during an active shooter response can have serious consequences and that proper equipment allows officers to respond more quickly and

decisively. The equipment was funded through the Body Armor Grants Program administered by Kentucky Attorney General Russell Coleman’s office. The \$15 million program was created by the Kentucky General Assembly earlier this year to help law enforcement agencies purchase items such as body armor, duty weapons, ammunition, electronic control devices and body-

worn cameras. Bierds said the grant process allowed the department to acquire the equipment at no cost to the city. According to a news release from the department, Murray Police also received funding through the Kentucky Office of Homeland Security’s Law Enforcement Protection Program, known as LEPP. That program is funded through the sale of firearms

confiscated by Kentucky State Police and sold at public auction to licensed dealers. Murray Police used LEPP funds to purchase enhanced duty weapons intended to improve accuracy and situational awareness during critical incidents. In total, the newly acquired equipment would have cost more than \$145,000 if purchased outright.

## MCHS Baseball Players Build Beds

By Kelsey Edwards  
Marshall Times Editor

The Marshall County High School baseball team recently partnered with The Bed Ministry to build beds for families in need, with approximately 30 students participating in the effort as part of the program’s 2025 initiative. The partnership was facilitated by Brian Cope through

the Preston Cope Foundation. Brian and his wife, Teresa Cope, founded the foundation following the death of their son Preston in the 2018 Marshall County High School shooting. Preston was a member of the baseball team, and the program provides both a way for the Copes to honor their son’s legacy and an opportunity for his teammates to remember him

through service. The Copes’ younger son, Maddox, who graduated in 2025, was also a member of the baseball team. Through a friendship Maddox formed, Brian became connected with The Bed Ministry. Jerry Newsome, the grandfather of one of Maddox’s basketball teammates, founded The Bed Ministry in 2012 after feeling called to build beds

for children in need beyond his own family. For the Cope family, the project has become a meaningful way to give back during the holiday season and it is their sixth year working with The Bed Ministry through the Preston Cope Foundation. The beds constructed by the team will be distributed to families in Kentucky. The current group of beds is headed to

Woodbine, Kentucky, where a missionary he knows is working with families in need. The Bed Ministry project is one of several initiatives supported by the Preston Cope Foundation. The foundation also hosts an annual golf tournament in late April and a wiffleball tournament in September to raise funds for scholarships, The Bed Ministry and other

local nonprofits. The Cope family is also honoring Preston’s memory in another way. Teresa Cope has begun writing a children’s book series titled Preston’s Adventures. The first book is scheduled for publication in early 2026, and preorders have already started as of December 19, 2025.

## PSA for Red Cross Blood Drive Sponsored by the Calvert City Lions Club

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 lifesaving 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 RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).



# 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

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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](https://www.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 your 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](mailto:mccd@bellsouth.net) or [adam.barnes1@uky.edu](mailto: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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# West KY Sports



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  
VERSUS  
Matthew C. Cornwell  
Jessica P. Cornwell

United States of America, Secretary of Housing and Urban Development

### 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

New Year's Day. Fans of the classic show can cuddle up and watch all the classic episodes. Viewers who don't necessarily want to watch "The Twilight Zone" can take inspiration from the SyFy channel and create their own themed movie or television show marathon and invite like-minded friends over for a fun night in.

- **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

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.

- **Travel overseas.**  
If you typically spend New Year's Eve in your home country, consider an overseas

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.

- Take in some entertainment. Many concert venues are

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.



### 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**



**The Fulton County Sheriff's Department reminds you to party responsibly this New Year's Eve.** If you plan on consuming alcohol, make arrangements beforehand for a ride home. Have a friend drive you home or call a ride.

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

**Fulton County Sheriff  
Chad Parker**

**270.236.2545**



# 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 can 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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8	1	9	2	8	5	7	6	2
8	7	6	9	1	2	2	9	8
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	8	1	7
9	6	7	1	9	8	2	8	2

**Word Search Answers**

V I H Z O R H E O I C I N B I E O I L N  
Z C H Z T V B A Z N D T I A C C J I I O  
d v e S N O O I g v I N O C W O R J I I  
c g v d r t n h A S B R C O N S A E O 3 L  
f S O V C I T N H D S N Z T g W Z A g S C V  
T N V O N C Z Z O O H T H B N d r N I L R  
R C J B R N I C C V A Z N H J A Z Z I O  
R N H H V V N C I g N I I V J A g 9 A  
B W E I V H H H V B V g A C A C A T I H  
A I I N N W H T R S D A O N N I N N I T R  
A I J W T d I W d C C C 8 A I I L A Z W  
A O O I N I S g H A A T V S S I I S H A I  
S A A V N I I g I O I I C C S S O A E d N  
J W A g I A H B O g V V N I Z N N N C V  
Z O N g C A A 3 B V T C H N S O W C A I  
T B N I C g A 9 B C H I T T S S W T H S I  
S T g S B N O I I S g N O g O A E I N  
S N B I A Z I V B d A R N N A C S A E  
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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)

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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2025

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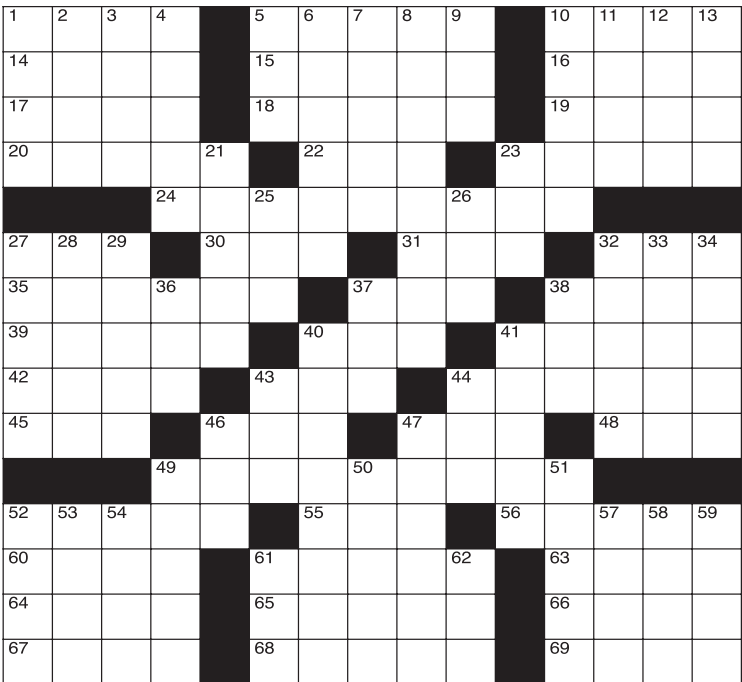
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Crossword Puzzle



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 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 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



# Benton City Council Member Resigns

By Kelsey Edwards  
Marshall Times Editor

Benton City Council member Darryl Carr announced his resignation during the City Council meeting that took

place on December 15, 2025, where he cited changes in his professional responsibilities. Carr, who was serving his first term, said he could no longer commit the time

necessary to properly serve the citizens of Benton. At the time of his election, Carr was employed as a major at the McCracken County Jail and since then, he has been promoted

to chief deputy, a role that places him over the entire facility. Carr stated that law enforcement has been his career, describing his work as chief deputy as his “bread and butter.” Mayor Rita Dotson went on to say that the council will hold a special-called meeting to discuss appointing a replacement for Carr. She noted that while she may open and close the meeting, she is not permitted to participate in the selection process. Dotson said she plans to call the special meeting after Christmas. The council meeting also included the first reading of a proposed amendment to the city’s sewer tap-on ordinance, following discussion from the November 17 meeting. The amendment stems from a situation involving a resident outside city limits who wished to connect to the city sewer system but was unable to annex into the city. The existing ordinance prohibits sewer connections outside city limits and was originally intended to encourage annexation. In this

case, annexation was not possible because a neighboring property would not annex, leaving the resident without a path forward. The proposed amendment would allow the council discretion to approve sewer connections in extraordinary circumstances. Council members expressed general support for the change, even though no vote was taken. A vote will be had following the second reading at a later date. Council members also heard the first reading of a proposed temporary sign ordinance aimed at regulating signage ahead of the 2026 election cycle. Under the current ordinance, the city has no enforcement mechanism outside of the court system. The proposed ordinance would allow the city to adopt planning and zoning property maintenance rules, enabling enforcement through fines. If approved, the ordinance would allow temporary signs to be posted no more than 45 days before an election and would require

their removal within seven days after the election. Property owners would receive notice for violations, with fines issued if compliance is not met after notice. In mayor and council comments, Sylvia Jestes, a council member, shared concerns raised by residents following Benton’s Christmas festivities regarding the lack of available public restrooms. She noted many downtown businesses do not offer public restroom access. Dotson responded that City Hall remains open during city-sponsored events and suggested the council consider renting portable restrooms for future events. Jestes also relayed feedback from residents who watch council meetings online, noting that council members can be difficult to hear. Suggestions included moving microphones closer to council members and adding a microphone for guest speakers. The next meeting is scheduled for Tuesday, January 20, 2026 due to Martin Luther King Jr. Day holiday.

## Calloway County Board of Education Recognizes Aubrey Naber for 36 ACT Score

By Kelsey Edwards  
Marshall Times Editor

The Calloway County Board of Education held its final regular monthly meeting of the year Thursday, December 18, 2025 at the district’s central office, recognizing student achievement and approving several districtwide items. The meeting opened with recognition of Aubrey Naber, who is a senior at Calloway County High School. Naber earned a perfect 36 composite score on the ACT and statistically, there are fewer than 0.2% of ACT test takers nationwide that achieve a perfect score. Board members went on to approve a BG-1 request to begin roof projects at East Calloway Elementary School and North Calloway Elementary School. The district recently completed a comprehensive assessment of roof conditions across its facilities and plans to prioritize repairs in areas with the greatest need. The board also approved multiple fundraising requests and travel requests from schools

throughout the district. Approval was then given to the 2026-2027 school calendar, which sets the first day of school for August 5, 2026 with Fall Break scheduled for October 5-9, Winter Break from December 21, 2026 through January 1, 2027, and Spring Break from April 5–9, 2027 and the projected last day of school on May 13, 2027. The calendar was developed by an annual committee that was led by Josh McKeel, director of pupil personnel. Several department directors and principals provided updates on district operations and student progress. McKeel reported a district attendance rate of 95.5%, noting it remains strong, and said overall enrollment is up by 39 students compared to the previous year. Kenny Duncan, Director of Maintenance, presented detailed energy usage data and reported the district has saved more than \$2 million in energy costs since 2015 through energy-efficient initiatives.

Ryan Marchetti, Supervisor of Instruction, shared a brief update on the district’s first-year teacher mentorship program. Principals from each school discussed recent MAP testing results in reading and math for students in grades K–10, along with holiday events and family engagement activities held to close out the first semester. Tres Settle, the Superintendent of Calloway updated the board on ongoing construction projects, including the baseball and softball concession stand and the tennis courts. He also shared that he has been communicating with local legislators to advocate for a potential access road connecting the central campus to Highway 121. The next regular meeting of the Calloway County Board of Education is scheduled for 6 p.m. Thursday, January 16, 2026 which will be the first meeting of the New Year, and it will be held at the Calloway County Schools district office.

## MURRAY / CALLOWAY COUNTY WEEK IN REVIEW

Aubrey Naber, a Calloway County High School senior, achieved a perfect 36 composite score on the ACT. Less than 0.2% of test takers nationally achieve a perfect score on the standardized test.

Calloway County High School senior Jesse Solis received the Silent Servant

Scholarship Award from the Peter R. Marsh Foundation. She was nominated for the award by ATC culinary chef Kathleen Holman. The award honors outstanding public high school students who demonstrate selfless, voluntary service rooted in empathy and compassion. The

award includes a custom-engraved plaque and a \$595 scholarship. The award is intended to inspire peers and reinforce empathy as a learned behavior, positioning recipients as role models and future community leaders. Roughly 350 high school students in the nation receive this annual award.

## MC Fiscal Court Approves TVA License Renewal for Day Use Park

By Kelsey Edwards  
Marshall Times Editor

The Marshall County Fiscal Court approved several routine items during its December 16, 2026 meeting, including advertising for bids on a new boat dock, renewing TVA licenses for county day use parks and adjusting the terms of the Convention and Visitors Bureau (CVB) board. During the meeting, the court addressed the need to formally clarify the county’s position regarding a portion of Warnick Road. Jason Darnall, the County Attorney said the section in question is not, and has never been, a county-maintained road. The issue was raised at the request of J.P. Lovett, who owns property along the portion of Warnick Road north of U.S. 62. Lovett went on to tell the court that, to his knowledge, the road had never been considered a county road, but he asked for official clarification to resolve recordkeeping questions. He said he

had been advised to submit a road petition to help “clean the records up.” The court then scheduled a road hearing for 9:30 a.m. January 6, 2026 to be held in conjunction with the court’s regular meeting. Andy Pagel, the Deputy Judge/Executive and Andy Lepisto, the Information Technology Director were appointed to serve as road reviewers alongside Road Department Superintendent Roy Wadkins. The court also approved a request to advertise for bids for a new boat dock at Buckhorn Bay Day Use Park. There was no discussion following the approval, however Wadkins did note the road department is currently waiting on a permit to begin work on the boat ramp at the same park. In other Fiscal Court business, the court approved applications for Tennessee Valley Authority license renewals for the county’s day use parks. While the

process is not annual, renewals are required approximately every five years. The application fee is \$1,500 per park, with three county parks requiring renewal, for a total cost of \$4,500. The court also approved Judge/Executive Kevin Spraggs’ signature on the applicant disclosure form to update the documentation from the previous judge/executive. The court then approved a six-month extension for the terms of four CVB board members, at the bureau’s request. The adjustment aligns board terms with the fiscal year, shifting expiration dates from December 31 to June 30. In addition, the court approved the appointment of two new CVB board members to fill terms that are set to expire December 31, 2025. To conclude the meeting, the court went on to approve a resolution establishing its regular meeting time for 2026, keeping the start time at 9 a.m.

## MARSHALL COUNTY WEEK IN REVIEW

On December 18, 2025, Marty Johnson turned in his resignation as Marshall County School Board attorney tonight. He has been serving as school board attorney since 1975.

Lake Chem Community Federal Credit Union announced a \$5,000 donation to the Marshall County Technical Center (MCTC). The funds are designated to support the hands-on learning

environments across the school’s various vocational programs. By providing updated equipment and materials, the donation ensures that students are training on the same industry-standard technology they will encounter in the professional world.

Here are the students who won the top prize for their grade levels in the Marshall County Hospital’s Christmas Card Contest! Kindergarten -

Chloe McNair from Jonathan Elementary School; 1st Grade - Scout Konrad Benton Elementary; 2nd Grade - Delcie York Jonathan Elementary; 3rd Grade - Ocie Riley Central Elementary; 4th Grade - Anni Wilson Jonathan Elementary; 5th Grade - Rose Brown Sharpe Elementary; and the Overall Winner - Maclyn Owens a 3rd grader from Benton Elementary School.

### MARSHALL COUNTY UPCOMING EVENTS:

- Dec 26, Chair Yoga, Calvert Library, 10 am
- Dec 29, Chair Yoga, Benton Library, 10 am
- Dec 30, Yoga in the Park, Mike Miller, 9 am
- Jan 1, Scavenger Hunt, Hardin Library, 9 am - 5 pm
- Jan 2, Chair Yoga, Calvert Library, 10 am
- Jan 2, Cookies and Coloring, Hardin Library, 10 am

### MURRAY/CALLOWAY COUNTY UPCOMING EVENTS:

- Nov 27-Jan 1, The Murray Bank Festival of Lights, Murray Central Park
- Dec 31, NYE Celebration, Tap 216, 8 pm
- Jan 2, MSU Women’s Basketball vs. Illinois State, CFSB Center, 7 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.

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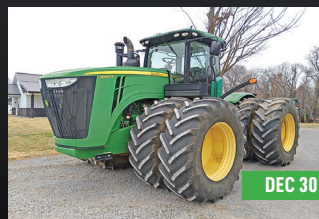
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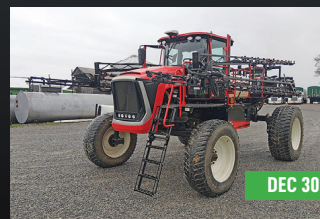
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# Murray-Calloway County Hospital completes first cardiac MRI, expanding advanced heart diagnostics for the region

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](http://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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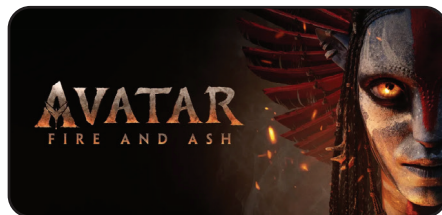


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# Snowbird survival guide for seniors

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.





# Merry Christmas



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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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