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Friday, December 26, 2025

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Operation CARE in effect through Jan. 1



By Tom Latek
Kentucky Today

FRANKFORT, Ky. (KT) – As Christmas celebrations and New Year’s festivities approach, the Kentucky State Police (KSP) urge drivers to make safe and sober driving a priority throughout the holiday season.

With increased

travel, winter weather, and holiday gatherings, roadways across the commonwealth often see higher traffic volumes and an increased risk of crashes.

To enhance roadway safety, KSP troopers are participating in Operation C.A.R.E. (Crash Awareness Reduction Effort), now through January 1. This national

traffic safety initiative, coordinated by the International Association of Chiefs of Police, focuses on reducing crashes through high-visibility patrols aimed at detecting impaired, distracted, and aggressive driving behaviors.

“The holidays are about family, celebration, and making memories, but one careless decision on the road can change everything,” said Captain Scott Felder, Commander of KSP Post 7 in Richmond. “Our troopers are out working to keep everyone safe as they travel to an from holiday gatherings. This Christmas and New Year’s Eve, drive smart, your choices

really can save lives.”

KSP reminds all motorists that safe driving decisions help ensure every seat at the table is filled this holiday season. Through awareness, enforcement and responsible choices, we can work together to make Kentucky’s roads safer from Christmas through New Year’s Day.

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Ferry, only direct Kentucky-Missouri route, re-opens

By Tom Latek, Kentucky Today
Special to West KY News

HICKMAN, Ky. (KT) – The Dorena-Hickman Ferry, which connects Kentucky and Missouri, re-opened Monday just in time for holiday travel. It was out of service for most of the month due to low water levels on the Mississippi River.

The ferry, which had been closed since Dec. 4, is currently operating on its winter schedule. That means the first run from Kentucky is at 7:00 a.m., while the first trip from Missouri is at 7:30 a.m. The ferry’s last run from Kentucky takes place at 4:15 p.m. and the last run from Missouri is at 4:30 p.m., all times Central. The Dorena-Hickman Ferry accepts cash only.

The Dorena-Hickman Ferry connects KY 1354 at Hickman, Ky., with Missouri Route A and Route 77 near Dorena, Missouri.

In addition to providing a critical transportation link between Kentucky and Missouri for daily commuters and farmers, the ferry serves as a tourist attraction for the region and provides



a convenient route between Southeast Missouri and the popular fishing and recreation areas around nearby Reelfoot Lake in Northwest Tennessee.

The toll for passenger vehicles is \$20 with additional tolls for trucks, motor homes and vehicles pulling trailers. There are discounts for vehicles making return crossings.

Missouri and Kentucky have the geographic distinction of being the only border states that are not directly connected by a road or bridge. The only direct route between the two states is the Dorena-Hickman Ferry.

Drivers can check on the ferry’s operating status by calling (731) 693-0210.

Randy Bridges announces re-election bid for Kentucky House District 3

Paducah, KY — State Representative Randy Bridges proudly announces his candidacy for re-election to the Kentucky House of Representatives, District 3, serving McCracken and Livingston counties.

“As a lifelong Kentuckian, real estate professional, and servant leader, I’ve been honored to represent the values and vision of our community in Frankfort,” said Bridges. “Together, we’ve made meaningful strides in infrastructure, economic development, and protecting the freedoms that matter most to our families. But there’s more work to be done.”

Since first taking office in 2019, Bridges has championed legislation to improve rural infrastructure, renew Kentucky’s nuclear revitalization, and promote responsible fiscal policy. His leadership on



the Appropriations and Revenue Committee, Natural Resources & Energy Committee, Transportation Committee, Budget Review Subcommittee on Transportation, Administration and Regulation Review Statutory Committee and the Kentucky Nuclear Energy Development Authority has lead to moving our Commonwealth forward.

Bridges also brings decades of experience as a real estate broker and developer, advocating for homeownership as a

path to financial stability and community pride. His commitment to mentorship, faith, and service has earned him the trust of constituents and colleagues alike.

“I’m running for re-election to continue fighting for the people of District 3 — for safer roads, stronger schools, and a thriving economy that uplifts every Kentuckian,” Bridges said. “With your support, we’ll keep building a future rooted in faith, freedom, and opportunity.”

The campaign will focus on expanding infrastructure, supporting small businesses, and preserving Kentucky’s conservative values. Bridges invites voters to join him in this mission and looks forward to engaging with constituents across the district in the months ahead.

Boyd elected chair for Paducah Chamber of Commerce for 2026

PADUCAH, KY - Kenny Boyd, president of Baptist Health Paducah, has been elected 2026 chair of the Paducah Area Chamber of Commerce Board of Directors. Susan Ybarzabal, Paducah Bank’s market president and the Chamber’s 2025 chair, will serve as immediate past chair, while Todd Buchanan, president of GEO Consultants Corporation, was elected chair-elect.

Boyd brings more than 20 years of healthcare leadership experience. Before joining Baptist Health, he served as chief operating officer for Maury Regional Health in Columbia, Tennessee. His career also includes CEO roles at McDonough District Hospital in Illinois,



Girard Medical Center in Kansas, and Dickenson Community Hospital in Virginia. A Kentucky native, Boyd holds a master’s degree in health services management from Webster University and a bachelor’s degree in political science from the University of Louisville.

Other members of the Chamber’s 2026 Executive Committee are Whitney Denson, vice chair; Jim Garrett, vice chair of advo-

cacy; Lisa Lauck, vice chair of membership and marketing; Dr. Donald Shively, vice chair of education and workforce; Ines Rivas-Hutchins, vice chair of small business; Mike Karnes, treasurer; and Sandra Wilson, president and CEO of the Paducah Area Chamber of Commerce.

New board members for 2026 are Jim Garrett and Angela Mathis of Community Financial Services Bank. Continuing and ex-officio board members represent a broad cross-section of business, education, government, and nonprofit leadership across the Paducah-McCracken County region.

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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 RedCrossBlood.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:

Harold N. Bingham, 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

Dwaine 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.

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	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.

Psalm 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” I 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 all 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



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.

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.

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
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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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2025 Year-in-Review

January — Goodwill Industries of Kentucky opened a new retail store at 5480 Old Hwy. 60 in Paducah, one of 67 statewide locations. The opening highlighted Goodwill’s continued focus on job training and employment services through its Paducah Opportunity Center, helping residents overcome barriers to entering the workforce.

Gov. Andy Beshear visited Wickliffe and Paducah on Jan. 13, 2025. In Wickliffe, he joined local leaders for a ribbon cutting at Mighty Rivers Regional Center, a new company turning invasive Asian carp into products ranging from food to pet treats for export to 12 countries, while creating jobs and supporting ecosystem control. Beshear also awarded more than \$4 million for projects in Paducah and McCracken County, including riverfront revitalization, cybersecurity funding, and sewer improvements at the Triple Rail site.

February - The Paducah Area Chamber of Commerce recognized local leaders and businesses at its Annual Award Dinner and Business Celebration. Business of the Year: Black & Son, Inc. Summit Award: Dr. Bob Jackson Small Business of the Year: Happy Zzz’s Sit n’ Sleep Citizen of the Year: George Wilson Entrepreneur of the Year: Emily Smith, Bluegrass Event Center.

Flood Management After heavy rains, Kentucky Dam, the last of nine dams on the Tennessee River, began spilling nearly 2 million gallons of water per second. Authorities worked with the U.S. Army Corps of Engineers to manage the flow and reduce the flood crest on the lower Ohio River, causing rising levels at Kentucky and Barkley Lakes.

Marquette Transportation Co., a leading inland waterways barge towing company, is investing \$5 million to expand its Paducah operations. The project adds a training center, warehouse, and office space, creating 55 new jobs and boosting Kentucky employment to over 340. Founded in 1978, Marquette serves 6,000+ miles of waterways. Gov. Andy Beshear, Paducah Mayor George Bray, and McCracken County Judge Craig Clymer hailed the expansion as a major win for the region’s maritime industry and workforce.

March - Buc-ee’s is confirmed for Exit 89 off I-24 in Oak Grove, Kentucky — city council approved plans and property deals are done. Construction has been delayed by road/interchange work and approvals with the Kentucky Transportation Cabinet, so groundbreaking likely late 2025 or early 2026, with opening years often pushed later.

Gov. Beshear awarded \$300,000 to Paducah-McCracken Riverport for material loading upgrades. Part of a \$1.5 million state initiative, the funding enhances ef-

economic growth across Kentucky’s riverports.

April - Four Dead in Kentucky Flooding KEVIL, Ky. – Heavy rains and flooding have claimed four lives: Lee Chandler, 27, of McCracken County; David Duncan, 65, of Trigg County; 9-year-old Gabriel Andrews of Frankfort; and an unnamed Nelson County woman. Flood and freeze warnings remain across central and western Kentucky.

AQS QuiltWeek—went exceptionally well in April 2025. The annual event drew thousands of quilting enthusiasts from across the U.S. and beyond, showcasing around 800 stunning quilts from 44 states and 14 countries. Highlights included workshops, vendor exhibits, and the prestigious contest where A February’s Dream of Spring won Best of Show. Attendees enjoyed world-class displays, classes, demos, and local arts experiences throughout the week.

May Former County Attorney, Dan Boaz, recorded a hole in-one on the 17th hole at Rolling Hills Country Club in Paducah on Sunday, April 27, Dan hit a 7-iron on the 147 yard hole.

Kentucky Commonwealth’s Attorney Michael “Mike” Stacy, 68, of Kevil, died in a single-vehicle crash on April 29, 2025, in Hickman County. Stacy served as Ballard County Attorney (1994–2006) and as Commonwealth’s Attorney for the 1st Judicial Circuit until his death. Colleagues remember him as a respected, fair prosecutor and community servant.

In May 2025, Catholic cardinals met in a Vatican conclave to choose Pope Francis’s successor. After initial ballots produced black smoke, indicating no decision, white smoke rose on May 8, signaling the election of **Cardinal Robert Pre-vost as the 267th pope**, taking the name Pope Leo XIV — the first American pontiff in history.



KPI Newspaper Group Publisher Greg LeNeave, had a Hole-in-One at Country Club of Paducah on hole #2. LeNeave used a XXIO 8-iron and a Titleist ProV1 ball. The hole was playing 127 yards. It happened on Wednesday night (Men’s Night). This was his second Hole-in-One.

Trump’s **big beautiful tax bill** has passed the House of Representatives.

U.S. Coast Guard and local law enforcement conducted maritime drills in May near the Port of Paducah to en-

sponse.

June - Paducah approves \$137.8M budget, launches major riverfront project.

Community Foundation of West Kentucky names Lee Emmons CEO.

Lone Oak Church Explosion Deemed Accident PADUCAH, KY – Investigators say Monday’s explosion at Lone Oak First Baptist Church was accidental and unrelated to construction. Authorities, including McCracken deputies and the ATF, determined a homemade “sparkler bomb” was inadvertently cut, causing the blast, according to witnesses and one victim.

July - (PADUCAH, KY) — Baptist Health Medical Group (BHMKG) is proud to officially open the doors of its newly renovated Primary Care clinic in Mayfield, bringing advanced, compassionate care to an updated location at 318 S. Seventh St. in Mayfield.

Madison Glisson Wins AJGA Title at Country Club of Paducah Madison Glisson of Boaz, Kentucky captured her first American Junior Golf Association (AJGA) title at the McCracken Sports Junior Championship held at the Country Club of Paducah. Glisson finished even-par (216) and defeated Mia Hammond in a dramatic four-hole playoff to secure the girls division championship. She carded six birdies during the event and posted a 3-under-par 69 in the second round. The win marks the biggest of her young career and came at an AJGA event hosted for the first time at the Paducah course.

Paducah police officer Brooke Adams was awarded Meritorious Service Award

August - Recognition goes to Mary Pettus-Rowland of Paducah. She has been appointed to serve as an unlicensed citizen member of the Kentucky Bar Association (KBA) Board of Governors for a two-year term. The appointment was made by the Kentucky Supreme Court.

Work on Paducah’s riverfront redevelopment and Greenway Trail expansion was actively underway, with cranes visible along the waterfront as part of major long term construction efforts. In the city of Paducah shootings took place during August 8th celebration.

Aftermath of violence: The Paducah Police Department and community mourned the loss of Sgt. Ryan Hudson, who died days after responding to the violent incident — his death was linked to stress from the shooting response.

September Launch of MyPaducah A service request app and online portal.

Drought continues to deepen in Kentucky through late September.

Seasonal activities & community focus Walk for suicide prevention: Paducah hosted the Out of the Darkness Walk on September 20 to raise awareness about

mental health.

City Government Month: The city commemorated City Government Month, highlighting services and civic engagement.

Greenway trail & public planning: Public updates continued about expansion of trails and urban planning for outdoor spaces.

October

New reforms from Secretary of War look forward to an impact for Fort Campbell soldiers in a positive manner.

WKCTC Culinary Students catered the Maiden Alley Oktoberfest Event.

Paducah’s River City Ghost Tours, Pumpkin Walk in Noble Park, Zombie Crawl Cocktail Trail, Oktoberfest, and other October themed events took place, drawing locals and visitors downtown.

Barkley Regional Airport announced new flights from Paducah to Chicago, Houston start February 2026

November On November 7, a Paducah police cruiser was struck by gunfire during a pursuit, though the officer was not injured.

President Trump signs government funding bill, ending a 43-day disruption by Democrats.



Quilt week take place the last full week of April and is always well attended every year.



April also produced devastating floods for 2025, while September showcased a severe drought.

Paducah honors Veterans on very cold Veterans Day. Distinguished Veteran was Richard Simmons. Also honored on Veterans Day was Patriot Award winner, Donna Jean Ferguson.

November holiday celebrations began, including Christmas by the River and Small Business Saturday.

Nickel BOOM coming to Paducah? DOE launches inquiry into nickel recovery at Paducah site.

December Kentucky Football announced Will Stein as their new head football coach, after firing Mark Stoops. Stoops received reported \$37M buyout.

Western Kentucky BUSINESS JOURNAL celebrates the **TOP 100** people in an 18-county region from Fulton to Henderson.

Murray State baseball gets \$1M gift from Jim & Sue Cash to build 3,000 sq. ft. clubhouse.

President Trump announces \$1,776 holiday bonus for U.S. Troops.

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\$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
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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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DEC 31

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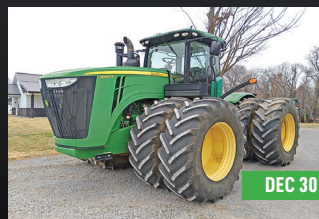
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Murray-Calloway County Hospital completes first cardiac MRI, expanding advanced heart diagnostics for the region

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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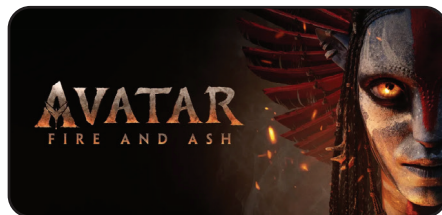


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Snowbird survival guide for seniors

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

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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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